

Teaching Your Child Independence

<https://www.scholastic.com/teachers/articles/teaching-content/ages-stages-nurturing-young-childrens-independence/>

- Tune into one another-during the first year of life, it's important to follow baby's cues. This helps them feel secure and confident. You become the emotional and physical home base that they rely on when they begin to explore the world around them.
- With growing motor and cognitive skills, toddlers want to do more for themselves but they also need activities suited to their abilities. If a task is too difficult, they become frustrated and give up. If the activity is not challenging enough, toddlers become bored.
- Remember patience and respect when a frustrated toddler is losing his cool. Help him without taking over. Let him "own" his accomplishment.
- Give young toddlers the opportunity to help with dressing and undressing.
- Have steps or a small stool at the sink so he or she can wash their hands.
- Give toddlers limited choices (ie. rather than asking, "What cup do you want?", ask "Do you want the red cup or the blue cup?")
- Be flexible and comfort toddlers. Becoming independent takes time



"Be patient with yourself. You and your baby are both learning new things each day."



Exercise During Pregnancy

<https://www.whattoexpect.com/pregnancy/exercises-for-pregnant-women>



- Talk to your healthcare provider before starting any new exercise routines and be sure to talk to him/her about any pregnancy-specific modifications you may need to take.
- Start slow and be sure to allow time for warm-up and cool-down and stretching. Some pregnancy conditions may prevent you from exercising during pregnancy. Check with your provider.
- Benefits of exercising during pregnancy include boost in moods, decrease in symptoms, and a quicker postpartum recovery. You will also increase your blood circulation, muscle tone and endurance (which you'll be thankful for come delivery day).
 - Walking is the easiest form of free exercise you can do up until your due date.
 - Swimming is a great way to reduce stress on your joints.
 - Yoga is good for relaxation, flexibility, focus and deep breathing.
 - Climbing stairs can be good cardio, but pay attention to wear you step to avoid stumbles.
 - Light yard work (ie. gardening) or house work (ie. vaccuuming) is beneficial.
 - Get creative with weight lifting by using canned foods as light weights.
- Add an extra glass of water for every 30 minutes of exercise, more if the weather is hot or you sweat a lot.
- Wear loose, breathable, stretchable clothes, comfortable sneakers, and a supportive sports bra.
- Listen to your body. Take breaks when something is hurting or you aren't feeling right.
- Don't workout to the point of exhaustion or overheating.
 - Also avoid water skiing, horseback riding, contact sports (like beach volleyball, soccer, etc), and know that your center of gravity is different so you may be at risk for falling off a non-stationary bike.
- Try to get at least 30 minutes or more of moderate exercise per day most days of the week.
- Only have 10 minutes? That's okay! Three ten minute bursts of exercise are just as beneficial as 30 minutes of straight exercise.

What is Independence Day?

- July 4th is the birthday of the United States
- The Declaration of Independence was signed in 1776. This document said that America was free from England's rule.
- When you become independent, you get a lot of freedom but you also get a lot of responsibility.
- Wearing red/white/blue, going to parades, watching fireworks, and having picnics are some ways people help celebrate!

4th of July crafts for all ages



Pom-Pom flag

Need: paper, clothespins, paint, pom poms

<https://www.craftymorning.com/pom-pom-american-flag-painting-craft-kids/>



Firework craft

Need: paper, paint, fork

<https://www.craftymorning.com/kids-fireworks-craft-using-fork/>



Cookie Cutter Painting

Need: paper, paint, star cookie cutter

<https://www.notimeforflashcards.com/2009/07/easy-4th-of-july-craft.html>



Handprint Flag

Need: paper, paint, paintbrush

<https://www.thingsoshareandremember.com/4th-of-july-hand-print-flag/>



Did you know?

- The flag shows that we are on the same team as Americans
- The 50 stars represents our 50 states
- The 13 stripes represents the original 13 British colonies.
- White stand for purity and innocence.
- Red stands for hardiness and valor.
- Blue stands for vigilance, perserverance and justice.

Virtual Tours

- Valley Forge National Historical Park (where the Continental Army set up camp) <https://www.nps.gov/vafo/index.htm>
- George Washington's Mount Vernon Estate and Gardens (where the first president lived) <https://www.mountvernon.org/>

4th of July | Spy

