



May 2023 Newsletter



To all the amazing moms in our program, we are wishing you all a very happy Mother's day!

Simple Mother's Day crafts to make with your little ones. As a mommy, we like to treasure anything and everything that our little one's make. Here are some simple ideas to do at home with your littles.

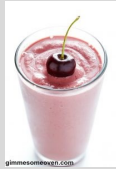


Click on picture



### Sweet Dream Smoothie:

- 1/2 cup warm milk
- 1/2 banana
- 1/2 cup pitted cherries
- 1/4 teaspoon nutmeg
- 1 teaspoon honey



Place all in blender, high speed for 30-45 seconds Or until smooth. Enjoy!

Kids can help by pouring, cutting banana with plastic knife, putting in items and drinking.

## Baby & Toddler BEDTIMES BY AGE

AGE	TOTAL SLEEP	BEDTIME
NEWBORN	15-18 HOURS	N/A
3-6 MONTHS	12-16 HOURS	7PM-7.30PM
6-12 MONTHS	12-16 HOURS	7PM-7.30PM
1 YEAR	11-14 HOURS	7PM-8PM
2 YEARS	11-14 HOURS	7PM-8PM
3 YEARS	10-13 HOURS	7PM-8PM

TOTAL SLEEP INCLUDES DAYTIME NAPS AS WELL AS OVERNIGHT SLEEP. THESE BEDTIMES ASSUME YOUR CHILD'S MORNING WAKE-UP TIME IS AROUND 6AM TO 7AM. FOR SOME PEOPLE A LATER BEDTIME WILL WORK BEST IF THEY START THE MORNINGS A LITTLE LATER.

[www.themummybubble.com](http://www.themummybubble.com)



How to help child get enough high –quality sleep:

1. Go to bed and wake up at the same time each day.
2. Avoid using screens before bed.
3. Create a dark, cool, and calming environment.
4. Follow a good health bedtime routine. Avoid caffeine and sugary, high-fat foods.
5. Use the bed for sleep only.
6. Encourage daily exercise.
7. Model health sleep behaviors.

[The importance of Structured sleep for children](#)

[How important is sleep to a toddler's development?](#)



### Outside Play:

It's starting to warm up outside and after being stuck inside for so long it is time for you to venture out and get some sun. Outside play can be a great way to model the joy of physical activity. Showing your child how to walk on uneven surfaces, balancing, climbing, throwing and kicking a ball, and just exploring the outdoors is a great way to build new learning skills.



Click picture on how to make a mud pie.

### Kitchen/cooking time:

Somewhere around 18 months, your little one might like to start helping you in the kitchen. They can help out with simple tasks such as getting the bowls, spoons, cups, pouring and even mixing.



Click on picture for cooking time with dad.

Activities that your toddler can help you with around the house. They may not be able to do them all the way just yet, however, with your guidance and extra practice they will learn in time.



Click for video

### Spring time safety

Spring is the time of year to go out and have fun and explore the outside world around us. Accidents do tend to happen when we least expect them to. Click on the links below for some great safety tips about windows, spring cleaning, grilling, lawnmowers, trampolines, and hiking.

[Doctor offers Tips to parents](#)

[Keep your kids healthy this spring season](#)

Toddler time with Bethany Mize  
Giles County Library: 122 S 2nd St. Pulaski, Tn. May the 16th at 10:30-11:30.  
Come out and have some fun time activities.



## 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>

[Early Signs of Autism.](#)

If any concerns please contact your doctor as well as your S.C. with TEIS. [Vanderbilt](#) is doing early testing for little ones with tele-visits.