



March 2026 Newsletter

Reminder: March 8th



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.

Poison— Let's face it, sometimes kids get into things that they probably shouldn't. Here are a few safety tips to keep little explores from finding their way into items that could be dangerous.

Store household products/cleaning solutions out of sight and reach.

Lock up items, if need to be.

Read product labels to find out what can be hazardous to kids (makeup, personal care products, pesticides, art supplies, plants, alcohol and carbon monoxide).

Make sure all medications including vitamins are stored out of reach.

Check for lead-based paint, remove peeling or chewable surfaces with paint on it.

Put the toll free number Poison Help number (1-800-222-1222) in your cell phone and on refrigerator for babysitter and other's in the house, just in case.

Potty Training Tips

Several families are starting to have little ones that are so ready to start going to the bathroom. This can be very overwhelming for some little ones. Some will pick up on going very fast while others may take some time. Also some may go for a while and all of a sudden stop. What to do and how to help.

Try taking them with mom/dad or even older sibling.

Wear clothing that is easy to remove.

Have a potty chart in bathroom showing what to do, each step.

Don't ask if they need to go instead say, "It's time to go potty."

Potty watch

Click picture for video:



Shamrock Shake:

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



Here's a few St. Patrick's day books to enjoy with each other.



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



Events:

March 7th Demolition Derby Cooper Steel Arena 6:00

March 22nd Daffodil Day Bell Buckle 10-4pm

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