

Winter Newsletter

HAPPY VALENTINE'S DAY!



2018 IS HERE Happy New Year!

Wow, we cannot believe we are already in the second month of 2018! We are so excited to partner with you and your family for a new year! A lot can happen in one year, especially when it comes to the growth and development of your baby.

Follow Us For More Tips We will soon be on Facebook!

Be on the lookout for when you can follow us on Facebook @ **Parents as Teachers-USC Telehealth**

We will share tips, resources and other helpful information all related to parenting as well as growth and development!

Make the Most of Your Visit Let your parent educator know your thoughts and feelings.

Fully participate in the partnership. Don't be embarrassed to ask any question you might have. Share your goals for your child and the progress you're working toward achieving them. Feel free to share fears or things that worry you. Your parent educator will keep your comments confidential.

Baby, it's Cold Outside!

* Your little one can still enjoy outside adventures in cool weather if dressed properly. Dress your child in layers, rather than in a single heavy garment. She'll need one more layer than you. Keep thermal/synthetic layer underwear next to the skin, then a wool or fleece layer and make sure the outer layer is a water-resistant material. Avoid cotton, as when cotton gets wet it stays wet. Ninety percent of heat loss occurs from a child's head, so wearing a hat is essential. Mittens and boots complete your child's protective clothing.



Valentine's Day Crafts for Babies and Toddlers

From: Parenting.com and Parentinghealthybabies.com



Hand or Foot Print Flowers

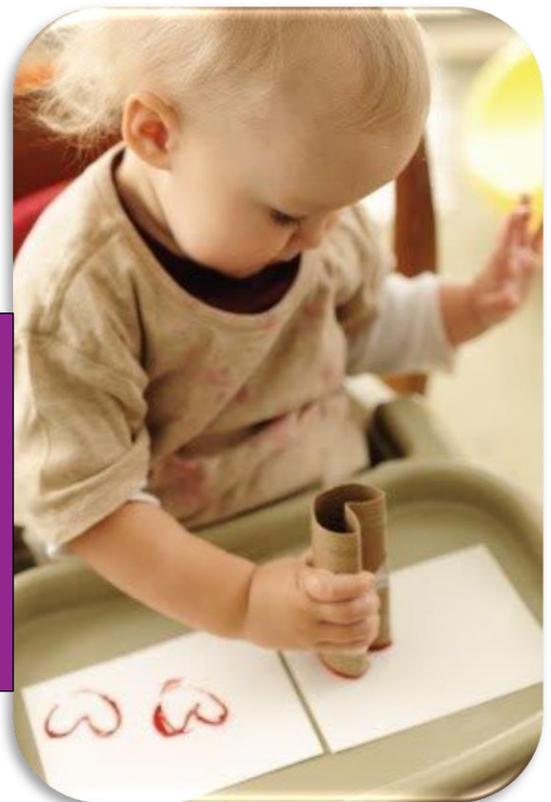
- Carefully Dip your child's hand or foot in non-toxic paint
- Place on Paper
- Wash hands or feet and let the print dry
- Cut out the hand prints and glue on a new piece of paper
- Draw stems or whatever you would like

WAYS TO CELEBRATE VALENTINE'S DAY WITH YOUR LITTLE ONE

- Wear Red, and Pink.
- Find items around the house that have a heart shape. Ex: Cookie Cutter, Shape Sorter, etc.
- Make Valentines for loved ones
- Snuggle
- Read Books Together
- Sing Songs
- Valentine's Day Themed Sensory Play- Ex: Finger Painting, etc.

Toilet Paper Tube Heart Stamps

- Take an empty toilet paper tube and fold one side of the tube in (as seen in pics).
- Lay down paper for your child.
- Dip one end of the tube (or help your child) into non-toxic paint.
- Allow your child to stamp the paper leaving heart shapes.



Book sharing-

Winter is a great time to cuddle up with your child and read a book. Winter's Parent-Child Interaction will also help you and your child get relaxed and ready for a bedtime book.



Responding to Your Baby

*** Responding** happens when you consider your child's approach to learning and her temperament. Then you adapt your behaviors based on that information plus your child's interests and perspective in the moment.

We hope your New Year is off to a great start!

Please join us for an upcoming group connection:

February 23rd- Lactation and Nutrition 12 p.m. PST

Ask your parent educator for more information.

Please fill out our parent-satisfaction survey so we know how to best partner with you (a link was emailed to you by your parent educator).

Feel free to check out our website as well:

<https://pat.usc.edu/>

WINTER FEATURED PARENT-CHILD INTERACTION

* INFANT MASSAGE

What do we have?

- > A blanket
- > Small amount of vegetable oil in a cup or saucer
- > Board book

How do we do it?

1. When your baby is quiet and happy, find a comfortable location on the blanket.
2. Lay him on his back. Ask your baby, "Would you like to have a massage?"
3. Rub a small amount of oil between your hands to warm the oil, and then show your hands to your baby.
4. Place your warm hands with warmed oil on your baby's tummy. This is called Resting Hands.
5. Watch for your baby's cues. If your baby is agreeable, bring his fists into yours and hold them together at the midline of his tummy, under your Resting Hands.
6. Your parent educator will demonstrate other motions you can try.
7. Understanding your baby's non-verbal communication. Do you notice any difference? Is he calmer? Are his legs less stiff? Are they warmer?

Parenting behavior

Responding: Observe and respond to your baby's likes and dislikes. Use these skills to comfort, calm, and soothe your baby.

What's in it for us?

- > **Motor:** Your baby may sleep better because massage can help him relax.
- > **Social-emotional:** When you show him how much you love him by your soothing caress, you are building attachment.
- > When your baby trusts that his needs will be met, it helps the chemical and physical conditions in his brain to receive input.

*Information Taken From Parents as Teachers Curriculum