

Happy Father's Day!

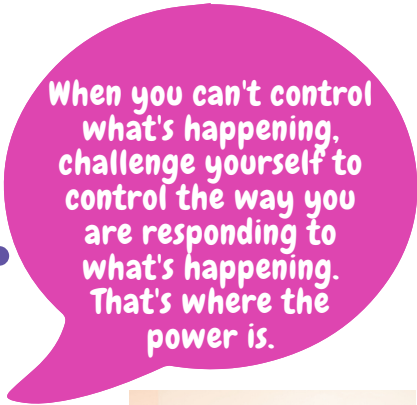
This week we are celebrating all fathers and father figures in our lives and the lives of our children. Whether it be a dad, stepdad, uncle, cousin, friend, grandpa, neighbor, etc—thank you!

“A father's smile has been known to light up a child's entire day.” Susan Gale

FIVE GREAT IDEAS TO RE-ENERGIZE

- **Say no.** Learn to set limits. Say no to things that don't serve you. Say yes to things that are fulfilling and replenishing.
- **Get counseling.** Whether it's for a long-term issue or something happening just at that moment in your parenting life.
- **Pick up a new hobby.** What a great example you'll set for your kids by trying something new.
- **Set a goal.** Have a long-term goal that you can break into short-term goals. Small accomplishments lead to big accomplishments over time.
- **Ask for alone time in the house.** As a family member or trusted friend to take your child for a walk or to the park while you spend some time alone.
- **Take time with your partner, parent, or friend.** Spend a meal together, go for coffee, or take a walk to socially reconnect with others.

A final note of reflection, "If you were choosing a child-care provider, and you had a choice between someone who seemed stressed, tired and overwhelmed versus someone who seemed rested, contented, happy and healthy, who would you want for your kids?...If you can't do it for yourself, do it for your kids." Read more: <https://tinyurl.com/yd767ope>



Quick ways to CALM down! Sea Life Sensory Solutions.

			
<p>Puffer Fish Puff</p>	<p>Clam Cuddle</p>	<p>Turtle Tongue</p>	<p>Starfish Stretch</p>
<p>Puff your cheeks like a puffer fish!</p>	<p>Cuddle yourself like a clam.</p>	<p>Poke your tongue out like a turtle pokes out its neck.</p>	<p>Stretch out like a starfish.</p>
<p>Fill your cheeks with air and hold for 5 seconds.</p>	<p>Place your hands on the opposite shoulders and squeeze.</p>	<p>Stick your tongue out and quickly hide it again.</p>	<p>Place your arms up over your head and stretch out wide. Stretch your legs out wide too.</p>

Great River Regional Library Summer Reading Program

Have fun reading and win cool prizes!
<https://griver.org/kids/summer-reading-program>

Libraries buildings are currently closed but they continue to offer free services, like curbside pickup of your requested items. Call 1-833-GET-GRRL (1-833-438-4775) or visit <https://griver.org/library-news/new-service-curbside-pickup>



OF ALL SHAPES & SIZES

A few fun ways to learn about shapes:

- Have your older child use popsicle sticks to create different shapes. Can they re-create a shape you draw on paper?
- Create your own puzzle by drawing different shapes on cardboard, along with matching shapes on colored paper. Have your child match the shapes to one another.
- Find a variety of objects you have in your home that are kid-safe and outline them on paper with marker. Have your child match the object to its outline.
- Fill a pan with some uncooked rice and noodles, along with shape toys to create a shape sensory table. If you don't have shape toys, try making your own by cutting shapes out of felt pieces.



VISION

- Birth-your baby sees only in black and white and shades of gray. Nerve cells in their retina and brain that control vision are not fully developed. Babies at this age like to look at high contrast images.
- 1 week old-your baby can see red, orange, yellow and green. It takes a little longer for your baby to be able to see blue and violet.
- 2-3 months old-Your baby should be following moving objects at this stage and starting to reach for things he or she sees.
- It is recommended that your infant receives his or her first eye exam at 6-12 months, then again at age 3, when starting first grade and every year thereafter (that includes you too, mom and dad!).
- To find a no cost eye assessment for infants 6-12 months old, go to: www.infantSEE.org
- Want to learn more about your infant's vision development? Check out: <https://www.allaboutvision.com/parents/infants.htm>



meet the shapes

(Tune: Are You Sleeping?)

Terry Triangle, Terry Triangle,
Look at me, look at me.
Count my sides, count my sides.
There are three, there are three.



Sammy Square, Sammy Square.
That's my name, that's my name.
I have four sides, I have four sides.
They're all the same, they're all the same.



Robbie Rectangle, Robbie Rectangle.
I have four sides, I have four sides.
Two are long, two are long.
Two are short, two are short.



Cindy Circle, Cindy Circle.
Just one line, just one line.
Make it round, make it round.
That is fine, that is fine.

