



May 2021 Newsletter

## Happy Mother's Day



In this newsletter you will find some helpful tips on why learning to play is so important to your little one. When children play, they learn about themselves and their surroundings. Part of exploring their environment also includes figuring out how to get your attention, such as when your child starts to coo or babbles at you. It is very important to remember playtime helps your child to continuously master and reinforce concepts that become important milestones. Click on titles to find out more.



### Outside Play:

It's starting to warm up outside and after being stuck inside for so long it is time for you to venture out and get some sun. Outside play can be a great way to model the joy of physical activity. Showing your child how to walk on uneven surfaces, balancing, climbing, throwing and kicking a ball, and just exploring the outdoors is a great way to build new learning skills.



Click picture on how to make a mud pie.

### Kitchen/cooking time:

Somewhere around 18 months, your little one might like to start helping you in the kitchen. They can help out with simple tasks such as getting the bowls, spoons, cups, pouring and even mixing.



Click on picture for cooking time with dad.

### Imaginary Play:

Pretend play is a great way for your child to express themselves. When your child engages in pretend play, he is experimenting with the social and emotional roles of life. The benefits of imaginative play creates open ended play with both peers and parents. Children can learn to socially bond, respect others, communicate, and balance emotions with emotions of others.



**Sweet Dream Smoothie:**

- 1/2 cup warm milk
- 1/2 banana
- 1/2 cup pitted cherries
- 1/4 teaspoon nutmeg
- 1 teaspoon honey

Place all in blender, high speed for 30-45 seconds Or until smooth. Enjoy!

**Kids can help by pouring, cutting banana with plastic knife, putting in items and drinking.**



### Bath time:

Who says bath has to be in and out. As your little one gets a little older, try to set time aside so that they might be able to actually sit up and play in the water. Have extra water toys, two cups for pouring, colored soaps/paints, and so on.



### Potty Time:

We all want our toddler to learn to go to the potty eventually, and who says you can't make it a little fun. Check out these fun little games to try with your little one.

### **What if my child just doesn't engage with toys???**

Turn off the TV. Even background sound has an impact.

Get out props, like a tea set. Teach how to pretend play with the stuffed animals.

Limit choices— sometimes they have way too many toys out and get overwhelmed with what to play with.

Encourage to play outside.

Try 'toy quiet time' every day. Play with books and toys in room for about ten to fifteen minutes, no other distractions.

Click for video:

Interact with them more with less talk. They learn by watching you.



Set up play playdates with friends.

Activities that your toddler can help you with around the house. They may not be able to do them all the way just yet, however, with your guidance and extra practice they will learn in time.



Click for video:

### Bedford County Schools:

#### BEDFORD COUNTY SCHOOLS Pre-K REGISTRATION

Where:  
Bedford County Board of Education  
Tuesday  
May 18<sup>th</sup>, 2021  
8:30 AM – 4:00 PM

Children must be four (4) years old on or by August 15<sup>th</sup>

Please have these documents with you on May 18<sup>th</sup>

1. Certified Copy Birth Certificate
2. Proof of Income (pay check stub, food stamp case number, families first, income tax returns).

\*Students must have a physical and immunizations completed at the time school starts, August 2<sup>nd</sup> to be enrolled in school.

## Resources:

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

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

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

**Yellow Dot Program of TN:** This program may be able to save your life during an emergency. Especially if you or a family member have medical conditions.