



# Brain Building Bulletin



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## Help Me Grow!



Your child enters the world ready to form relationships.  
Bond with your child....

**A trusting relationship with your child builds the framework for healthy interactions with others.**

Activities for Social-Emotional Development  
**Things You Can Do With Your Baby**



### Bonding

Use daily routines as an opportunity to build attachment.  
"I know you're feeling sad, but Mommy will be back to get you. She always comes back."

### Soothing

Stay calm as you follow infant's signals and maintain routines.  
"I can see you are ready for your nap."

### Recognizing

Read simple stories and talk about feelings in the pictures.

### Responding

Help your baby develop self-awareness.  
(As you look at a mirror) "You found your reflection! That's you!"

Activities for Social-Emotional Development  
**Things You Can Do With Your Toddler**



### Trusting

Look for opportunities to build trusting relationships.  
"Your teacher told me you shared your toy today."

### Modeling

Model and provide the words to play with kindness.  
"I'm giving you the box now because it's your turn."

### Expressing

Provide recognition of your child's response to activities or situations.  
"You look so happy! You must really like playing in the water."

### Respecting

Help your toddler develop a positive sense of self.  
"I see you are trying to put your shoes on! May I help you loosen them so you can get your foot in?"



## A Cute Little Snowman



A cute little snowman  
had a carrot nose.

Along came a rabbit,  
And what do you suppose.

That cute little rabbit,  
Looking for his lunch,

Ate that snowman's carrot nose,  
Nibble, nibble, CRUNCH!



## Snow Slime

What you will need:

Liquid Starch  
White school glue  
Artificial snow for Christmas crafts



### Directions:

- Mix about a 1/2 cup white glue to about a 1/2 cup of liquid starch.
- If your slime sticks to your hands, add a little more starch.
- If it's too stringy and won't hold together, knead in a little more glue.
- Mix in artificial snow



5. HAVE FUN!

SNOW SLIME



## Curious about your child's development?

Call us at (978) 297-3436 for the Ages and Stages Questionnaires.  
Your answers will show your child's strengths and highlight any areas in which your child may need more help or practice.

Everyone can be a Brain Builder. Visit [www.brainbuildinginprogress.org](http://www.brainbuildinginprogress.org) for more information.



CFCE Grant Community Outreach and Resource Liaison,  
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## Positive Parenting: Effective Discipline



### How You Say It is Key



When it comes to disciplining your child effectively, how you communicate—what you say and how you say it --are key. Discipline your child with words that are instructive, not destructive, and that are caring, not callous. If your child feels that you respect him or her, your child is more likely to comply.

- **Be calm.** Your neutral tone shows your child you are standing your ground.
- **Be confident.** Establish the rules in your home by enforcing them consistently.
- **Focus on your child.** Say his or her name when you give a directive and look directly your child.
- **Praise good behavior.** Use specific praise that reiterates the good thing your child did and what it meant. “Thank you for sitting quietly reading while I dressed your sister. It made us all happy and able to get things done.
- **Gentle reminders.** Time these appropriately. As your child leaves the bathroom, remind him or her to hang the towel up.
- **Present choices.** Instead of always telling your child not to do something, give your child choices such as, “do you want to put your socks on first or your shirt?”
- **When...then.** Tell your child when he completes an act of good behavior (puts away a toy, finishes homework, brushes teeth), then something desirable for your child will happen (you can have a cookie, watch TV, call your friend on the phone.)
- **Tell your child you will count to ten** and explain what needs to happen during the countdown. Kids actually like the ‘beat-the-clock’ challenge and the countdown also allows you to keep your cool.
- **Say please and thank you.** This helps your child use these important terms in his or her own language, but also provides an air of civility and kindness.
- **Brief is best.** One or two sentences will work better than a lecture in most cases.
- **Don’t give too many orders at once.** As your child completes a task, then direct him or her to the next one to avoid overwhelming your child.



## 10 ways to play in January



1. Make **Sparkly Snow Paint** with 1/2 cup each of flour, salt, and water. Apply to a piece of heavy cardboard with a spoon, craft stick, or squeeze bottle. It will sparkle as it dries!
2. **Collect rain** in a jar. Measure your collection throughout the month.
3. **Blow cotton balls** with a straw.  
4. Create a **Scavenger Hunt**. Draw out a simple checklist with items for your child to find-around the house, outside, or looking out the car window.
5. Tape a large piece of paper under a table and set-out some crayons for **Upside-down Drawing**.
6. Set-up a **Drink Stand** for pretend play. Make menus, signs, and price tags. Serve real drinks (hot cocoa, maybe?) and count your coins.
7. Make a **Weather Chart** and track the daily wind, rain, snow, and sunshine. 
8. How many words can you think of that rhyme with snow? Make up silly rhymes together.
9. Build an **Indoor Obstacle Course** with pillows, chairs, couch cushions, laundry baskets, and other household items.
10. Play **Freeze Dance** with your favorite song.

**Happy Playing!**



### Check this out! Resources for Parents

**Massachusetts 2-1-1**  
Find Help Fast and Free  
**Dial 2-1-1**

**Free Winchendon Community Playgroups**  
**9:00—10:00 for ages 0-3**  
**10:00 to 11:00 for ages 3-5**  
Please call or email for more information!

Free Literacy app for children living in Winchendon  
Footsteps2Brilliance=  
[www.MyF2B.com/iz](http://www.MyF2B.com/iz) -then enter zip code

For the latest information on playgroups and other community events,  
**Like our Facebook page:**  
**Winchendon Community Playgroups**