

Wings

A Weekly Newsletter for Families

February: Week 1
Health/Nutrition



"There is no such thing as a perfect parent so just be a real one."

— Sue Atkins

INFANT Inspiration

Choosing the Right Doctor for Your Baby -

This is an important decision. It's easy to feel overwhelmed but the American Academy of Pediatrics and HealthyChildren.org can supply you with names of board-certified pediatricians in your community through their Find a Pediatrician tool.

<https://www.healthychildren.org/English/tips-tools/find-pediatrician/Pages/Pediatrician-Referral-Service.aspx>.

TODDLER Tales

When is a Trip to the Doctor the Right Call -

Making the decision to call your pediatrician can sometimes be tricky. Pediatrician Angela Thompson-Busch M.D., Ph. D., states "I think parents should let the doctor decide whether or not a trip to the doctor's office is necessary." So stop wondering and make a call to your pediatrician. Let them or their office staff help you make the best decision for your child.

PRESCHOOL Power

Overcoming the Fear of Doctors - Is your preschooler afraid of the doctor? Try role playing with your child by purchasing a toy doctor kit and a white lab coat for a pretend checkup. Demonstrate how a doctor might examine their mouth, listen to their heartbeat, or take their blood pressure. Or use a scale to show how his weight might be measured.



The Power of Immunizations

Did you know that vaccinations have reduced the number of infections from vaccine-preventable diseases by more than 90%? It's true! **Immunizations have helped children stay healthy for more than 50 years** and The American Academy of Pediatrics (AAP) believes that timely immunizations are the safest and most cost-effective way of preventing disease in children.

Vaccines are simply the best way to protect children from viruses and bacteria that can cause real and devastating harm. They are safe and they work. In fact, serious side effects are no more common than those from other types of medication such as antibiotics, fever reducers and pain relievers. If you have questions about immunizations seek the advice of your child's pediatrician or a medical professional. You can also visit the American Academy of Pediatrics' website at <https://www.healthychildren.org/english/safety-prevention/immunizations/pages/default.aspx> for information about the safety of immunizations and a schedule of when your child should receive their shots.



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February: Week 2
Early Literacy



"Once you learn to read, you will be forever free."

— Frederick Douglass

INFANT Inspiration

How many words should I know?

Children typically speak their first word somewhere around 12 months. Some children, however, take up to 16 months to utter their first word and this is considered to be within the typical range. This month's infant book recommendation is:

Peek-a-boo! By Roberta Grobel Intrater

TODDLER Tales

How many words should I know?

By 24 months, your child should be using about 50 words regularly. The year between 12 and 24 months is very exciting with toddlers starting to repeat every word they hear! This month's toddler book recommendation is:

"More More More," Said the Baby: 3 Love Stories By Vera B. Williams

PRESCHOOL Power

The Vocabulary of Preschoolers

By the time your child is between 3 and 5 years you should easily understand what they are saying, or at least 75 percent of it. Continue to build vocabulary by reading to your child each day. This month's pre-school recommendation is:

The Snowy Day By Ezra Jack Keats



Building Vocabulary

Every child develops their vocabulary on their own timeline. **But the best way to help build your child's vocabulary is to simply talk to them.** Here are a few simple and fun activities that can help you build your child's vocabulary:

1. Play simple naming games with your child.
2. Talk to your child as you do everyday tasks such as sorting the laundry or thinking about what to cook.
3. Read and reread books.
4. Read, sing, or say nursery rhymes from your childhood.
5. Point out ways words begin or end. Compare words that start with the same sound.
6. Point out words on signs.
7. Write simple notes to your child. Take turns reading the notes to each other.
8. Make magnetic letters available on a surface such as the refrigerator. Spell simple words for your child and have him or her repeat them.



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February: Week 3
Family Fun



"We need to see each child as a gift, to be welcomed, cherished and protected..."
— Pope Francis

INFANT Inspiration

Food as a Sensory Experience - Infants are "hands-on" learners. They learn by exploring and manipulating objects in their environment using the five senses: seeing, touching, tasting, smelling, and hearing. Because of their age and fine motor skills, let your infant use their fingers to eat and meals easily become sensory activities!

TODDLER Tales

What I Can Learn from Cooking - When toddlers participate in cooking activities they are learning food preparation skills such as washing their hands, measuring and mixing skills. Cooking also provides an opportunity to use hand strength and coordination (kneading, stirring), eye-hand coordination (pouring), and fine motor skills (peeling).

PRESCHOOL Power

What I Can Learn from Cooking - Cooking can inspire your child's curiosity, thinking, and problem solving. Additionally, cooking offers a real opportunity for preschoolers to understand and apply their knowledge of measuring, one-to-one correspondence, numbers, and counting. As children follow a recipe they are organizing ingredients, following a sequence, and carrying out multiple directions.



Cooking Together

Cooking is not just a fun activity for children; it can also be an important learning activity. Hands-on cooking activities help children develop confidence in their skills, encourages independence and uses thinking skills to problem solve. With its own vocabulary, cooking is also a great opportunity for language development. Try this recipe and watch your child learn!

Blueberry Oatmeal Squares

- 1½ cups quick oats
 - ½ cup whole-wheat flour
 - ½ teaspoon baking soda
 - ½ teaspoon salt
 - 1 teaspoon cinnamon
 - ½ cup fresh or frozen blueberries
 - 1 egg
 - 1 cup skim milk
 - 3 tablespoons apple sauce
 - ¼ cup brown sugar
1. Preheat oven to 350° F.
 2. Coat 9x9 baking pan with cooking spray.
 3. Place ingredients into a large bowl and mix until combined.
 4. Pour into prepared pan and bake 20 minutes or until a toothpick inserted comes out clean.
 5. Allow to cool for 5 minutes and cut into squares.



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A Weekly Newsletter for Families

February: Week 4
Parenting Tips



*"You can learn many things from children.
How much patience you have, for instance."
– Franklin P. Adams*

INFANT Inspiration

Safe Sleep - Always place your infant to sleep **ON THEIR BACK** on a firm mattress covered by a fitted sheet. An infant's sleeping area should always be smoke free. Never place your infant to sleep on adult beds, chairs, sofas, waterbeds, pillows, or cushions and never place loose bedding or toys in a crib.

TODDLER Tales

Fighting Sleep - If your child seems to be fighting their sleep, try following a nightly bedtime ritual such as bath, books, then bed. Young children appreciate the security of a routine. Once your child is in bed, tell them that you'll come back in five minutes to check on them and let them know that they are safe and you are nearby.

PRESCHOOL Power

Afraid of the Dark - The best thing a parent can do for a child with a fear of the dark is to communicate, be respectful, and show that they understand. Don't tell your child that their fear is silly, give your child a sense that he or she is safe and re-assure your child that his fear of the dark is normal.



Bed Time Routines

Establishing a bedtime routine **is key to instilling good sleep habits for your child.** A calming bedtime routine that follows a predictable pattern every night helps give your child a heads-up that it's time to sleep. Here are a few tips to consider when establishing a routine that is right for you and your child.

- Observe your child's sleep tendencies and tailor the routine to them. For example, if your child tends to start rubbing their eyes at 7:00 PM start your routine around 6:15 or 6:30 PM.
- Introduce nighttime rituals slowly. Consider a soothing bath, cuddling, reading a book, and singing lullabies.
- Whatever rituals you choose, be consistent.
- Abbreviate the routine during the day for naps.
- Adapt the bedtime routine if needed. It's important to be conscious of your growing child's changing needs as time goes on.

