



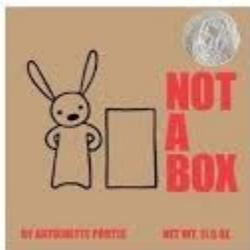
# Parents as Teachers

October 2020

## Upcoming events

### IN OCTOBER:

#### “NOT A BOX” STORYTIME AND ACTIVITY



### COMING IN NOVEMBER:

#### BABY DOLL CIRCLE TIME

#### GUIDING BEHAVIORS WORKSHOP

#### BABY PLAY WITH AMY SCAVUZZO



## Daylight Saving and Your Baby's Sleep: Why “Falling Back” Affects Your Child's Sleep

You may be wondering why we make any fuss at all over the end of daylight saving time (November 1st this year). It happens every year, after all...what's the big deal? The big deal is this: your baby's internal clock won't change along with your household clocks. And while we adults can process the time change and stay in bed until our normal wake-up time even after we “fall back”, your baby can't do this. You can bet that if your baby usually wakes at a certain time (say, 6:30am), she'll wake about an hour earlier than normal after the time change (closer to 5:30am, in this case). That's due to the fact that 5:30am feels like 6:30am to your child—because it was 6:30am just a day ago! The end of daylight saving time causes most children to wake earlier than usual, and that in turn throws off naps and bedtime, and this turns into a relentless cycle of overtired crankiness from which it can feel very difficult to escape.

### What can you do:

#### If your baby is sleeping well and is adaptable...

...then it may be just fine to do nothing at all. Your baby will probably have a few “off” days, sleep-wise, after the time change, but since he's adaptable, he'll likely adjust without issue.

#### If your baby is sleeping well and is not adaptable...

...then you'll probably want to adjust the schedule ahead of time, to minimize damage. If you don't, your baby will probably wake too early, and may have a hard time getting back to normal. What's more, since your baby is less-than-perfectly-adaptable, the schedule disruptions may cause big nighttime and nap time waking problems. To prevent the time change from destroying your family's sleep, you can work to gradually adjust your baby's schedule forward by degrees, until she's close to waking about an hour later than usual. Move the schedule (wake-up, naps, and bedtime) forward by 10-15 minutes every day or two.

#### If your baby is waking later in the morning than you'd like...

...congratulations! You don't have to do anything. The time change will effectively bump your child's schedule back by an entire hour, so this should solve any late-waking problems you may be having.

#### If your baby is waking too early in the morning...

...I'm sorry. The time change isn't going to do you any favors. And let me emphasize that in this case, you definitely don't want to simply do nothing, as your baby is going to wake close to an hour earlier than usual after the time change. So if your baby is normally up at 5am, you can expect a closer-to-4am wake-up call. Yikes! Not to worry though—you can take steps to minimize the damage. Begin by shifting your child's schedule forward by degrees in the days leading up to the time change, using the same process outlined earlier. If your child is waking at 5am, for example, and you want him to wake at 6am, work towards a 6am start to the day, and shift everything else forward by an hour, too. After the time change, you'll be back to a 5am(ish) wake-up time. From there, you simply work again towards a 6am start to the day, once the time change is done. This might sound like a ton of work, but it's so much more palatable than not doing anything and having your baby wake way, way too early instead of just early.

## “Not a Box” Storytime and Activity

Is it a racecar? A robot? A mountain? It's Not a Box! Parent educators Terri Graham and Monica Sumner will read the popular children's book Not A Box by Antoinette Portis. We invite you to use your imagination and turn a box into your very own NOT A BOX (creation). Terri and Monica will share some ideas. We would love to see your creations to share with other families on our PAT Facebook page. Please send in a photo of your finished box to Amy Mertz ([amertz@bluevalleyk12.org](mailto:amertz@bluevalleyk12.org)) by October 28, 2020. Register [HERE](#) to receive a link to this event.

## Baby Doll Circle Time

Join us on Tuesday, November 10<sup>th</sup> at 9 AM for our first **Baby Doll Circle Time**. We welcome caregivers and children of all ages - whether you're a first-time parent with a newborn, have a toddler who is a new big brother/sister or have a child who likes snuggling or playing with their baby doll. This is a great opportunity to spend 1:1 time connecting with your child and helping them learn self-regulation, cooperation and social play. Grab a baby doll/stuffed animal and small blanket for this event. Click [HERE](#) to register.

## Guiding Behaviors Workshop

According to Dr. Becky Baily, "Discipline isn't something you do to children. It's something you develop within them". By registering for this workshop you will receive a link in November to view when it is convenient for you. Parent Educators, Mimi Nagle and Terry Jensen, will explore the challenges and rewards of parenting. We will look at brain development, temperament style, attachment and emotional regulation. Parent Educators will share information from Conscious Discipline, the Parents as Teachers curriculum and the Center for Early Childhood Mental Health consultation. To register click [HERE](#).



## Next Session of Virtual Baby Play

Our next session of Virtual Baby Play group connection will begin November 3rd and will run for 6 weeks until December 15th (no class on November 24th). Every Tuesday Amy Scavuzzo creates a lesson of fun activities for non-walking babies and their caregivers to connect, sing and play. The playgroup runs from 12:30-1pm. This is a great opportunity to bond with your baby and meet other parents while still at home. (Recommended for babies 4 months to non-walkers). Space is limited so we are asking families to register online for this playgroup. Click [HERE](#) to register. Hope to see you at our first session of Virtual Baby Play!



## Pumpkin Fun

Cut mini pumpkins in half so that the half with the stem (handle) can be used to make prints. Clean out any strings and seeds. Put orange paint into a shallow tray. Have your child hold the stem of the pumpkin, dip the cut side of the pumpkins in paint, and then make prints on paper.

### Pumpkin Smoothies

1/2 cup canned pumpkin  
1/4 tsp. cinnamon  
2 tsp. brown sugar  
3/4 cup milk or vanilla yogurt  
1/8 tsp. nutmeg  
4 ice cubes

Combine ingredients in blender and puree until smooth. Pour the smoothies into small plastic cups and garnish each with vanilla yogurt or whipped topping. Be sure to take time to explore the smells of the ingredients as you combine them.



# FALL FUN!

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This publication available in alternate formats.

## Finger plays

Finger plays can be used in many different circumstances. You can use them on walks with your toddler or driving in the car. They will amuse your child at changing time or while he waits for his meal in his highchair. Sing or say the finger plays as you rock in the rocking chair or as your child plays in his bath. Finger plays are appropriate just about anytime and anyplace!

### My Apple



Look at my apple, it is nice and round. (*cup hands*)

It fell from a tree, down to the ground. (*move fingers in a downward motion*)

Come, let me share my apple, please do! (*beckoning motion*)

My mother can cut it half in two—(*slicing motion*)

One half for me and one half for you. (*hold out two hands, sharing halves*)

### Hickory, Dickory, Dock

Hickory, dickory, dock, (*stand, swing arm like pendulum*)

The mouse ran up the clock. (*bend over; run hand up body*)

The clock struck one, (*clap hands over head once*)

The mouse ran down, (*run hand down to feet*)

Hickory, dickory, dock. (*stand; swing arm like pendulum*)



### The Family

This is mama, kind and dear. (*point to baby's thumb*)

This is papa, standing near. (*point to pointer finger*)

This is brother, see how tall! (*point to middle finger*)

This is sister, not so tall. (*point to ring finger*)

This is baby, sweet and small. (*point to little finger*)

This is the family one and all. (*wiggle all fingers*)

