PARENTING TIPS

10 Things Your Toddler Wants You To Know

1. Believe in me. I am learning so many new things everyday! See me, and notice my efforts. Even if I don't succeed, you give me hope that some day I will.
2. I need to know you're there when I need a hug. Hugs and holding me make me feel reassured. I love being able to rely on you.
3. Give me all of your attention some of the time. To feel safe and secure, I need to know that I'm more important than a phone or computer.
4. Knowing that I'm loved will never spoil me. I might get spoiled if you can't take charge when I need you to, and if you give in to all my wants, but I'll be just fine if you stay wise and strong and take care of my needs.
5. Follow my lead when we play. I need to create, play and love having you with me! I know you are excited to teach me things, but when I am playing, I will learn more by exploring. You can make sure I'm safe by watching me and noticing me as I learn.
6. I am learning how to calm myself down but I need you to help me. When you stay with me when I'm upset it helps me learn how to calm down on my own. Once I'm calm, we can talk about what happened. Tantrums are me feeling overwhelemed and if you stay by me and explain to me what I need to do, over time I'll learn how to take care of my upsets and to behave better.
7. Help me manage my feelings. I love it when you notice how I'm feeling and tell me so by using words like angry, sad, happy, afraid, and surprised. It feels so good to know that you understand. Learning feeling words help me manage my emotions and begin to understand how others feel.
8. Remember that neither of us is perfect. I'm going to make lots of mistakes as I grow, and so are you, and that's okay! There are no perfect kids or parents.
9. Help me to understand limits. Part of my learning is to try and push back against you. It's not personal! If you stay bigger, stronger, wiser and kind, I can begin to understand limits and experience little bits of stress so that I'll become stronger too.
10. Be kind to yourself. I know you love me, but it's a good idea to take care of your own needs once in awhile. By your example, I'll learn to take care of myself when I grow up.

Source: Attachment Network Of Manitoba.
website: attachmentnetwork.ca

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FUN IN THE KITCHEN

Children in the kitchen

Cooking with children at any age can be messy but it will get them interested in food. By helping in the kitchen your child will learn food preparation skills. Counting and measuring ingredients will also help to develop math skills.

Kitchen task ideas:
Wash vegetables/fruit.
Wash/dry dishes.
Help set/wipe the table.
Find ingredients in the cupboard.
Mash food with potato masher/fork.
Add, pour, measure liquids.
Rip lettuce, shell peas, peel cooked eggs.
Mix ingredients with clean hands, wooden spoon.
Make a basic recipe with some help.

Supervise all food preparation activities. Consider your child's age, strength, size and ability before suggesting a kitchen task.

Source: Winnipeg Regional Health Authority

Frozen Yogurt Fruit Bark Recipe

Ingredients:
1 large container of plain greek yogurt
1 tbsp of vanilla
2 cups of chopped fruit

Instructions: Line a baking sheet with parchment paper. Mix the plain yogurt with vanilla. Pour the yogurt onto baking sheet and spread a little to even. Sprinkle on chopped fruit and freeze for 3-4 hrs until solid. Slice up and enjoy.
Source: courtneysweets