

• 4/8-4/9 - Spring Photos



• 4/26 - LUAU

• 4/17 - Easter Egg Hunt



### The Scoop about your Infant - Toddler

As Baby approaches her first year, you'll notice some changes in their sleeping habits. These expert tips will help you handle them with ease.

**Hours of Sleep Needed:** Over the next six months, your baby's sleep needs won't change much. From 6 to 8 months, a baby should get an average of 11 uninterrupted hours of sleep each night and 3.5 hours each day, spread out over two to three naps. From nine to 12 months, the amount of hours of sleep at night stays at 11, but Baby needs only three hours of sleep during the day.

**Sleep Safety:** As your baby becomes more mobile, you'll also need to reevaluate their sleeping environment. Take a look around the room for any potential hazards. A baby can easily use the crib's bumpers to stand on and climb out. In addition, wall hangings, pictures, curtains, and window blind cords are potentially harmful if left within Baby's reach.

**Refusing Bedtime:** As your baby approaches their first birthday, don't be surprised if they start to fight you when going to bed for the night. After all, hanging with you seems like it would be a lot more fun. This is when Baby starts asserting more independence, but don't give too many allowances when it comes to bedtime. You don't want to change the routine too much because it will effect your child's overall sleeping habits.

**Early Riser:** If your baby is waking up before 6 a.m., they are probably overtired. Overtired children don't sleep as well, or as long, as well-rested ones. Think about your child's sleep schedule and decide if they are going to bed too late, not napping enough, or staying up too long between naps and bedtime (try not to let it exceed four hours).

### Moving and Shaking with the Twos

Your child is at a stage where they are constantly learning language from you and this is such an important part of their development. The following are some suggestions that will foster those skills and encourage healthy language development in your little one.

**Read Together:** Read, read, read and then read some more! You can NEVER read enough to your child. In addition, discuss the illustrations when you're looking at books together. Ask your child to tell you what they see. Ask them to point out specific items on the page. Read alphabet books to lay the ground-work for learning the ABCs.

**Your Child is Intelligent:** Treat your child like they are an intelligent person, because they are! Consciously hold conversations with them. Ask for their opinions, likes, and dislikes. Listen attentively when they talk to you, and respond in a way that shows you understand what they are saying. If they are having difficulty communicating something, make sure to model appropriate pronunciation as well as good listening skills.

**Encourage Details:** Adding details to what your child is saying helps to expand their vocabulary and understanding of language. For example, if your child sees a bus, you can add "Yes, that's a bus. It's a yellow school bus. It's really big!"

**Model Proper Grammar:** This is such an important part of children learning language. Using proper grammar when you speak creates a model for your child. After all, they learn to speak (and write) from you.

**Use Complete Sentences:** Help expand your child's abilities by speaking to them in complete sentences. If they ask for "More banana?" say, "You want to have more banana." Model correct word order and clear pronunciation.

**Encourage Imagination:** Provide your child with puppets, dolls, stuffed animals, and make-believe play materials such as scarves, hats, old clothes, and costumes. Allowing your child to use their imagination and having conversations about what they are doing expands their language on many different levels. Being creative goes hand-in-hand with cognitive development.

Remember that building language and communication skills is an important building block in their overall educational success.

### Thinking with the Threes

Everyone feels anger and aggression sometimes, including children. Adults tend to have better control over their emotions and behavior when these feelings arise. Children, however, feel so many emotions that they don't fully understand and may turn their energy toward unwanted behavior such as kicking, biting, or hitting. If you are seeing some of these behaviors take place and are unsure of how to address it, the following are some suggestions that can help you show your little one some alternatives.

**Set firm and consistent limits:** Children need to know what behavior is, and is not, permitted. Make sure that everyone who cares for your child is aware of the rules you set, as well as the response to use if they exhibit this behavior. A child who kicks, hits, or bites should be addressed immediately so they understand exactly what they have done wrong. Waiting to address a behavior does not work well for children.

**Help your child find different ways to express what they are feeling:** Encourage them to use words to express feelings rather than fighting with their body. Calmly ask your child to explain what has caused them to become so angry. Talking through the issue can help some children work through the anger and calm down. Be sure to praise your little one for exhibiting less aggressive behavior. Let them know that you notice when they deal with their emotions in a positive way.

**Control your own temper:** Let your kids witness conflicts that arise in your home being resolved in a peaceful manner. Children mimic adults; the way you handle your own anger and frustration affects your child. Model positive coping skills—like doing something that calms you or getting away from a frustrating situation—and your child is likely to do the same.

**Instill self-control in your child:** Children don't possess an innate ability to control themselves. They need to be taught not to react impulsively and whenever they feel like it. A child needs a parent's guidance to develop the ability to keep their feelings under control and to think about their actions before acting on them.

### RICE KRISPIE NESTS



### Eggciting Rice Krispie Nests

These fun little snacks are an easy way to spend some time creating in the kitchen with your child. It is a simple recipe and all you need is the following ingredients: (3 tbsp. butter / 1 10 oz. bag of marshmallows / 6 cups of Rice Krispies / 1 bag of jellybeans or Robin Egg candies)

What to do: 1. Melt the butter over medium heat and stir in the marshmallows. Continue stirring until completely melted. Pour the mixture over the cereal and stir until well combined. 2. Spray a muffin tin with cooking spray and shape the nests. It is helpful to also spray a spoon and use it to help make the indents. You could do this by hand but it would be quite messy! 3. Let the nests cool in the pan, pull them out, and decorate with the candies! If you want to make it fancy, you can dye coconut flakes with green food coloring and make some grass for the nests (just make sure to add it before the candies)