

## Reading to your Child

(from <https://www.scholastic.com/teachers/articles/teaching-content/infants-toddlers-how-read-very-young-children/>)

- It is never too early to read to your child! Even before infants are talking, you can help them begin a lifelong love of reading. Snuggle comfortably with baby on your lap.
- Share books with bright, colorful pictures. Newborns like simple face illustrations and black and white images.
- By 8-12 months, they listen as you chant nursery rhymes.
- A homemade book filled with family photos can provide comfort to babies of all ages. Or create your own book with pictures of objects familiar to babies--a ball, favorite stuffed animal or toy, or animals. As you read through the book, talk about what you see. Encourage babies to point at the objects.
- It is okay to modify picture books. Use your own words to describe the pictures.
- Be dramatic in your tone of voice as you read--whisper or draw out vowels to keep baby interested.
- Toddlers love interactive books. Choose books that they can lift flaps or feel different textures. Encourage them to turn the pages themselves.
- Lastly, tell your child how much you enjoy reading together!



**“A book is a gift you can open again and again.”**

Garrison Keillor

## FUN WAYS TO USE A MUFFIN TIN: SORTING, HIDING BALLS, SERVING SNACKS OR MEALS, PAINTING



Got 15 minutes?

Join **Mindfulness Breaks** every Friday at 11:00am to be guided through simple techniques that can be used each day to manage stress and anxiety. Sign up here: <https://tinyurl.com/y7sf9r73>

## Pleasure Gazing

<https://www.zerotothree.org/resources/3405-pleasure-gazing>

- This exercise helps you engage in calm co-regulation with a very young child. Co-regulation helps young people learn to manage their emotions and develop self-control. you can begin practicing this with your newborn.
- Start by taking a few deep breaths and notice how your body feels. You can use long, slow exhales, or even sigh out loud to help you ease any tension.
- Now, look toward your baby with kindness and curiosity. You might ask their permission to begin this interaction, noticing if they show any signs of interest or engagement.
- Start by using your sense of sight. Gaze at your baby--what do you see? Use your eyes to look closely at the features of their face with a gentle smile. What are all the different colors you see in their eyes? What is the exact shape of their smile? Look at their fingers and toes, taking time to notice small things you haven't noticed before. Go slowly, feature by feature. Notice the warm connected feelings that may arise as you pay close attention to your baby in this activity.
- Once complete, take a few deep breaths in and out and notice how you are feeling now.

## Positive Parenting Affirmations

<https://thedeliberatemom.com/positive-parenting-affirmations-moms/>

**It's hard to use positive parenting strategies when you're feeling exhausted and overwhelmed, isn't it? It's easy for our minds to get stuck in the rut of negative self-talk. Positive affirmations are a wonderful way to stay focused on your goal of being a positive parent. They encourage your confidence when you're feeling worn down. Cut out the positive parenting affirmation cards on pages 2-3 and display them around your home. Let them remind you that you are doing your very best as a parent!**



# The Great Kindness Challenge.

**FAMILY EDITION**

**Create a kinder world.**  
Take a week, a month or a year.  
Have fun and complete as many acts of kindness as you can.  
**Your Kindness Matters!**

## Kind Acts

- Smile at 25 people
- Take a treat to your local firefighters
- Do a household chore without being asked
- Donate something to an animal shelter
- Read a book to a younger child
- Make a thank you card for your librarians
- Entertain someone with a happy dance
- Create a family gratitude jar
- Cheer for every player on both teams
- Deliver a special gift to a child in the hospital
- Make a new friend or welcome a new neighbor
- Send a card or gift to a military family
- Walk or pet an animal - but ask first!
- Go a full day without complaining
- Hold the door open for someone
- Learn to say "Thank you" in a new language
- Embrace your family with a big hug
- Teach something to a younger sibling or friend
- Write or draw a loving note for someone
- Make and display a "Kindness Matters" sign
- Raise funds and donate to your favorite cause
- Watch the sunrise or sunset together
- Breathe, stretch and think a happy thought
- Cut out 10 hearts and leave them on 10 cars
- Thank a bus driver
- Leave a flower on someone's doorstep
- Be kind to yourself and eat a healthy snack
- Call your grandparents or esteemed elder
- Walk or bike instead of driving
- Say "Thank you" to a police officer
- Bake cookies and share with your neighbors
- Say "Good Morning" to 5 people
- Pick up and recycle trash in your neighborhood
- Take a family walk outside
- Draw a heart in the sand or dirt
- Write a thank you note to your mail carrier
- Make a wish for a child in another country
- Volunteer in your community
- Say "Hi" to someone who looks sad
- Write a happy message with sidewalk chalk
- Paint a kindness rock and randomly place it
- Share food with someone who is hungry
- Sincerely compliment 5 people
- Post a positive message on social media
- Let someone go ahead of you in line
- Help plant a garden
- Reflect on kindness you witnessed during the day
- Create your own kind deed



**#GreatKindnessChallenge**  
**[www.greatkindnesschallenge.org](http://www.greatkindnesschallenge.org)**

**FREE APP!**





I'm the *best* mom  
for my *children*.

I'm the *calm* in  
the *chaos*.

This *too* will *pass*.

Love. Love. And  
*love* some *more*.

I *love* being a  
*mom*.

I will fully *embrace*  
today.

I *will* do  
what I can.  
No one *expects*  
me to do it all.

It's *okay* to take  
care of *me*.

*Good* moms have  
*bad* days too.

It's *okay* to ask  
for *help*.

I might not *see* it  
now, but the time  
I'm investing  
*does* matter.

My *children* don't  
want *perfect*, they  
want me.

I will *treasure* my  
children as the  
*unique* individuals  
they are.

I am *building* a  
*legacy* of love.

Our *home* is a  
safe and *peaceful*  
haven.