



February 2026 Newsletter

happy Valentine's day



In this Newsletter, we hope that you will find some helpful things to do with your infant and toddler, as well as some fun activities for the month of February. Hope you enjoy. If you have anything that you would like to share, please let your EI know and we will add it next month.

### How to help with different textures of food:

It's nice to have that toddler that will eat just about anything but what about those little one's that really struggle with eating certain textures? Are they being just picky or is it something more?

### How to help toddlers with texture aversions:

### Picky Eaters: Feeding Littles

Learning to feed self and using a cup? Check this video out.



### Fun inside activities during yucky weather

Cabin Fever you say...tired of being inside doing the same boring thing. Need to run, jump, and climb to get out all that energy. This time of year, we never know how the weather will be so we came up with some great ideas for an inside obstacle course using what you already have at home. Even making a fort with the kids might be a little fun, as well. Here are some awesome ideas that you can do in your home as well.

### DIY Dad Obstacle Course



Math– Yes let's talk about math with our little ones. Now that we are serving up to age 5, some of you will notice that TEIS has a math goal. But how do we incorporate math with kids 2-5? We can engage them in playful math activities to help them develop early learning skills. Such as number concepts, counting, lining things up, shapes, making patterns, and even comparing items.



Click on picture for activities.



### 8 Ways to protect your child's teeth:



1. Get a checkup
2. Teach good habits: babies brush gums, then when teeth appear, brush twice a day, floss if more than one tooth.
3. Avoid "baby bottle decay." Don't use a bottle at nap or bedtime with juice, formula or milk—only use water.
4. Cut back on juice— no more than 4 oz. a day.
5. Control the sippy cup, only use when needed, not all day.
6. Eliminate pacifier by age 2, it will affect how teeth line up, can also change shape of mouth.
7. Watch out for sweet medicines.
8. Stand firm on brushing, flossing and rinsing.

### How to prepare for dentist:

If have any concerns with brushing your child's teeth please reach out to your EI for more suggestions.



### Simple Valentine's Craft



Either on card stock, construction paper, or on canvas, you can make some colorful painting with either child's footprint, handprint, or both for loved ones. Here are some cool ideas.

### Fun and Easy Valentine Activities

### More fun ideas to try for Valentine's Day

### Valentine Smoothie:

- 5 Strawberries
- 1/2 Banana
- 1 cup milk

Place all in blender and mix on high till blended. Pour in cup and add dollop of whipped cream on top.



## Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>

[Community Development Center News](#)



### Events:

Bedford Library story time will be every Wednesday at 10:30. Please check your local library for their story times.