

## Tip of the Month: Lifting Head During Tummy Time

As most parents know, when you are first starting tummy time, it can seem that your baby has the hardest time lifting their head while they are laying on their tummy. To help them lift their head for longer periods of time, there are several different techniques to use to help motivate them. Here are a few tips to help! 1. Place a toy that lights up and makes sounds in front of their head. This will provide stimuli for your baby to want to lift their head to look at the toy. 2. Place a mirror in front of your baby. To help your baby pick up their head for longer periods of time, place a mirror in front of them so they can see themselves. 3. Get on your tummy and lay face-to-face with them. This may be the best motivation of all. Your baby can recognize your face and loves to look at all the different faces you can make. This combines bonding and working on those neck muscles at the same time!

## Milestone of the Month

This month's Milestone is brought to us by Celine Soliz about her sons Ian and Noa "Therapy doesn't mean....Something is wrong. Fun fact Both of my boys were put into therapy. Being a wife & daughter of therapists, I know how BENEFICIAL therapy is When I told people that I was putting Ian in therapy for speech, it was pretty accepted. Reason being, he wasn't talking. I as the mama knew it was because he was shy. He totally could talk & communicate with me but I wanted him to have therapy so he could build a bond and have that 1:1 attention from someone else I wanted him to be pulled out of his shyness bubble a little & know that its ok to be shy but you still need to talk He got that (Low key I cried when his sessions were over). I saw his progress. It's not that anything was "wrong". So now with Noa different story & reason. When I took Noa to get evaluated, everyone questioned it. No, nothing alarming. He didn't "need" a therapist. Again, I wanted it. I was HOPING he qualified for therapy! Reason: I want other ideas & opinions of helping my babies EXCEL I want them to get familiar with guidance & mentors (they will have that their entire lives) I want them to know there is always a community of people wanting them to push past their limits & expectations. I'm putting this here to show that putting your babies in therapy, doesn't mean something is "wrong". I truly believe all babies should receive therapy its fun! It teaches the baby & you as the mama that all kids learn differently they have different sensory triggers, different personality traits Learn at a different pace I want to know the milestones, if they aren't at that milestone it's ok. I along with a community will help them get there & kill that milestone. I want other people cheering for my baby & getting excited with me when the baby learns something new. So mama it's not bad. It's not that something is "wrong". Trust me, It's the best thing I believe I could've done for my babies"



# MONTHLY HOME ACTIVITY



## Mashed Potato Activity

Instant mashed potatoes or make them yourself. (suggested to be warm temperature vs cold if working on food exploration.)

Materials: Cookie sheet or aluminum pan, mashed potatoes, spoon, ice cream scoop or spatula.

Begin with showing the potatoes with the lid on them and create the opportunity for the child to try to open it and if unsuccessful to request for assistance. "help me, its stuck, ect" Take the lead with exploring and demonstrating what you want the child to try. Poke or touch the mashed potatoes. Use descriptive words such as "wow, ooh, this feel neat, this is smooth, Im going to poke it with my finger, want to make a snowman?" Place the ball or scoop in your hands. Play with it, squish it, if working on food exploration yo may even taste it. Continue getting the scoops of mashed potatoes to stack to make a snowman. You may also smash or squish the snowman and rebuild it. Creative play is the key! If the child is uncomfortable touching or getting their hands dirty, use a utensil or toy to smash then see if they will become interested in touching it with their hands. If they dont like getting their hands dirty, you can have a towel to wipe clean or also guide them with "its ok if our hands are dirty right now, we will wash them when we're done, look I have dirty hands too." The game can evolve to driving in the snow with toys or digging to find hidden items also.