

BIRTH TO 3 NEWS

JANUARY 2023

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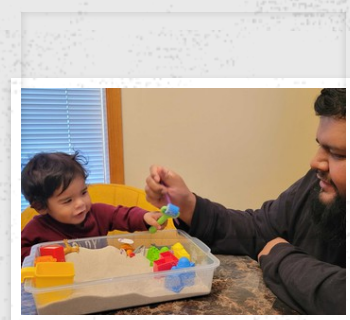
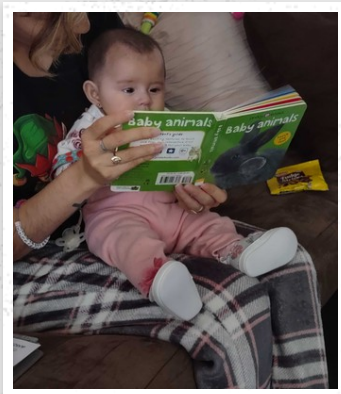
HAPPY 2023!

It is hard to believe the first half of the school year is done! We are looking forward to a great rest of the year planned. We have our reading celebration coming up, in addition to some new groups and a field trip.

We are so glad to join you on your parenting journey!

Be sure to check out the calendar to see all the events coming up:

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src=wegobirthto3%40wego33.org&ctz=America%2FChicago](https://calendar.google.com/calendar/embed?src=wegobirthto3%40wego33.org&ctz=America%2FChicago)



READING REWARDS TIME!

It is time to celebrate all your efforts with books at home! Many families have been recording how many books they enjoy with their child. At our upcoming celebration, we will be recognizing families with a certificate and small award.

The annual gym playdate is always a great time! You and your child can enjoy safe indoor play with balls, mats, rings and more. This is a group that is great for children and babies of all ages. We'll end the day with a take-home snack. Join us!

Complete your tracking on your booklet at home or here:

<https://forms.gle/HkhgBpf8iaUDMfmL9>

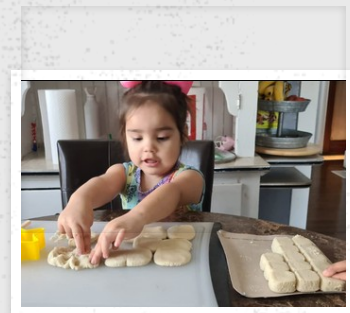
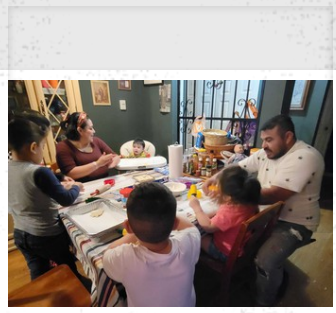
COOKIE HIGHLIGHTS!

“29 Things Parents do that Predict School Readiness” is a tool that helps you see the things you already do that develop language, improve social development and help develop healthy relationships.

In December, we enjoyed hearing how your family did cookie baking together. Making food together is a great way to work on lots of skills with your child, while doing something fun.

Talking about the steps you do to complete everyday tasks is a great way to help your child. In cooking, we can talk about how first we have to squish the dough, then we bake it, then we can decorate it and last we can eat it.

Is there a cooking activity you might want to try with your child? Just keep talking about what you are doing-even if it feels funny! You are building brains every day!



ROLLING, SITTING, REACHING— DON'T MISS THESE IMPORTANT MILESTONES!

Milestones are important (and exciting!) markers of your baby's development. But some can be harder for baby to meet than others!

Did you know that all milestones build on each other? First kids roll, then they sit and then they crawl. Much later, they will walk but it is so important that your child spend lots of time rolling, sitting and crawling before they walk. Missing these steps, may lead to later school difficulties with things like writing or balance. The future of all later school experiences is being laid now-when they are babies. So don't skip the tummy time!

If you are looking for ideas on how to encourage your child to roll or sit up or reach for objects, talk to your home visitor. You can also join us at our Gym Playdate for all kind of fun movement time!

Here are some other resources for you:

Help your child roll over: <https://www.youtube.com/watch?v=F81VylqnzGE>

Help your child learn to hold up their head during tummy time:

<https://www.youtube.com/watch?v=wL4Xu8u1EgE>

How to help your child learn to sit: https://www.youtube.com/watch?v=kQXQf3OW1_I

HERE IS WHAT IS COMING UP!

1/10 Infant Massage Class starts at 1:00 pm

1/11 Story Time at the Library at 10:30 am

1/18 Story Time at the Library at 10:30 am

1/18 Parent Workshop at St. Andrew's at 6:00 pm (managing stress and bringing balance)

1/19 Parent Workshop at St. Andrew's at 9:30 am (managing stress and bringing balance)

1/19 D33 Family Night at Turner for Zumba at 6:00 pm

1/25 Story Time at the Library at 10:30 am

1/26 ARC/Reading Rewards Gym Playdate at 9:30 am

1/27 Special Needs Parenting Group at 10:00 am at St. Michael's

1/27 Nursing Mothers group at 10:30 am at the West Chicago Library

1/30 Nursing Mothers group at 6:00 pm on zoom

1/31 Father's Group at 6:00 pm at St. Andrew's



GYM PLAYDATE! (ENGLISH)

GYM PLAYDATE! (SPANISH)


NOW ENROLLING!

The Birth to 3 Program is currently enrolling new families! If you know anyone who is expecting a baby or who has young children, share what you love about the Program. Refer a family and you will receive a thank you gift! (Family must go through registration process)



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