

FIRST STEPS FAMILIES NOVEMBER-DECEMBER 2012

The editor of First Steps Families is a mom that had a child in the First Steps program. Hopefully the information shared will provide you with helpful resources for your family. To conserve resources and to make sure you don't miss out on helpful information, please send your e-mail address to Connie Coovert at cccoov2@uky.edu to receive the newsletter electronically or call me at 859-257-6427 to arrange for a hard copy.

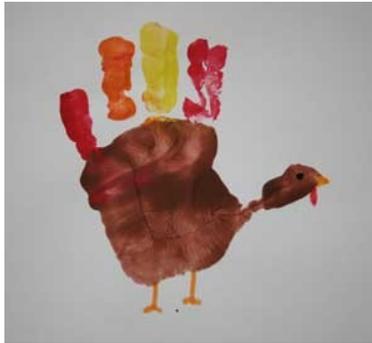
Connie



CLASSIC HANDPRINT TURKEY

It's a classic, the handprint turkey craft. Make this cute little painted turkey with your little one each and every year!

1. Paint your child's hand and all fingers with brown tempera paint using a medium-sized watercolor brush.
2. Help him press his hand onto white or light brown construction paper, or a paper bag cut into a square. Be prepared to demonstrate this first. Your child may enjoy making several handprints right away once you have shown him how. If you would like one for display, let him practice this a few times, then help him press his hand onto the final paper, making sure to gently push down each finger, and pulling his hand straight up.



You can also individually paint each finger in a different color so the finished handprint will already have colorful feathers. You'll probably have to have your paint brushes ready to use, but if you can pull this off, skip steps 2 and 3.

3. Once the paint is dry, go back with a small paint brush dipped in red. and show him how to make a stroke along one of his finger prints to paint the red feather. (You can even do one or two with him hand over hand.) Toddlers are likely to make a bunch of paint swipes everywhere — that's OK. The idea is to get them painting and practicing.
4. Repeat step 2 with other colors: yellow, orange, green, black for the remainder of the fingerprint feathers.
5. Dip the stick end of your paintbrush in black and dot on eyes. Paint the turkey beard red.

TODDLER PROPERTY LAWS

If I like it, it's mine!

If I want it, it's mine!

If it's in my hand, it's mine!

If I had it a little while ago, it's mine!

If I think it's mine, it's mine!

If it looks like mine, it's mine!



**FIRST STEPS
PARENT
CONSULTANT**

Connie Cooverrt
229 Taylor Ed. Bldg.
Lexington, KY 40506
1-859-257-6427
ccoovr2@uky.edu

We are on the Web:
<http://chfs.ky.gov/dph/firststeps.htm>

“It’s not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can’t tell my children to reach for the sun. All I can do is reach for it, myself.”

*~Joyce
Maynard*

EVERYDAY WAYS TO SUPPORT YOUR BABY

As a parent consultant for First Steps one of the best things about my job is that I get to talk with a lot of First Steps families. During many of those conversations parents tell me they would like to know things they can be doing with their child that will help him grow and learn. The following information from Zero to Three was in the First Steps Families November/December 2010 newsletters. It’s great information so I thought I would “run” it again!

Your baby is learning—about you, himself, and the world around him—from the moment he enters the world. The chart below gives you some ideas of the many ways you can support your child’s early learning through your everyday activities.

| What’s Going On With Your Baby or Toddler | What You Can Do |
|---|---|
| <p>Language and Communication Babies express their needs and feelings through sounds and cries, body movements, and facial expressions. Your baby will begin using words sometime around 1 year. By the time she is 3, she will be speaking in short (3-5 word) sentences.</p> | <ul style="list-style-type: none"> • Watch and listen to see how your baby communicates what she is thinking and feeling. • Repeat the sounds and words your child uses and have back-and-forth conversations. • Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas. • Talk about what you do together—as you play, do errands, or visit friends and family. |
| <p>Thinking Skills Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.</p>  | <ul style="list-style-type: none"> • Encourage your child to explore toys in different ways—by touching, banging, stacking, shaking. • Turn everyday routines into playful learning moments. For example bath time is a chance to learn about ideas like <i>sinking/floating</i> and <i>wet/dry</i>. • Follow your child’s interests. Children learn best through activities that excite them. • Ask your child questions that get him thinking as he nears age 3. For example, when reading a book together, ask <i>Why do you think the girl is laughing?</i> |
| <p>Self-Control Over the first 3 years, your child is beginning to develop self-control—the ability to manage his feelings and actions in acceptable ways. He is also learning to wait, share, and work out problems with his friends.</p> | <ul style="list-style-type: none"> • Use words to help your child understand his feelings. <i>You are really mad because we have to leave the park.</i> • Give choices to older toddlers. <i>Would you like to read books before or after we brush teeth?</i> • Stay calm when your child is upset. This helps him feel safe and get back in control. |
| <p>Self-Confidence Your child is learning that she is a very special person; that she is loved, smart, fun, and capable. When children feel good about themselves, they are more confident and willing to take on new challenges.</p> | <ul style="list-style-type: none"> • Comment on what your child does well. <i>You found the button that makes the bear pop up!</i> • Help your child be a good problem-solver. Give her the support she needs to be successful without completely solving the problem for her. • Give your child the chance to do things for herself like pouring milk from a small plastic pitcher. • Encourage your child to keep trying. <i>You are working so hard to get the ball in the basket. Sometimes it takes lots of tries!</i> |

Visit www.zerotothree.org/schoolreadiness for more information on early learning and healthy development. Content developed by ZERO TO THREE and made possible by the generous support of Metlife Foundation