



March 2023 Newsletter

Reminder: March 12th



In this newsletter, you will find some helpful tips for getting outside and things to do for spring break, if stuck at home. Spring time usually also means spring cleaning so you will find some tips on being safe at home with your little ones. You will also find some fun St. Patrick's day activities, as well as, a healthy snack. Hope you enjoy!

**Stuck at home for Spring Break:** No big deal here are some fun activities to do while at home.

**Camp it out:** Create your own campground in the backyard.

**Splish Splash:** Bust out the hose and make a splash zone.

**Flower Power:** Plan a little garden.

**Meet mother nature:** Head outside, go for a walk and explore the world.

**Get your groove on:** Turn up the music and dance your heart out.

**A place of their own:** Get sheets, pillows, a few chairs and ta-da you have a fort.

**See it, do it:** Let the kids direct the day and be ready to play with them.

**Free as a bird:** Visit a playground/park and explore.

**A fairy/pirate:** Dress up and play using your imagination. Go all out and get into character.

**Ants go marching:** pack a lunch, find a nice shady spot and have a picnic and enjoy the day.

## Outdoor Adventures:

Bring the outdoors to life by introducing your little one to the natural world. What makes them giggle/squeal? Which textures do they like and don't like? Explore the woods together and discover a whole new playground through touch.

Let little fingers grasp and hold enticing textures. Gently run the items over hands, arms and feet. Describe how each one feels: smooth/prickly, soft/rough, and wet/dry.

## Outdoor play for babies



Store all household products out of children's sight and reach.

## 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:



## Sunshine Smoothie:

**Ingredients:** 1 Frozen Ripe Banana  
1/4 cup orange juice  
2 oranges (peeled and sliced)  
1 cup frozen mango chunks  
1/2 frozen/fresh pineapple chunks



## Shamrock Shake:

1 banana  
6 oz. Greek yogurt  
1/2 cup milk  
1 teaspoon vanilla extract  
1 handful of spinach  
1 tsp. chopped chocolate



And ingredients to blender, blend until thick and serve.

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



## Events:

March 18th Daffodil Day Bell Buckle 10-4pm

March 25 Airport Fly in breakfast

## 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>



Click on Picture for baby milestones