



## We're learning while in the bathroom!

### Babies

Using a song, describe the different body parts as you wash your baby. For example, sing to him you are washing his ten toes, first his big toes, all the way to his little toes. Then move to his left foot and his left leg, and so on. Or create a routine singing head, shoulders, knees and toes or saying "this little piggy." [Read more.](#)

### Toddlers

Use a small bit of shaving cream to make shapes in the tub. If your toddler is hesitant to touch the shaving cream have her use a paintbrush. How many different surfaces will the shaving cream stick to? What happens when it gets wet? What happens when she blows on it? If your toddler is overwhelmed with open-ended questions, simplify by asking yes/no questions. Will the shaving cream stick to the tile? Will the shaving cream stick to the shower curtain? [Read more.](#)

### Preschoolers

Help your preschooler find different shapes in the bathroom. Can he find something that is round, square or rectangle? What shape is the bar of soap, or the top of the shampoo bottle? Allow your preschooler to feel and manipulate each object. Use new words to describe the shapes. Ask questions like, "Are the lines straight or curved?" Talk to your preschooler about the purpose of each item in the bathroom. Describe and introduce the sign for each shape. [Read more.](#)

### Kindergartners

Use a toy boat or plastic container (one that can float) as a boat and have your kindergartner slowly add other items, like toy cars, Legos, or other water-friendly toys, until the boat begins to sink. How many can she add until it begins to sink? What happens to the boat if she takes items out of it? Ask her to tell you a story about where the boat is going, or why the objects are on the boat. [Read more.](#)

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## 9 Bath Time Books

- Tub Toys* by Terry Miller Shannon
- Do Pirates Take Baths?* by Kathy Tucker
- Bad Kitty Gets a Bath* by Nick Bruel
- Puppy Takes a Bath* by Christine Ricci
- King Bidgood's in the Bathtub* by Audrey Wood
- Estelle Takes a Bath* by Jill Esbaum
- Barnyard Bath!* by Sandra Boynton
- Five Little Monkeys Jump in the Bath* by Eileen Christelow
- Five Minutes' Peace* by Jill Murphy

[Print this list!](#)



## Toddlers Can Weigh Risks & Rewards When Making Decisions

A **new study** found that young toddlers conduct a form of cost-benefit analysis in deciding whether to help someone. According to University of Washington psychology professor and lead author Jessica Sommerville, 18-month-olds can make choices based on how much effort they want to expend, or on whether they like the people involved. That kind of cost-benefit analysis, she said, can guide the development of early pro-social behavior, like helping and sharing.

**Watch the video below** from our friends at ZERO TO THREE on what developmental milestones you can expect from your toddler, including how to support thinking skills!



## Child Care Seat Safety

At the [www.pakidstravelsafe.org](http://www.pakidstravelsafe.org) website, sponsored by the PA Chapter of the American Academy of Pediatrics, find all types of travel safety information to keep your child safe. Search for car seat recalls, locate a car seat loan program, find a car seat fitting station locations, and access a child car

seat technician to ensure the correct installation of a car seat in a vehicle.

## Start a Smile Early

Did you know that even before your baby's teeth appear, what you do--or don't do--can impact future teeth? Taking care of your child's smile begins at birth. [Get tips to keep your child's smile healthy.](#)

## Tips for Transitioning in Potty Training

Many parents have said, "I hope he'll be potty trained by the time he goes to college!" All kidding aside, potty training can be a stressful time for parents and children, even though it doesn't have to be. [Get potty training tips.](#)

## Better Sleep for Breastfeeding Mothers, Safer Sleep for Babies

A [recent article from the National Institute for Children's Health Quality](#) (HICHQ) shares the importance of new moms getting the support they need to keep both mom and baby healthy.

When a mother breastfeeds, she releases oxytocin, a hormone that soothes her anxieties and helps her feel a unique emotional connection to her newborn baby. Oxytocin, also known as "the love hormone," packs a powerful punch that, while supporting healthy breastfeeding, has the side-effect of making moms tired.



A tired mom may be tempted to fall asleep with her baby, but that could be a dangerous situation for her baby. How can new moms--and babies--practice healthy sleep habits?

- **Take care of yourself, Mom!** Sleep is always a priority, but as a mom, you may need to use nap time to take care of other tasks, and you may have difficulty falling asleep on command. Consider other ways to help yourself recharge, such as taking a walk outside while your baby sleeps in a carrier or stroller, exercising at home or reading a book while your baby naps. These activities can give you a mental and physical break that can be just as valuable as a couple hours of sleep.
- **Identify your support network.** As a new mom, you may be often left balancing the needs of your family, your job and your home, which can make for a seemingly endless day when you add in regular breastfeeding. Consider those who can provide support: Friends, immediate and extended family, and support groups are all important resources that new moms can tap.
- **Plan for a fussy baby.** Does the baby feel safe? Is she hungry? Is she wet? These three questions can help moms and caregivers address the most common reasons for crying babies. But once these issues have been resolved, you may be left wondering what else you can do. Swinging motions that soothe babies, checking whether the baby might have been overstimulated by the environment, playing white noise and finding a change of scenery are all helpful strategies to help sooth a fussy baby. A pacifier may also help to calm a baby between feedings, after the first few weeks of life once breastfeeding and breast milk volume is established.

There are several resources available to help breastfeeding moms.

- **Pennsylvania's Home Visiting Programs:** Professionally trained home visitors can provide information and help families
- **Breastfeeding Support:** Information about sleep, problems, special circumstances and tips.
- **Womenshealth.gov:** Breastfeeding support and information
- **Le Leche League:** Breastfeeding support. Find local groups.

## The Signs Your Child is Ready to Eat



Within the first few days of life, an infant has to first learn the coordination of sucking, breathing and swallowing. Next there is learning tongue control and movement that will eventually lead to chewing.

With the introduction of complementary foods at around six months, infants learn how to open their mouths in response to food, start learning how to bite soft foods, and how to hold and bring it to their mouths. Every movement from bringing food to mouth, opening mouth, biting, moving tongue to chew food and then swallowing are all learned skills.

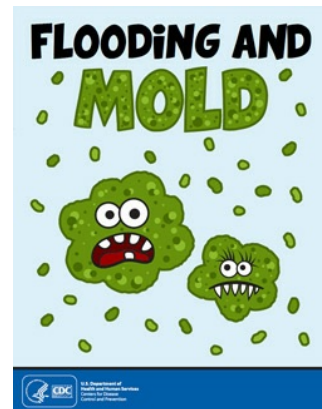
[Learn the physical stages and signs to better understanding this when your baby is ready to eat.](#)

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## Helping Your Family Prepare for Emergencies with Ready Wrigley

The Centers for Disease Control and Prevention has created Ready Wrigley to provide parents, guardians, teachers, and young children with tips, activities, and a story to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family prepare for emergencies by staying informed, packing emergency kits, and making a family communication plan.

The activity book is designed to provide an interactive tool to further your child's education and promote disaster preparedness and safe clean-up in your community. You can share this book with your schools and early learning programs, communities, and families to help children learn the importance of being prepared. [It is available in English and Spanish.](#)



## You & Your Child in the Kitchen: More than just cooking

Involving your child in the kitchen can be the perfect way to increase your child's exposure to language skills. Children of all ages can be involved! [Get tips on how you can help your child's language skills as you cook.](#)



## Our Favorite Pinterest Pins



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## Do you have a new Preschooler?

Did your child start preschool? [Sign up for the FREE monthly Kindergarten, Here I Come eNews!](#) Each month get activities, tips and resources you can use to help your child prepare for and transition into their Kindergarten year.



The PA Office of Child Development and Early Learning (OCDEL) provides families access to high quality services to prepare children for school and life success.

Find more information about Quality Early Learning in Pennsylvania  
[Pennsylvania Department of Education](#) | [Pennsylvania Department of Human Services](#)  
[Pennsylvania Keys to Quality](#) | [Pennsylvania's Promise for Children](#)  
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