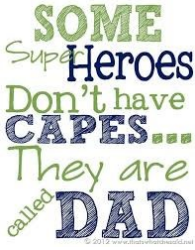




June 2024 Newsletter

Happy Father's Day.



Fun crafts and activities for Father's Day!

Even though Father's day is one day out of the year, we can still enjoy doing many crafts and activities with dad all year long. Spending time with fathers create a special bond between fathers and their children. Here are a few fun craft ideas and activities.

Other fun activities with dad



Conscious Discipline: What is it and why does it work

Did you know that research shows that conscious discipline has been shown to reduce aggression, hyperactivity, and conduct problems among children? Conscious discipline teaches that adults can help shift children into their Executive Brain state by modeling calm, thoughtful, non-aggressive responses to problems and conflicts. When used appropriately, it inverts the focus of the child discipline by teaching the child what to do instead of what not to do.

Parenting Toolbox

Power of Attention

Discipline and Limit Setting

While we wish our little ones to be happy all the time, in reality, that is not always the case. Just like adults, they too have feelings and emotions. Little ones have a hard time controlling those feelings, so we as parents need to show them how to handle those feelings appropriately.

Helping toddlers manage emotions

Why saying "Good Job" isn't so good!

10 Ways to Discipline Your Children

Summer Fun!

It is so nice outside and, if possible, go out and play in the morning or later in the afternoon. Watch out for over heating and the sun! If out for extended time, please have shade and plenty of sunscreen for your little ones as their skin is much more sensitive than your skin.

Baby outdoor summer activities

Toddler outdoor summer activities.

Outside Water and pool Safety

Yes, it's summer and the water looks so inviting and fun. Please remember that it only takes a few inches of water to drown. Watch out for, not only, swimming pools, but puddles, buckets, and other areas in and out of the home with standing water.

Safety tips and learning to swim with baby. Click on picture.



Sun Protection and use of sunscreen



Did you know the Skin Cancer foundation recommends waiting until a baby is six month old before introducing sunscreen? For babies, you can use on very small areas of skin but best to have the baby covered with lightweight clothing, wraps, or a hat. For babies older than six months, you can apply to all areas of the body, but be careful around the eyes.



Simple steps to prevent and detect skin cancers

- A** Avoid unprotected UV exposure, seek shade
- W** Wear sun protective clothing, a hat and sunglasses
- A** Apply sunscreen generously and often
- R** Routinely check skin and report changes
- E** Educate yourself and others

June is Tourette's Syndrome Awareness

Five Things you may not know about Tourette's Syndrome

Tics and Tourette's: What families should know.

Events:

June 15th Bell Buckle, RC moon Pie Festival



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>

Sensory Processing Disorder Parent Support

Great website for parents with kids that have sensory processing differences. This can be challenging for someone to engage in everyday activities.