

# Spring Newsletter

HAPPY SPRING!



## SPRING IS HERE

### Welcome Spring and New Families enrolled in our program!

Spring is finally here! We are so happy that the birds are singing and the sun is out!

We can't wait to share Spring related topics, see your child/children reach developmental milestones, and support you and your family this season!

## Follow Us For More Tips

### We are on Facebook!

Follow us and like our page:

<https://www.facebook.com/PATUSCTelehealth/>

We share tips, resources and other helpful information related to parenting and development! There is also a private group, just for parents in our program, where you can share about your parenting experience.

## We Support the Entire Family!

### Ask Your Parent Educator for Family-Centered Resources

Whether you need information about your local library, housing, a medical home, etc. We can help!

There are also resources available to you in your family journal along with handouts.

## Interactive Song to Celebrate Spring

### Plant A Little Seed

I plant a little seed in the cold, cold ground (Squat down pretend to plant)

Out comes the yellow sun, big and round (Put arms above head like the sun)

Down come the raindrops soft and slowly (dancing fingers)

Up comes the flower grow, grow, grow (jump as flower emerges)



## Spring Crafts for Babies and Toddlers



### Create a Nature Sensory Bottle!

- Take a nature walk with your child and let them pick flowers, leaves, grass, etc.
- Place your child's nature finds in a plastic bottle (think empty peanut butter jar, empty water bottle, etc.)
- Place water and glitter in the bottle.
- Seal the bottle so your child can not open it or remove lid (craft tape works well).
- Always watch your child when they play with the bottle.



## WAYS TO WELCOME SPRING WITH YOUR LITTLE ONE

- Read a book about Spring
- Take a walk outside and have your child identify different colors and objects
- Make Spring Themed Arts and Crafts
- Share Spring Themed Songs and Rhymes
- Plant a Seed Together

### Use Fingerprints, Handprints, and Footprints to Make Spring Related Art!

The example uses a hand print to make the stems of flowers, and fingerprints to create the flower petals. Be as creative as you would like!

We even shared an edible paint recipe on our Facebook page if you are nervous about your child putting paint in their mouth!



## Book sharing-

Spring is a great time to share books outside!

You can take a blanket and spread it on the ground outside, read on a park bench, or under a tree!



## Supporting Learning

\* *Supporting learning* happens when you pay close attention to your child's development and motivation. This informs how you manage your home environment. It also helps you focus more on your child's needs, promote independence, and encourage him or her to try new tasks.

Please join us for upcoming group connections:

May 10th 5pm PST- sleep

June 4th 6 pm PST- lactation and nutrition

July TBD- summer safety

August 7th 4 pm PST- what to expect and adding to your family

Ask your parent educator for more information.

We also post upcoming group connections on our website: <https://pat.usc.edu/group-connections/>

## SPRING FEATURED PARENT-CHILD INTERACTION

### \* Outdoor Exploration: Discovering and Observing

#### What do we have?

- > You and your children
- > Backyard or park

#### How do we do it?

##### Birth to 5 months

1. When you take your baby outdoors, notice how she behaves. Is she excited about going for a walk or stroller ride? Or does the motion make her sleepy?
2. If your child is awake, notice how she watches the other children.
3. Let her touch the grass, feel the wind, enjoy the warmth of the sun, and hear water in a stream or fountain.

##### 6 to 36 months

1. Ask where your child wants to go. Notice where she plays first, where she spends the most time, and what she looks at.
2. Give your child time and space. Let her smell flowers and dirt, touch tree bark and leaves, and crawl, walk, climb, or run in the grass.
3. If other children are there, notice how your child interacts with them.
4. Play outside as long as your child is interested.

#### What's in it for us?

- > **Motor:** Outdoor play encourages your children to use their large muscles to sit up, walk, run, climb, kick, and swing.
- > Routines teach your children about time. If going outdoors is always part of your day, your children will anticipate it. They will also learn that after being outside they eat lunch and take a nap.
- > When your older child encounters other children outdoors, she may just watch at first, but as she gets older she will interact more.