



## **Welcome parents, grandparents, aunts and uncles.**

**#5**

Watch this place weekly to find out inexpensive ideas that you can use to make sure **your** child becomes a successful adult. Let's face it- there isn't a parent in the world who doesn't wish the best for their child. So join us each week to learn something new. It will only take five minutes of your time to review this information, but it will lead to a lifetime of success for your child.

### **Things to consider**

Routine is very important for learning and development especially from birth to 3 years old. So it is important to have routines for the baby to experience daily. The routines will help build a sense of security for the baby/toddler.

### **What you can do**

To develop routines do the following:

- Have meals and snacks at the same times daily- this may mean doing some rearranging, but it will be worth the effort.
- Nap time should be as consistent as possible each day. Read or sing to the baby when putting them down for their nap. Naps offer opportunities for language development through songs, stories and quiet conversation.
- Even diapering provides an opportunity to teach the baby/toddler. Just by playing peek-a-boo helps develop thinking skills. Naming body parts as you clean the baby teaches physical development.
- When transitioning from one activity to another let the baby/toddler know. For example tell them " we are going to take a nap now" and also turn down the lights, they will get an auditory (hearing) and visual (eyes) signal that something is going to happen.

**Sponsored by Potter County Commissioners, Potter County Education Council and the Potter County Early Learning Team.** (For additional

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