

EHS NEWSLETTER

JANUARY 2019

January 2019

A Gift of Time

Now that the gift giving season has ended there is one more gift you can give your child – The Gift of Time. What does a gift of time look like and what does it do for you and your child? A Gift of Time is giving your child all of your attention and playing what they want to play. Giving your child this time helps you get to know your child at a deeper level, helps your child get to know you, can increase their language development, and is fun!

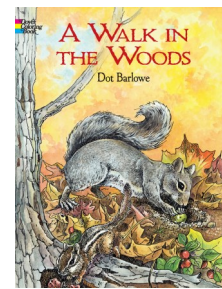
For an infant start with floor time. Put your infant on the floor on a comfy blanket or play mat. Lay on the floor next to the baby. Be sure to lay in a place that your baby can see you. While they are on the floor talk to your baby. You can talk to them about what they are doing; “you’re trying to reach your giraffe. Let me move it closer to you”. If your baby makes happy noises, make those noises back to baby. Soon you will be having a baby conversation, making noises back and forth.

For toddlers, join them in their play. The hard part is not changing their play. If they want to stack blocks and knock them down, it’s not a time to change what they’re doing. Instead, build a tower and knock them down too. If your child is just learning to talk, again, talking about what they are doing while they are doing it is making a connection. And you can start intentionally adding adjectives. Instead of just saying “you made a tower”, say “you made a *strong, high, steep, interesting, wooden*, “tower”.

For older toddlers and preschoolers, when adult’s play with them it helps to lengthen their attention span and teaches them about back and forth play. If they are playing with cars or blocks or dolls, you can extend their play. They might be holding the baby doll, and you might say “let’s feed the baby”. If your child doesn’t have play dishes or a toy bottle, just use a spoon from the kitchen, or even just pretend to feed the baby doll holding your hand like you are holding a bottle. Then hand the baby to your child and say “you feed the baby”. This sparks their imagination for make believe play.

It’s so important that we take time to engage with our children, at their level, and join in their play. Sometimes the most difficult thing is to put the phone down and turn off the TV. If it helps, set a timer on your phone for 15 minutes or more, and put your phone up. Play with your child at least until the timer rings. You never know – you might be having so much fun you will play right through the alarm.

Enjoy your “Gift of Time”. Jody Berg, Education Manager.



January READ!

Book of the Month

Kid Approved!

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Hi All. Here we are at the beginning of year
2019



With the end of the old year and the beginning of the new, this is often a time of year for reflection. Looking back on the things that have gone well, as well as the things that we would like to change.

When considering changes you would like to make in the coming year, please keep in mind that each small step is a victory, because it is only by taking the small steps that we are able to reach the top of the
mountain.

We are often our own harshest critics, so this year, consider a resolution to take blame and shame out of your life. When we are blaming others we are not looking at our own role in a situation. Similarly, when we are shaming ourselves we are getting stuck in beating ourselves up rather than taking steps to change the things that we can
control.

Remember that there is no such thing as "perfect". So treat yourself and others with love, compassion and forgiveness in the coming year.

Wishing you all a very Happy 2019...

And remember...

You are your child's first and most important teacher! ~Paige

Health News

As we enter the New Year and set new goals it is important to remember to be proactive with well child checks, well child checks are beneficial in early detection for any medical , developmental concerns or just piece of mind that your child's development is on track. We get so busy in our lives that many times well child check visits get put on the back burner, this year's goal is to stay on schedule to complete well child checks and immunizations.

The Benefits of Well-Child Visits:



- Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician about nutrition and safety in the home and at school.
- Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.
- Raising concerns.** Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at the start of the visit.
- Team approach.** Regular visits create strong, trustworthy relationships among pediatrician, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

~Sadie EHS Health Manager

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Closed!	2 Closed!	3 Closed!	4 Closed!	5 Read a book to your child!
6	7 Read a book to your child!	8 Socialization Family Center 11am Chicken Salad sandwiches, cranberries carrots with milk	9 Read a book to your child!	10 Read a book to your child!	11 Read a book to your child!	12 Make flashlight animals on the wall.
13	14 Read a book to your child!	15 Read a book to your child!	16 Workshop 1-3pm Lunch and Childcare Spaghetti with meat sauce & green beans	17 Policy Council 5:30pm Bean & cheese burritos, corn and peas	18 Work on a craft project!	19 Go for a walk together
20 Dance with your child!	21 Read a book to your child!	22 Socialization Family Center 11am Indian Corn, corn chips, apricots & milk	23 Read a book to your child!	24 Read a book to your child!	25 Make Pop CORN together on the stove!	26 Relax and watch movies together!
27 Sing to your child!	28 Read a book to your child!	29 Read a book to your child!	30 Read a book to your child!	31 Read a Book to your child!		