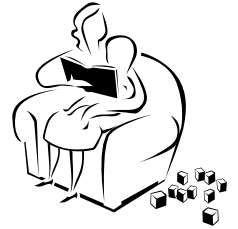




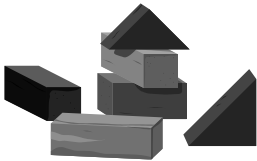
~ Newsletter ~ Winter 2011

FUN STUFF TO DO!

3-12 months - Show your child a doll or a picture of a baby from a magazine. Point out different things about the baby and relate them to your child. "Isn't this a pretty baby" here is the baby's nose. Here is Monica's nose. Here is baby's knee. Here is Monica's knee," etc. (*language skills, visual discrimination*)



One Year Old - Create large shapes on your floor with masking tape, such as a square, triangle, diamond, etc. (you can also tape down differently colored shapes cut from construction paper.) Then ask your child to "Run to the square," "March to the circle," "Wiggle to the red shape," etc. Also try tossing a beanbag or rolled up sock into them. Call out the shape you want her to try for. "Try to get the beanbag into the star!" (*shape and color recognition, large motor skills, listening skills*)



Two Year Old - Line the bottom of a shallow pan with dark-colored construction paper. Spread a thin layer of salt on the construction paper. Your child can use his fingers to draw and write in the salt. A light shake and he has a clean slate to begin again. (*small motor skills, creativity*)



REWARD!!



HELP! With the newest changes in Help Me Grow's Home Visiting Program we are focused on first-time pregnant moms and infants up to 6 months of age of first-time parents. **We need your help to find them!** For everyone that you refer to Help Me Grow who qualifies under the new Home Visiting Program and enrolls in Help Me Grow, **we will reward you with a \$15 gas card!!** It's as simple as that! So tell your friends, family and acquaintances about us and we will reward you. When making a referral, just be sure to tell us who is referring! (NOTE: This offer is for CURRENT HMG families only!)

Thanks for your HELP in helping us GROW!

IMPORTANT NEWS!

Recently, one of our Home Visitors was attacked by a dog while on a home visit and required 15 stitches to her face. While most of us have dogs ourselves and love dogs, we are asking that parents please confine your pets during home visits. We know this was a rare occurrence, but the safety of our Service Coordinators and Home Visitors must be a priority. If you have any questions regarding this, please talk to your Help Me Grow worker. Thank you for considering our request for our staff's safety!



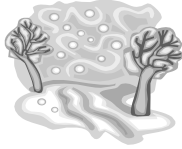


Winter Fun Activities!



Cotton Ball Snowman

Cut 2 large circles out of white paper, making one a bit larger than the other. Dip cotton balls into glue and glue on the circles. Have toddlers decorate the snowman with shapes from construction paper to make eyes, nose, mouth, a hat, mittens, scarf, boots.



Snow Paint

Mix food coloring and water and add to spray water bottles and spray the snow to make colorful works of art outside.

Homemade Hot Cocoa

Nothing beats the winter chills away after a day of snow fun outdoors than hot cocoa. Make your own with this recipe.

2 Cups nonfat dry milk
1 Cup white sugar
1/2 Cup cocoa
1/2 Cup non-dairy creamer
1 pinch of salt
Miniature marshmallows



Combine ingredients and mix well. Store in an airtight container. Add 4 tablespoons of mix to a mug and add boiling water. Stir.

Make a Snow Gauge

Mark inch lines on a coffee can or plastic liter bottle with the top cut off and setting it outside to catch snow in.

Five Little Snowmen (fingerplay)

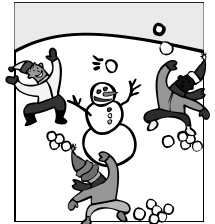
A great learning song / counting song!

Five little snowmen round and fat. *(hold up 5 fingers)*
Each one wearing a funny hat. *(pretend to touch a hat on your head)*
In the morning, out came the sun. *(put your arms up into a circle over your head)*
It looked down and melted one. *(move your hands down in front of you to the ground)*
Repeat with 4,3,2,1 snowmen.



Chubby Snowmen (fingerplay)

A chubby little snowman had a carrot nose. *(point to nose)*
Along came a bunny and what do you suppose?
(put 2 fingers up and "hop" them like a bunny)
That hungry little bunny, looking for his lunch *(rub your belly)*
Ate that snowman's carrot nose, *(use your hand to "chomp" like a mouth)*
Nibble, nibble, CRUNCH! *(clap- 2 softer and 1 loud for "CRUNCH!")*



Container Snow Play

Are your kids bugging you to play in the snow, but it's too cold outside or (let's be honest) you don't feel like bundling them up? Bring the snow inside!

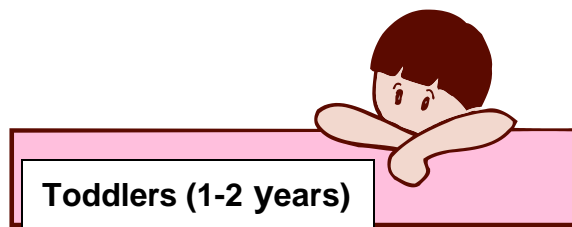
- Fill a big plastic bin or kiddie pool with snow and place on a plastic table cloth or towels
- Gather sand toys and containers and relax with another cup of coffee and your favorite magazine :)



Infants (0-1 year old)

Developmental Milestones	Positive Parenting
<p>Cognitive development for your baby means the learning process of memory, language, thinking and reasoning. Your baby is learning to recognize the sound of your voice. She is also learning to focus her vision from the periphery or the corner of her eyes to the center. Language development is more than uttering sounds (“babble”), or mama/dada.</p> <p>Listening, understanding, and knowing the names of people and things are all components of language development. During this stage, your baby is also developing bonds of love and trust with you. The way you cuddle, hold, and play with your baby will set the basis for how he will interact with you and others.</p>	<ul style="list-style-type: none">• Talk to your baby. It is soothing to hear your voice.• When your baby makes sounds, answer him by repeating and adding words. This will help him learn to use language.• Read to your baby. This helps her develop and understand language and sounds.• Sing to your baby.• Play music. This helps your baby develop a love for music and math.• Praise your baby and give him lots of loving attention.• Spend time cuddling and holding your baby. This helps her feel cared for and secure.• The best time to play with your baby is when he’s alert and relaxed. Watch your baby closely for signs of being tired or fussy so that you can take a break.

Parenting can be hard work! Take care of yourself physically, mentally, and emotionally. It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.



Child Safety First

As your child is becoming increasingly mobile, his ability to encounter more dangers is increasing as well. Dangerous situations can happen quickly so keep a close eye on your child. Here are a few recommendations to help keep your growing toddler safe.

- Block off stairs with a small gate or fence. Lock doors to dangerous places such as the garage or basement.
- Toddler proof your home by placing plug covers on all unused electrical outlets.
- Keep kitchen appliances, irons, and heaters from the reach of your toddler. Turn pot handles toward the back of the stove.
- Keep sharp objects such as scissors and pens in a safe place.
- Lock up medicines, household cleaners and poisons.
- Never leave her alone in the car, even for a few moments.
- Store any guns in a safe place out of his reach.



COMMUNITY EVENTS AND HMG ACTIVITIES...

MOVP - Look Away

January 14th, 2011 - January 29th, 2011

Time: See Below

Location: Mid-Ohio Valley Players Theatre,
229 Putnam St

20th Teddy Bear & Doll Show & Sale

January 16th, 2011

Time: 10:00am - 4:00pm

Location: 101 Front Street, Lafayette Hotel,
Marietta

Chicken Pot Pie Fundraiser

February 26th, 2011

Time: 11:00 am - 1:00 p.m. ; 4:00 - 6:00
p.m.

Location: Betsey Mills Club, 300 4th Street,
Marietta

Winter Swap Meet

March 5th, 2011

Time: 8:00 a.m. - 4:00 p.m.

Location: Washington County Fairgrounds

Empty Bowls Fundraiser Luncheon

Saturday, March 26, 2011

Time: 11:30 am - 1:00 pm

Location: St. Luke's Episcopal Church,
Marietta



REMINDER!

When winter comes...so do the 'sniffles'! If you or anyone in your family is sick when your home visit is scheduled, please call to reschedule your visit. Also, if your roads are unsafe due to the weather, please let your Service Coordinator or Home Visitor know in advance. We want to keep everyone healthy and safe this winter! ☺

HMG Playgroup Changes!

Due to the overwhelming positive response we have had to our "transition playgroups", we need to change our age limit back to 2½ year olds. We feel it is important to give those children who are almost 3 years old a chance to increase their socialization skills by being in a group before they enter preschool or child care settings. Please talk to your Service Coordinator or Home Visitor for more information and to get your 2½ year old signed up.

PAT (Parents As Teachers) GROUPS REMINDER!

For those of you who are receiving the PAT Curriculum from your Service Coordinator or Home Visitor, we hope to see you attending our monthly PAT Group meetings. These are held the third Monday of each month from 10:00-11:00 am at Christ United Methodist Church, 301 Wooster Street, Marietta. The PAT Groups are a scheduled part of your involvement in Help Me Grow and offered to support your important role as parents. Please note that due to the 3rd Monday of January and February falling on holidays, our office will be closed and thus no PAT Groups. We hope to see you again on March 21st. Melissa will be presenting healthy meals/snacks. Please RSVP!

WANT TO MAKE A DIFFERENCE?

The Washington County Family & Children First Council and the Early Childhood Committee have openings for Parent Representatives. If you'd like to get involved and have input into programs for families and children in our county, please call Cindy Davis @ 376-7081 for more information. We need your voices!!




January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 HAPY NEW YEAR!
2	3 Transition Playgroup 10:00 – 11:00 am	4	5	6	7	8
9	10 Transition Playgroup 10:00 – 11:00 am	11	12	13	14	15
16	17 OFFICE CLOSED Martin Luther King, Jr. Day	18	19	20	21	22
23	24 Transition Playgroup 10:00 – 11:00 am	25	26	27	28	29
30	31 Transition Playgroup 10:00 – 11:00 am					

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Transition Playgroup 10:00 – 11:00 am	8	9	10	11	12
13	14 HAPPY VALENTINES DAY!  Transition Playgroup 10:00 – 11:00 am	15	16	17	18	19
20	21 OFFICE CLOSED President's Day	22	23	24	25	26
27	28 Transition Playgroup 10:00 – 11:00 am					

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Transition Playgroup 10:00 – 11:00 am	8	9	10	11	12
13 Daylight Savings Time begins 	14 Transition Playgroup 10:00 – 11:00 am	15	16	17 Happy St. Patrick's Day! 	18	19
20 Spring Begins! 	21 PAT GROUP 10:00-11:00am <i>Healthy Meals/Snacks</i> Transition Playgroup 10:00 – 11:00 am	22	23	24	25	26
27	28 Transition Playgroup 10:00 – 11:00 am	29	30	31		