



# May EHS Newsletter

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## Important Dates to Remember....

May 8<sup>th</sup> is MOTHERS DAY!



EHS **Closed** May 13th Professional Development

EHS **Closed** May 27<sup>th</sup> Professional Development

EHS **Closed** May 30<sup>th</sup> Memorial Day

## Six Practical Ways to Embrace Your Toddler's Needs

### **1. Involve them in your daily activities.**

Look for tasks that are challenging but doable and ask your toddler to help. You might bake cookies together, put away groceries or clean up a mess. The opportunity to practice a new skill also allows your toddler to contribute to the family in a meaningful way.

### **2. Repeat a useful phrase.**

Remember how it felt the last time you wanted to do something but your body or brain wouldn't cooperate? Toddlers live in that moment. Teach them to work through their emotions by repeating a phrase like, "When you're frustrated what can you do? Try again or ask for help." Say it over and over. Soon enough they'll stop you mid-sentence, with a smile even, to say "Okay! I'll try again!"

### **3. Offer toys and outings that build their muscles.**

We all have 'em: toys that light up, make noise and require no effort on behalf of our kids. As often as you can, ditch those passive activities in favor of ones that improve gross and fine motor skills. Grab blocks, puzzles or playdough. Take a long walk, visit the park. Set the stage and let them explore.

## **4. Cuddle on the couch.**

Affection is a miracle antidote. It's also a lovely preventable measure that's sure to ward off a tantrum or two. Snuggle up on the couch or in bed at least once a day to cuddle, read books, or sing silly songs.

## **5. Relate to their mistakes.**

Toddlers crave approval. And they're smart enough to know that peeing on the floor isn't what you're looking for. Avoid shaming your toddler, which is demotivating and, instead, relate to their struggle. You might say, "It's okay! Accidents happen." And then share a story about when you made a mistake.

## **6. Stick to your guns.**

Toddlers are little boogers who insist—quite convincingly—that they can play all day. But you know better. Encourage two naps for toddlers under 18 months of age and one afternoon nap for older toddlers. If they have trouble falling asleep, fill their bed with books and watch them grow a love for reading. Make rest a must in your home. When all else fails, be an encourager. Affirm effort over outcome with four little words: "You can do it!"





What is TOUCH A TRUCK?

**FREE EVENT** Touch, and explore their favorite emergency vehicles, and over eighty big and small vehicles used for Construction, Farming, Delivery and more! Enjoy meeting the individuals that protect, serve and build Dickinson and Southwest ND. Face painting, pictures with McGruff the Crime Dog, Smokey the Bear, Teddy from the Big Sticks and the Toy Story Crew! Food, Fun, Freebies, Puppies, Music, Inflatables and more. SEE YOU THERE!

[The Power of Play Activities](#) – Active play helps children excel in school and go on to more fruitful careers,



## May 1 is World Laughter Day: Why is World Laughter Day Celebrated?

The act of laughing can have a serious positive impact on someone's well-being and mental health. World Laughter Day aims to promote more laughing amongst people and to celebrate the benefits of laughter. Here are some of them:

- **It releases endorphins.** When you laugh your body releases endorphins, which are natural painkillers that can help you feel good and ease chronic pain.
- **It reduces stress.** Laughing lowers the level of stress hormone in your body, helping you cut down on stress and anxiety, making you feel more relaxed.
- **It helps with building relationships.** Laughing with someone else can bring you closer together. This means that laughter can help you make friends, it can help you make up with someone with who you've been angry, and it is proven that couples who regularly laugh with each other are closer and more intimate.
- **It improves your heart health and lowers blood pressure.** Laughter will get your heart pumping, which means that it is an easy way to get some cardio workout done. At the same time, it lowers your blood pressure, reducing the risk of a heart attack.

As you can see, regularly laughing can not only contribute to your health, it also makes you feel better and more positive, which means you'll want to spread this positivity around everyone you come across.



# May is for Mental Health

## What is mental health?

Mental health means that young children are growing in their ability to:

- Understand and share feelings
- Have close and positive relationships
- Explore and learn

## Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems
- Develop patience (or not give up)
- Focus on a Task
- Ask for Help

## Things You Can Do and Say to Help Your Child

### • For Your Infant

- Hold your baby during feedings.  
"I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!  
"Hey, when I smile, you smile back."
- Talk about what you are doing.  
"I'm going to change your diaper now."
- Try to relax and have fun.  
"When I am happy, you are less fussy."
- Read and sing to your baby every day.  
"It is bedtime. Time for a story and favorite song."
- Take care of yourself.  
"When I am rested, I take better care of you."

### • For Your Toddler/Preschooler

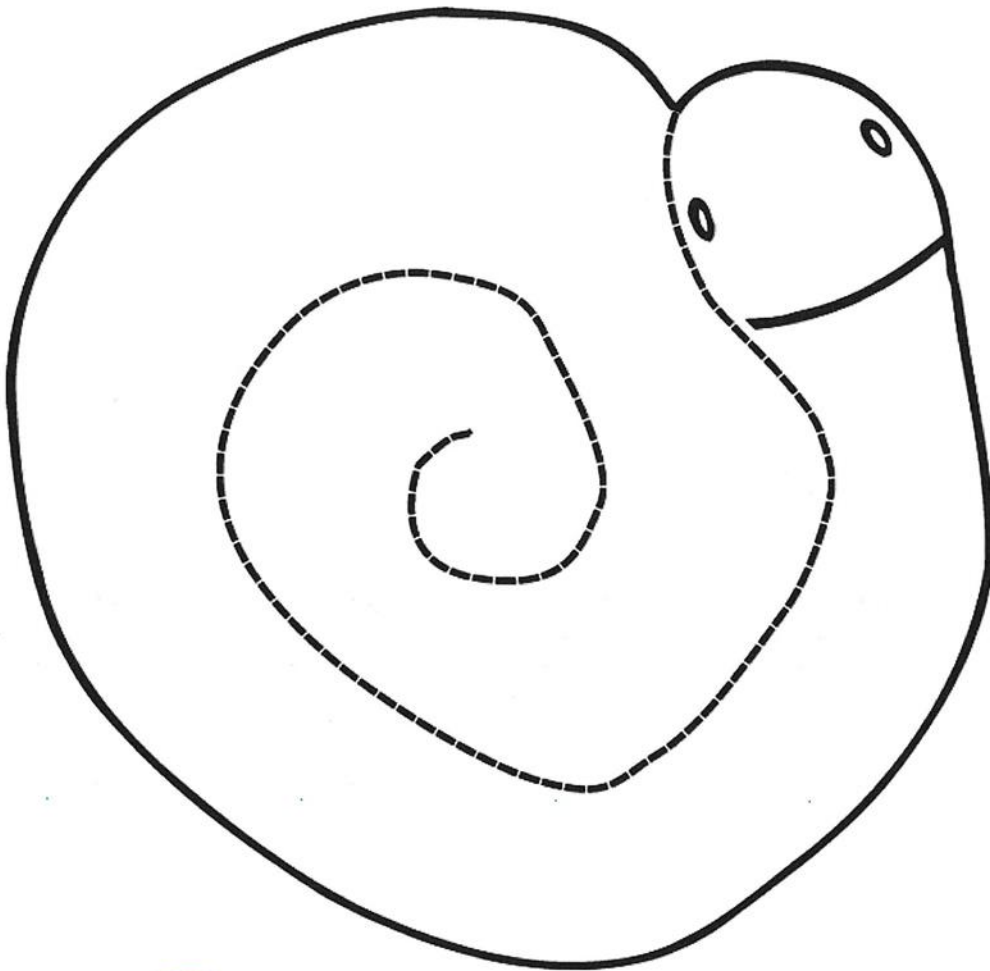
- Make sure they always feel safe.  
"I know loud noises can be scary, but it's OK."
- Offer choices.  
"Do you want the blue shirt or the red shirt?"
- Practice patience.  
"Let's wait until the song is over and then we'll go outside."

- Show understanding.  
"You REALLY want another cookie! It is hard when you can only have one."
- Leave extra time.  
"I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day.  
"There is so much to do but it is important for us to play together."
- Follow her interest.  
"I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying.  
"I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions.  
"First pick up the blocks, then take out the cars."



# Swirly Snake Dangler

1. Print out and color this snake. Decorate it with lots of bright Crayola colors.
2. Cut out around the outside of the snake, then cut the inner spiral along the dotted line.
3. Hang up your snake by the head or tail as a fun and swirly mobile.



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