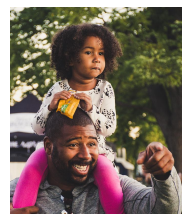
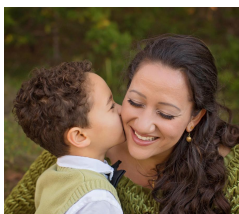


Welcome to our August 2020 Family Home Visiting Newsletter! It has been decided to transition our weekly newsletter to monthly. We promise to still provide similar, quality and fun content. Enjoy!



"Strength grows in moments when you think you can't go on but you keep going anyway."
Toby Mac

Parent Do-Overs: 7 Confidence Building Responses

from <https://www.janetlansbury.com/2012/02/parent-do-overs-7-confidence-building-responses/>

1. Crying: Encouraging children to express their feelings is the key to fostering emotional health. Acknowledge your child's feelings by saying **"Ouch, that hurt you when you bumped into the wall"** or **"Oh, you are very upset that the dog barked"**, or **"You are having a hard time relaxing your body. I hear you."**
2. Minor Accidents: Take a moment to observe your child's response. If he cries, go close to him as calmly as possible, ask if he wants you to pick him up, **acknowledge what happened** (see #1 above) **and his feelings about it**. Allowing children to recover independently whenever they are able to fosters self-confidence and resiliency. This gives them an opportunity to try to understand what happened and learn.
3. Praise: Respond in ways that encourage your child to own their accomplishments, such as **"Thank you for helping me!"** **"You did it all by yourself!"** **"You struggled and that was hard, but you didn't give up"** **"You must be proud of yourself"** Add specifics so your child knows you've been paying attention.
4. Encouragement when a child is struggling: Instead of saying "You can do it!" try giving a little verbal instruction with your response. Try **"I hear you getting frustrated, but you're almost there."** **"This is hard work you're doing!"** **"I'm here and I won't let you fall, but it is safer for you to climb down yourself. Try placing one foot on the bar below."**
5. Undesirable behavior: Infants and toddlers need help managing their immature impulses and understanding our boundaries. They are not "bad kids" who need to be "taught a lesson." Whenever possible, acknowledge your child's point of view. **"You wanted."** Give a brief instruction (and an option if possible). **"I can't/won't let you_. That's not safe. But you can_."** **"I know you wanted _ and I wouldn't let you. That's upsetting."** The most important lesson they must learn is that their parents are always in their corner and that we will calmly, consistently, patiently remind them of the family rules and prevent them from harming us or themselves.
6. Sharing: Observe closely and calmly reflect the situation and allow it to unfold, similar to a sportscaster. **"Justin, you are holding the ball and Meredith wants it, too. Now Meredith has the ball."** Or, **"Meredith are you asking Justin for the ball? Justin seems to be saying he wants to keep it for now. Maybe when he's done."**
7. Learning Language: If your toddler points to a rabbit and says "bobby", you could reply, **"I see the rabbit, too!"** If your child points to the rabbit and says "dog", you could say **"Yes, I see! That looks like a dog."** Chances are they know the difference between a rabbit and a dog but just aren't able to express that yet. When children begin using language, they are only able to say a fraction of the words they know.

Bubble Breathing

(from the Calm Classroom)

Imagine you are holding a bubble wand. Close your eyes and take a deep breath in. Hold your breath for a moment, then breath out slowly as if you are blowing a bubble. Visualize the shimmer, floating bubbles carrying your worries away. Repeat until you are feeling calm and grounded.



A Year of Footprints

from @7daysofplay

What a fun and simple way to remember your baby's first year! As your child gets older, he or she will have fun looking back at how small her feet once were. All you need is paint and paper to do this fun craft!

You could also continue this tradition every year on your child's birthday to see how much they've grown!

Prenatal Vitamins

<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/prenatal-vitamins/art-20046945>

Folic acid and iron are two nutrients that are important during pregnancy or when you are hoping to conceive.

- Folic acid helps prevent neural tube defects; it is encouraged to take extra folic acid at least 3 months before you become pregnant, if possible with a planned pregnancy.
- Iron supports the development of the placenta and fetus and helps your body make the blood to supply oxygen to baby.
- Prenatal vitamins are available over the counter, meaning you don't need a doctor's prescription for it. Your healthcare provider may suggest higher doses of certain nutrients depending on your health and lifestyle.
- Sometimes the iron in prenatal vitamins may contribute to constipation. Remember to drink plenty of fluids (water or low sugar/calorie options are best), eat a diet full of fiber (fresh vegetables, fruits, grains, legumes) and include physical activity in your daily routine (walking is a great choice).
- If you have morning sickness, try taking your prenatal vitamin at night before bed or with a light, healthy snack.
- Remember to continue to take a multi-vitamin after the birth of your baby, especially if breastfeeding. Talk to your doctor about how long he or she recommends this.

Reactive

• Time & energy spent on things you can't control.

What other people say
The news

What others think of you
How other people act

Time passing Having to pay bills

What others post online
Weather
Traffic



"circle of concern"

Proactive

• Time & energy spent on things within your control.

What I say
How I act
What I eat
If I exercise
What I buy
What I learn
Self-Care

How I react to others
Where I work
What I look at online



"circle of control"

@journey-to-wellness_



Craft Corner



<https://coolcreativity.com/handcraft/cool-keepsakes-using-footprint-art-diy-ideas-and-projects/>



<https://preschoolplanet.us/farm-animals-craft-idea-for-kindergarten/>



<https://www.craftymorning.com/fingerprint-sheep-craft-kids/>

You don't need a fancy sensory table, just an empty small tote or bowl can work well for these activities. Encourage your child to get animals dirty in mud then give them a bath in soapy water. Encourage your child to play with tractors or animals in different types of beans, rice, oats, or grass too.

Sensory Play

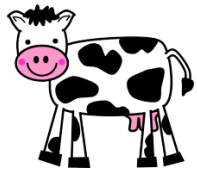


Simple Fun for Kids

Encourage your child to act out the movements below. If you'd like to print out your own, large size cards, you can find them here: <https://modernpreschool.com/wp-content/uploads/2016/09/farm-animal-gross-motor.pdf>

Gross Motor

CHOMP



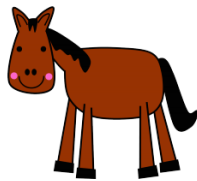
like a cow eating grass

DRIVE



like a tractor

GALLOP



like a horse

FLAP



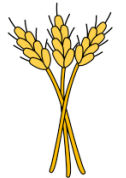
like a chick

SIT



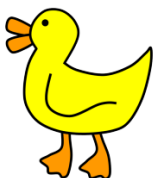
like a hen on her nest

WAVE



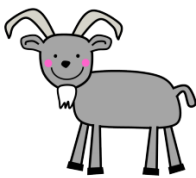
like wheat in the wind

WADDLE



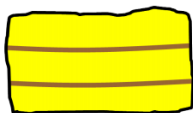
like a duck

TROT



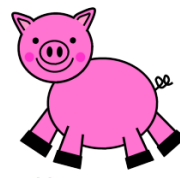
like a goat

JUMP



over bales of hay

ROLL



like a pig in mud

MILK A COW



like a farmer

STAND TALL



like a barn