



April 2021 Newsletter

In this newsletter you will find some helpful tips on how to manage behaviors throughout the day, stress management and some activities to try with your little one.

Bath time:

Bath time with infants and small children can be overwhelming at times. Some kids LOVE the water and are willing to jump into the tub while other kids are more reluctant. Make bathtime fun with toys, crayons or singing songs.

[Check out these cool bed-time hack tips...](#)



Bed time:

Bedtime should be fun however we all know that it can also be a little frustrating at times. Having a bedtime routine will help reduce the stress. Let your child know what is going to take place. Maybe take a bath, brush teeth, read a story and let child help out with the activity as much as possible.

Restaurants/Stores

We all been there...trying to eat out or shopping and the child refuses to sit down, running around, screaming their head off. Yes! It is so embarrassing; we all have been there. But think about how long it took to wait for a table, to wait to be fed. Look at the lighting and the amount of noise around them. All of these can play a big factor in what is really happening...Sensory Overload!

You want to go out...we all do! So maybe change the time you go, maybe go during odd hours or if there is a wait, decide to go somewhere else. Sometime the lighting is to bright or too dim and don't even mention the loud music playing over head. Let your child participate in helping picking what they want to eat. While waiting at a restaurant have a bag of toys that they only get to play with when you go out to eat to keep them occupied.

If your child starts to get upset ask them do you need to go outside for a break. Don't punish or yell at them for being disruptive. Remember they can't express why they are uncomfortable and this is their way to show you.

April is Stress Awareness Month:

From time to time we all get a little stressed out. Sometimes we just need a little time out during our daily lives as a parent.

Here is a take from Mayim Bialik on how to handle mom stress.



https://www.youtube.com/watch?v=ubg1tYd_4Dc

Meal times:

Mealtime is often stressful for parents especially if young children refuses to eat or even sit down at the table. Some children will eat anything while others want the same thing every single meal time. They are learning to feed themselves with fingers and with a spoon, so of course they WILL make a mess– that is just part of the process. So consider helping to reduce the stress by giving them choices of foods or letting them help with fixing the food or setting the table.

Stress Relief Activities for you:

Even if it's just an hour in the evening after the kids go to bed, it's really important to have time to 'reset' as a parent. Whether it's taking a walk, meditation, reading a book, painting, watching TV or simply listening to music, try to incorporate it into your day.

And try to get a good night's sleep.

Please click on picture for more information.



Looking for some fun activities to do at home and great sensory play while learning, check these idea out. Some of these may also help to calm child down.



Events:

[FlyAwayCancer](#) April 17th In

[Easter Egg Hunts:](#)

Resources:

<https://www.zerotothree.org/espanol/challenging-behaviors>

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

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

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