



November 2021 Newsletter



November 7th



In this newsletter you will find some helpful tips on how to manage time throughout the day with babies, toddlers and older kids. As a parent we all struggle during the day to get everything done. It's hard to do the daily chores and then have time for everything else including yourself. Remember these are just tips to share with you. While some ideas may work for one family, it might not for another family. You never know till you try it. 🙌😊

If you have anything that works for your family or if you have any suggestions or topics that you would like to see in our Newsletter please contact: [leslie.throneberry@cdctn.org](mailto:leslie.throneberry@cdctn.org) or tell your EI so we can add it to the newsletter.

## Schedules:

[Click for video](#)



We all wake up, get dressed, eat meals, get changed, play, run errands, take a bath and get ready for bed at night, not to mention all the other stuff in between. Some families do great just going with the flow, while others may need more of a predictable routine. Routines will make life a little easier not just for mom and dad but for those little ones as well. Listed below you will find some creative ways to help with making a schedule/ routines for the day.

[Stay-at-home Mom Schedule](#)

[Reason to Establish a Routine](#)

[Simple chores little ones can help with](#)

## Mealtimes

Yes they can help you. It might take a tad longer but just imagine all the fun you can have together and if they make a mess it's ok, show them how to clean it up. This is a great time to identify items, use simple words and use motor skills. Also with the Holidays coming up, show little ones that they can also be apart of getting things ready, even if just setting out the napkins.

[16 Ways your kids can help at mealtime](#)

## Pumpkin Spice Chex Mix

Things you will need: 2 sticks of unsalted butter, brown sugar, pumpkin spice, vanilla extract, cinnamon & honey nut Chex cereal, pretzels and a bag of autumn/harvest candy mix. Click link at top for directions. Make sure to let your toddlers help you out by pouring, mixing and tasting.

[Rose and her dad cooking Cranberry Sauce](#)



## How to enjoy that car

All of us have been there at some point, you are in a hurry ready to be somewhere, you try to put in the little one and they have a come apart. Or you get half way down the road, look up and they are out of their car seat. It can be frustrating. However we need to let our little ones know why we have to use the car seat.

[How to get child in the car seat](#)

[How to keep kids in their car seat](#)

## Bedtime with toddlers

Everyone's bedtime is different because each family and child is different. What works for one family may not be for another, however we all have to go to bed eventually. Just remember if you have a certain nightly routine and in bed every night at the same time it will be so much easier. For more tips visit link below

[The Ideal Bedtime Routine](#)

[Alexandrea's Night Routine](#)



## Rub A Dub-Dub

Bath time is a great opportunity for connection and learning with your little one. It provides time to explore not only language but motor and adaptive skills. You can work on pointing/naming body parts, undressing/dressing self, or while playing see what sinks/floats and even work on pouring skills with two cups.

[Bath time tips](#)

[Bath time Routine without bathtub](#)

## How to Dress a toddler for the weather.

The weather is starting to change. It can be a difficult task finding warmer clothes, shoes, coats and even blankets. Here are a few resources to help if needed.

[Clothe Our Kids](#) located in Bedford, Giles, Lawrence, Lincoln, and Marshall Counties

[Salvation Army](#): All areas and helps with a little bit of everything.

[Food Pantries](#) in the surrounding areas.

## 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>

[Pathways.org/growth-development/](https://Pathways.org/growth-development/)

## Events:

Nov. 10 and 24th 10:30 Morning Storytime @ Bedford Library (check your local library for story times and activities.)