



LEWIS CO. PAT

Welcome 2017!

Goodbye to 2016, welcome 2017! Hoping everyone is having a good beginning to the year, however, many of us are probably suffering from colds, flu, and stomach bugs. Hoping everyone is staying warm in this icy mess.

Surviving Winter

One of the biggest mysteries in parenting is... How do you keep your sanity through the winter? Kids have a lot of energy and it's not easy being cooped up for months. Here are a few indoor activities to help you pass time productively and have fun.

Family Movie night with popcorn and hot chocolate

Bundle up and go outside for some vitamin D, just make sure you don't stay too long!

Make a Sensory Play Area. Get baby situated in his high chair or other area where you can safely make a mess, and enjoy some sensory exploration

Go to the Library, ITS FREE!

Build a Pillow Fort or pillow maze

Cook together, let the kids help with simple tasks like stirring and spreading

Do yoga or workouts together

Play with water- either in the bathtub or at the high chair or table- Pretend its summer, put on bathing suits and sunglasses

Host a play date. Find a couple other people with kids and alternate homes for play dates.

"Tell me and I
forget, teach me
and I may
remember,
involve me and I
learn."

- Benjamin Franklin

Kids Money Lessons

Reminder !If you need to cancel your appointment please call, message, or email me as soon as you can. PAT goes on same schedule as regular school, if it is a snow day, visits will be cancelled as well.



In This Issue

- Surviving Winter
- Staying healthy in Winter
- Screenings
- Tips for Biters
- Upcoming Events

Tips to Stay Healthy in Winter Months

Keep Baby close. When you do venture out, stay six feet from anyone who's coughing or sneezing, and wear your cutie in a carrier. Strangers are less likely to touch your babe's hands and face when she's attached to you. If she's in a [stroller](#), keep the canopy down, and cover it with a light blanket.

Mind the company your family keeps. Ask guests who have been sick to hold off on visiting until they no longer have symptoms and are fever-free for at least 24 hours (without using a fever reducer). Allow little kids to look at the baby but not to touch him.

Suds up. A lot of germs are carried on your hands. Scrub for at least 20 seconds -- "Happy Birthday," twice -- every time you come in from a public place, use the bathroom, eat, or change a diaper. Stool is full of bacteria, and if it makes its way to your infant's mouth, it can cause diarrhea and vomiting.

Disinfect surfaces. Germs can live for hours on things like shopping carts, so keep a package of sanitizing wipes in your diaper bag.

Take precautions at the pediatrician's office. -The waiting room is filled with germs -- even if there are separate sick and well rooms, wash hands after visit, and try to sit away from other patients.

Don't delay or skip any of your baby's vaccines. Following the vaccine schedule is the best way to prevent illnesses like the measles, meningitis, and chicken pox, Because we don't see these illnesses frequently, parents think we don't need these vaccines, but no -- that's the proof that they're doing their job.

Get your shots too. In particular, moms and moms-to-be need the flu and pertussis (whooping cough) vaccines. Getting the flu shot when you're pregnant passes antibodies on to your fetus that should last her for about six months Everyone in your baby's circle needs immunized.

Boost your immunity. Stay healthy, make sure you are getting enough sleep, eat healthy, and take vitamins to stay ahead of the game.

SCREENINGS

We are currently conducting screenings for all children ages 3mo to 4 years old.

If you or someone you know would like a screening and haven't gotten one please contact PAT. Contact information is on the back of the newsletter.

Does your child go to a day-care that would be interested in having screenings done on site? We can do that!!!

Pre-school screenings and Kindergarten screenings will be in the spring, we will provide dates for those when they are announced.



Group

Connections

Reminder to everyone that group connections are for all families with children birth to age 5, and all children in those families are welcome to come.

You do not have to be receiving home visits to participate in group connections.

Hitting & Biting

The good news for moms of toddler bruisers: Biting and hitting are developmentally appropriate. The bad news: That's small comfort when your kid is the most "developmentally appropriate" toddler on the block.

CHALLENGES FACING YOUR TOT AT THIS AGES-Words fail him. Expressing feelings is just plain hard for a toddler. Because your toddler can't make himself understood verbally, he hits and bites to communicate to exert autonomy, and to deal with frustration. She's playing defense. Not hitting someone when you feel like doing it requires real self-control. She doesn't have that yet. He leads with his mouth. 1 & 2 year-olds are orally fixated. Kids learn by putting things into their mouth-including their friends' arms. It's usually just a form of sensory exploration. She's experimenting with cause and effect Kids this age are discovering which actions provoke reactions. So when she thinks, "I wonder what will happen when I bite my friend," she's testing her impact on the world. He's just feeling out of sorts. Maybe he's simply hungry, tired, or overwhelmed, at this age he doesn't have a lot of coping skills to fall back on when the going gets tough.

PEACE-KEEPING TACTICS

Just say "no". An incident requires an immediate response. Use little words and a big tone. Then redirect her to something she can do. Don't let him profit from attacks. He doesn't get to keep the toy that he got through aggressive means.

Pay more attention to the victim than to the culprit. In doing so, you model compassion and teach your child that she can't grab the spotlight by acting up.

Praise good behavior. Shadow your biter. Try to stay one step ahead of your child, anticipating and blocking his next bite. Give her some gentle diversions. To relieve some of your tot's frustration, provide her with soothing sensory activities. (water play or play dough) Most of all remember that there's no malicious intent when a toddler hits or bites. Your little one means well-she just needs to learn better ways to express her needs and wants. And that's something even adults have to work on from time to time.

Is Your Family Getting enough ZZZZZ's

Age	Sleep requirements per 24 hours
0-2 months	12-18 hours
3-11 months	14-15 hours
1-3 years	12-14 hours
3-5 years	11-13 hours
5-10 years	10-11 hours
10-17 years	8.5-9.25 hours
Adults	7-9 hours

UP COMING EVENTS

Mother/Son Super Hero Party for grades k-6 January 28th

Father/Daughter Princess Party for grades k-6 February 18th

FFA Pancake Breakfast- February 23, 6am – 8am

Family Fun Night – February 23rd 5-7pm ALL AGES

Big Truck Night- April 20th 5-7 pm ALL AGES

Story Hour in LaGrange every 3rd Thursday of the month at 1pm

Lewis County school district provides FREE BOOKS EVERY MONTH to **any** child under age 5, until they reach age 5, through the Dolly Parton Foundation. Sign up at imaginationlibrary.com

Lewis CO. PAT— Empowering Parents to be their children's first teacher

Highland Parents as Teachers

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Contact Us

Give us a call for more information about our services.

Highland Parents as teachers

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