

The Baby Buzz



Ideas for new words

How can you help your child learn new words? Just talk to your child, in English or your home language, as you work and play.

Use new words and explain what they mean. Play word games.



Teach new words throughout your day—eating, getting dressed, playing, and bathing.

*"Ok, it's time to **rinse** your hair now."*

Explain words so young children can understand.

*"No, it won't bite you. It's a **grasshopper**. That's a **bug** that hops and eats plants."*

When you go places, point out new words—at the library, the park, and the grocery store.

*"Can you help me look for **aisle** #5? That's where we'll find the peanut butter."*

Talk about what's happening or what you are doing.

*"Do you hear the **crow**? It's **cawing** so loudly this morning."*

Write labels for objects in the house.

*"This is the sign that says **couch**. Can you show me where it goes?"*

Read new words on topics that interest your child.

*"Wow, look at **Jupiter**. It is the largest **planet**."*

Use similar but new words.

*"Please get the forks and knives—the **silverware**—for the table."*

Use rhymes and riddles to play with words.

*"I am thinking of something up in the sky that blocks the sun. You need a hint? It's usually white. But sometimes it is gray. Yes, it's a **cloud**!"*

Clare/Gladwin County Baby Pantries

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Like Clare County Baby Pantry or Gladwin County Baby Pantry on Face Book!

Clare County Sleep Sack Exchange

Our exchange program is getting some promotion on the state level through Michigan Department of Health and Human Services. There might even be an article about it in the Clare County Cleaver or Clare County Review!

1-Bedtime Routine, 2-Safe Sleep, 3-Diaper Bag Fling

1—Ever know someone who seems to read your mind? I had a person just like that when my three boys were little ones. I was ready to tear my hair out. Then she clued me in on developing a bedtime routine. She explained to me to do the same thing every night so the children learned the routine and knew what to expect. Bedtime was SO much easier after that! Here is what worked for me.

- Set timer for an hour before bedtime to put toys away
- Bath time with toys 15 – 20 minutes
- Brushing teeth
- Going “potty”
- Last drink
- Fresh diaper & sleeper/Sleep Sack or pajamas
- Holding, hugs and kisses
- Calming words and/or singing
- Reading to your child in his own bed, so you don’t need to move later, waking him up again

2—Remember **Safe Sleep** practices with nothing in the crib with your infant. No blankets, no crib bumper pads, no stuffed animals, and no toys. Use the sleep sack you received from the hospital to make sure your child stays warm throughout the night. (When your infant is around 3 months old or turning over, exchange it for the larger size at Clare County Baby Pantry.)

3—Diaper Bag Fling! Before you read any further, go grab your diaper bag, toddler backpack (or whatever you use to transport those diapers, bottles, kid snacks, cardboard books, wipes, crackers, small toys, etc.) and completely dump it. Give it a quick wipe, inside and out, and then put back **ONLY** the things you or toddler actually use. Don’t forget to come back and read the rest of the newsletter!

Nutrition Corner: Fall Harvest Sides

Pasta & Sauce with Hidden Vegetables

4 servings

2 T Olive Oil
1 small onion chopped
1 garlic clove, crushed
1/2 c chopped carrots
1/2 c chopped zucchini
1/2 c sliced mushrooms
1 1/2 c canned chopped tomato
1/2 c vegetable (or chicken) stock
1/4 t brown sugar
8 oz pasta twists (fusilli)
Salt & pepper to taste

1. Heat oil in pan, add onion & garlic. Sauté about 3 minutes. Add carrots, zucchini, & mushrooms. Cook 15 minutes or until softened. Add tomatoes, stock, sugar and seasoning. Simmer for 10 minutes. Blend to a puree.
2. Meanwhile, bring a pot of lightly salted water to a boil, add pasta, and cook until tender, about 10 minutes. Toss with sauce and serve.

Orzo with Colorful Diced Vegetables

4 servings

Orzo is the name given to tiny pasta shapes . Its creamy slightly chewy texture is very appealing to children.

1/2 c orzo
1/2 c carrots
1/2 c diced zucchini
1/2 c diced broccoli
2 T butter
1/4 c freshly grated Cheddar or Parmesan cheese

1. Put pasta in saucepan together with the diced vegetables. Pour in enough boiling water to cover generously, and cook for about 12 minutes, or until all the vegetables are tender. Drain the pasta and vegetables thoroughly.
2. Melt the butter in a large pan. Stir in drained pasta and vegetables. Remove from the heat.
3. Add grated cheese and toss until cheese has melted.

Taken from FIRST MEALS by Annabel Karmel

Signs Your Child Is Ready For Potty Training

Potty training can cause a parent a lot of confusion and anxiety. It seems like EVERYONE has an opinion about when and how to begin. The following are guidelines to help you decide if your child is ready. Children less than 12 months of age are not physically capable of controlling their body yet. Children older than 5 may still have accidents or wet the bed at night. Keep in mind that learning is a process over time! And most importantly, relax. Pushing your child could easily turn the process into a power struggle!

Physical signs

Is coordinated enough to walk, and even run, steadily

Urinate a fair amount at one time.

Has regular, well-formed bowel movements at relatively predictable times.

Has "dry" periods of at least two hours or during naps, which shows that his bladder muscles are developed enough to hold urine.

Behavioral signs

Can sit down quietly in one position for two to five minutes.

Can pull his pants up and down.

Dislikes the feeling of wearing a wet or dirty diaper.

Shows interest in others' bathroom habits (wants to watch you go to the bathroom or wear underwear).

Gives a physical or verbal sign when he's having a bowel movement such as grunting, squatting, or telling you.

Demonstrates a desire for independence.

Takes pride in his accomplishments.

Isn't resistant to learning to use the toilet.

Is in a generally cooperative stage, not a negative or contrary one.

Cognitive signs

Understands the physical signals that mean he has to go and can tell you before it happens or even hold it until he has time to get to the potty.

Can follow simple instructions, such as "go get the toy."

Understands the value of putting things where they belong.

Has words for urine and stool.

Article submitted by Pamela Allen

Calming Breaths From Mom & Yoga Instructor

For comforting your crying baby

Your energy, vibrations and thoughts are more powerful than your words, so if you act nervous or frustrated, your baby will become equally fussy. You have to find that calmness within you first:

- Close your eyes
- Inhale deeply through your nose for four counts.
- Hold and suspend the breath gently for four counts.
- Exhale the breath through the nose for eight counts.

Feeding your newborn

This isn't time to scroll through your Facebook feed. Instead, use these 10- to 45-minute sessions to energize your body and truly tune in with this breath exercise:

- Inhale four short and steady sips of air through your nose.

- Exhale through your nose in one deep breath out.

Preparing for a nap

- The key is to listen to your body and make the most of the periods of time you *do* have to sleep. Recite this affirmation when you lie down: "I will receive the exact amount of rest for my mind and body to be clear, energized and alert."
- Plug your right nostril by pressing your right thumb on its side. Extend the rest of your fingers straight up.
- Take in a long deep breath through your left nostril for the count of four. Hold it for four, then exhale for four. All inhaling and exhaling should be done only through the left nostril.

Why the left nostril? Because it's represents calmness, coolness, and relaxation—all feelings that can help you fall asleep faster.

Excerpt from Mindbodygreen by Tejal Patel, August 19, 2015



**Support Clare and
Gladwin County
Baby Pantries**

Non-Profit Organizations

Clare County Baby Pantry

211 W Spruce Street
Harrison, MI 48625

Open Wednesdays from 10 a.m. to 3 p.m. unless Harrison Community Schools are closed due to inclement weather.

Phone Sue for more information at 989-539-7956.

Email: ClareCountyBabyPantry@GMail.Com

Like us on Face Book

Gladwin County Baby Pantry

110 Pearson Street
Beaverton, MI 48612

Open Wednesdays from 10:00 a.m. to 4:00 p.m. unless schools are closed.

Like us on Face Book.

Check Out your Local Library

Pere Marquette District Library

185 East Fourth Street

Clare, MI 48617

989-386-7576

Website: www.pmdl.org



Gladwin County District Library

402 James Robertson Drive

Gladwin, MI 48624

989-426-8221

Website: www.gladwinlibrary.org

Surrey Township Public Library

105 East Michigan Street

Farwell, MI 48622

Phone: 989-588-9782

Website: www.stpl.org

Beaverton Branch of GCDL

128 West Saginaw Street

Beaverton, MI 48612

989-435-3981

Website: www.gladwinlibrary.org

Harrison Community Library

105 East Main Street

Harrison, MI 48625

Phone: 989-539-6711

Website: www.harrisonlibrary.net



Make a weekly visit to your library for story hour. Make books an important part of your family's happy memories.
