



In this Newsletter, we hope that you will find some helpful things to do with your infant and toddler, as well as some fun activities for the month of February. Hope you enjoy. If you have anything that you would like to share, please let your EI know and we will add it next month.



Fun inside activities during yucky weather

Cabin Fever you say...tired of being inside doing the same boring thing. Need to run, jump, and climb to get out all that energy. Yep, ...this is what another great mom, Amanda, came up with for her little ones. This time of year, we never know how the weather will be so we came up with some great ideas for an inside obstacle course using what she already had at home. We even mentioned making a fort with the kids might be a little fun, as well. While I don't have exact pictures to show all of you, here are some awesome ideas that you can do in your home as well.



Click for video

DIY Dad Obstacle Course

8 Ways to protect your child's teeth:



1. Get a checkup
2. Teach good habits: babies brush gums, then when teeth appear, brush twice a day, floss if more than one tooth.
3. Avoid "baby bottle decay" don't use at nap or sleep with juice, formula or milk— only use water.
4. Cut back on juice— no more than 4 oz. a day.
5. Control the sippy cup, only use when needed, not all day.
6. Ditch pacifier by age 2, it will affect how teeth line up, can also change shape of mouth.
7. Watch out for sweet medicines.
8. Stand firm on brushing, flossing and rinsing.

How to prepare for dentist:



Be Effective Parents: Boost your child's self-esteem

Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing self-esteem more than anything else.

Praising accomplishments, however small, will make them feel proud. Letting kids do things independently will make them feel capable and strong. By contrast, belittling comments or comparing a child unfavorably with another will make kids feel worthless.

Avoid making loaded statements or using words as weapons. Comments like "What a stupid thing to do!" or "You act more like a baby than your little brother!" cause damage just as physical blows do.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.



Emotional Abuse is

When a child is emotionally harmed, or is at risk of being emotionally harmed, due to a caregiver's behaviour.

Examples

- Verbal abuse, belittling
- Isolation or confinement
- Inadequate nurturing or affection
- Terrorizing or threat of violence

Signs of Abuse

Physical

- Bed-wetting (non-medical in origin)
- Frequent psychosomatic complaints (headaches, nausea, abdominal pains)
- Child fails to thrive

Behavioural

- Severe depression
- Extreme withdrawal or aggressiveness
- Overly compliant, too well mannered, too neat/clean
- Extreme attention seeking
- Displays extreme inhibition in play

Simple Valentine's Craft



Either on card stock, construction paper, or on canvas, you can make some colorful painting with either child's footprint, handprint, or both for loved ones. Here are some cool ideas.



Fun and Easy Valentine Activities

More fun ideas to try for Valentine's Day

Valentine Smoothie:



- 5 Strawberries
- 1/2 Banana
- 1 cup milk

Place all in blender and mix on high till blended. Pour in cup and add dollop of whipped cream on top.



Events:

Bedford Library Storytime Feb 8th and 22nd at 10:30. Check local Library for events.

Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>

