

This month we are highlighting the online resource, **Zero To Three**, where you can find articles and videos that help support caring adults, like you, who touch the lives of infants and toddlers. They believe there is no such thing as a perfect parent and that parenting is an ongoing process of learning who your individual child is and what he/she needs to thrive. In addition to the topics highlighted in our newsletter this month, check out their website at <https://www.zerotothree.org/>

"Real change, enduring change, happens one step at a time."  
Ruth Bader Ginsburg

### **Managing Your Own Emotions: The Key to Positive, Effective Parenting**

- Tune in to your feelings: feelings are not right or wrong--they just are. It's what we do with them that can be helpful or hurtful.
- Do the unexpected: this can reduce the stress and tension of the situation, and may also stop the unwanted behavior.
- Give yourself a time-out: "Mommy needs some time to think about how I can best help you." Powerful role-modeling about how to manage strong emotions--exactly what you are trying to teach.



### **Self-control and self-regulation**

are complex skills that begin to emerge in the early months of life. It takes many years to develop. The video at <https://www.zerotothree.org/parenting/discipline-and-limit-setting> highlights the following tips when dealing with difficult emotions:

1. Stay calm, take a few breaths, step away for a few moments to find your own balance.
2. Show empathy and compassion. Let your child know you understand his feelings.
3. Name your child's feelings. Saying something like, "It's okay to be mad, but it is not okay to hit" is a great way to acknowledge her feelings but address concerning reactions. Give your child a safe space to calm herself.

What do we really know about how a young child develops?

### **Healthy Minds: Nurturing Your Child's Development**

are a group of age-specific handouts about how you can nurture your child's development from birth.

Download them here:

<https://www.zerotothree.org/resources/series/healthy-minds-nurturing-your-child-s-development>

# Craft Corner



## Q-Tip Painting

<https://coffeeandcarpool.com/halloween-art-with-pointillism/>

Supplies: Paper, Marker, Q-Tip, Paint

Draw or print out a picture your child would like to paint. Have your child paint it by making small dots with a Q-Tip dipped paint. Try having them use their finger tip to paint a picture next.



## Ribbon Box

<https://teachingmama.org/ribbon-box-baby-play-activity/>

Supplies: Cardboard Box or Tote, Ribbon, Hot Glue Gun

\*Please use adult supervision with this activity. Do not leave your baby alone with this activity, in case a ribbon got loose or they got tangled in the ribbon.

## Toilet Paper Roll Leaf Stamping

<https://tinyurl.com/y5wzrczo>

Supplies: Toilet Paper Roll, Paint, Paper, Marker



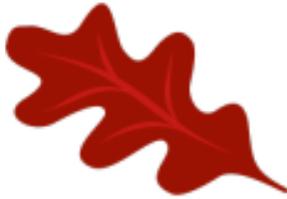
# FALL SCAVENGER HUNT



yellow leaf



butterfly



red leaf



acorn



brown leaf



pinecone



apple



twig



pumpkin



bug

# FALL SCAVENGER HUNT



smell grass



smell pine tree



smell flowers



smell pumpkin



hear tractor



hear the wind



hear birds



hear squirrels



hear crunchy  
leaves



hear rakes

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