



March 2022 Newsletter

Reminder: March 13th



In this newsletter, you will find some helpful tips with not only your child, but for you as a parent/care giver, as well. Some of the main topics are your child's attention span, why some speak gibberish, and screaming all the time. You will also find some fun St. Patrick's day activities, as well, as finding ways to incorporate me time. Hope you enjoy!



[Attention Span for birth to age three:](#)

Did you know that the normal attention span for a two year old is only 4-6 minutes? No wonder your little one plays with one toy for a minute or two then off to another toy only to come back to the one he was playing with. So how do we make their attention last a little longer? One of the easiest ways is through play, joint interaction with your child. So put away the TV, tablets and phones and jump in the floor with your little one. The more you play and interact with them, the more you can promote longer attention span.

[Infants learn to pay attention by watching parents](#)

Awesome video to watch.

Click picture for video:



[Non-Stop Screaming:](#)

You have tried everything under the sun to get your little one to use inside voice or just to be a little calmer. No matter what, if they are happy, excited, sad or angry, all they do is scream. First we need to identify why the screaming started. Are they the attention-seeker, the happy shrieker, or the angry screamer?

[How do us as parents cope with all the screaming?](#)

Don't take it personally. It is what it is-a verbal expression of explosive feelings. Just don't match those feelings. The calmer you are, the better. Acknowledge their feelings. We all have the right to get upset and be mad at times.

Click for videos:



[Why my child is talking gibberish/jargon:](#)

Jargon, or some of us may call it gibberish, is actually a natural part of speech development. Most toddlers do this all the time as they are moving towards 2-3 word phrases. Also, your little one is still learning to pronounce different speech sounds. Just remember that at their age, they might have a harder time with certain sounds only because they are not ready to make those sounds.

[Speech sounds development Chart](#)

[Can't get child to talk? Try Choices!](#)



[Jargon and Echolalia in Toddlers](#)

March is [National Cerebral Palsy Awareness Month.](#)

[Different Types of CP](#)

[Christina's story](#) I came across this story and thought I would share it. Hope you enjoy.



Are you finding some TV shows like Cocomelon addictive? Shaleise found the same thing with her little one. She decided to stop letting him watch it and found a better option. She has noticed that he is less frustrated, less aggressive, and learning not only signs and words but is also communicating more, as well participating with more activities around the house. Thought I would share: [Ms. Rachel on YouTube.](#)

[The importance of me time:](#)

ME time: I do seem to talk about this a lot because if we as parents don't get a little me time, we are not fully attentive like we should be. Stress can cause you to detach from, not only yourself, but your family and can cause a number of health conditions such as depression, headaches, tension, and loss of sleep. However, when you make time for yourself, it can help some.

[Self Care](#)

[5 Realistic Self Care Ideas](#)



Listen with earbuds. I like at night before falling asleep in bed. However anytime is good.

Fun and Easy St. Patrick's Day Activities with your little ones. Click on picture for activities.



Events:

March 12: [National Plant a Flower day](#) at Hands on Science Center in Tullahoma 10-5pm

March 12: Food Pantry at Bell Buckle [United Methodist Church](#)

[Fun Day Spot](#) in Tullahoma (everyday)

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>



[Mother To Mother Event](#)

Coming to Lewisburg March 16th from 10am-11am at the Rec Center.

All parents are encouraged to come.

