

Introductory Parent's Home Page

Good Things Come in Small Packages

"I thought I was ready to be a father. But the first week after the baby came home from the hospital was amazing! I never knew anything so little could make such a big difference in our lives."

This father's story could be repeated in almost every home where a tiny bundle, weighing in the neighborhood of eight pounds, literally turns all daily routines upside down. The baby's size has nothing to do with the impact made on parents and their households!

Neither does the size of this little news sheet have anything to do with the impact it can produce in your home. The Parent's Home Page will never compete with the *New York Times* or even the Internet, but it can make a big difference in the quality of your family's life.

Each month until your child is promoted out of the nursery at our church, the people who care for your child there will give you a Parent's Home Page.

As you read each page, you will receive these benefits:

1. Fresh insights into your child's developments in the first few years of life. Did you know that's when more learning occurs than in any other period of life?
2. A variety of activities to enjoy with your child—designed to help you know each other better and to stimulate your child's cognitive, social, physical and spiritual growth.
3. An increased understanding of the goals of the nursery in your church. The activities suggested in this page are also used with your child when he or she is cared for at church.

If this sounds like a tall order for such a small paper, just keep reading. You will find it full of surprises and delights, well worth a few minutes of your time every month.

If you have any questions or comments about the nursery, please let us know. We're looking forward to participating with you in the care of your child.



Tips and Activities for Parents of
Children 0 to 18 Months • Year 1

God Cares for Me

"God cares about you."

(See 1 Peter 5:7.)



This month we will help your child:

- associate God with the loving care experienced at church;
- show interest in conversation and songs about God's care.

June

Do these activities with your child to continue the learning your child has experienced at church.

Do It!

God Cares for Me



God cares for me
When I sleep.



God cares for me
When I play.



God cares for me
All the time,
Every night and
Every day.



Say and do this finger play with your child. Replace the words "me" and "I" with your child's name. Use the finger play when putting your child to sleep or when playing with him or her. On a bright sunny day, talk about the color of the sky and the sunshine and then say the finger play. In the evening, take your child out to look at the moon and the stars and talk about the nighttime. Repeat the finger play.

Sing It!

I'm So Glad

(Tune: "Skip to My Lou")

I'm so glad that God loves me,
God loves me, God loves me.
I'm so glad that God loves me,
He loves me all the time.
I'm so glad that God loves you,
God loves you, God loves you.
I'm so glad that God loves you,
He loves you all the time.

Sing this song to your child, replacing "you" with your child's name. Clap your hands as you sing this song and encourage your child to clap with you. These first attempts at clapping are the beginning steps of learning rhythm. Say, **God cares for you when you play and when you sleep! I love you and care for you, too, when you are sleepy or playing!**

Little Activities for Little People

Babies

- Respond to your baby's babbling. Imitate the sound he or she makes, or make new sounds for your child to mimic. It's not important that the sounds match, just that you both have fun making noises with each other.
- Provide your baby with a variety of viewing points to observe goings-on around the house. If your child is not yet crawling, a washable blanket in the middle of the floor is a fine place to play with a few toys. Periodically, move close to your baby for a few words, pats and a little play. Your child needs your frequent attention even when he or she is playing happily.

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Question & Answer

Q: My child has begun crying when I leave her. I feel awful! What can I do?

A: When your child cries at separation time, first remember that it is a normal part of growth to know and to prefer one's parents! Recognize and accept both your own feelings of anxiety as well as those of your child. If you communicate comfort by your calm voice and relaxed body posture, your baby will likely "pick up" on these cues and calm down also. However, if your child still has a difficult time calming down, try:

Staying for awhile, then leaving for a few minutes and returning. Over a period of weeks, increase the length of your absences until both you and your child become more comfortable. Once you return, stay with your child for the remainder of the nursery program. More than one good-bye in a session is too hard on a baby or toddler.

Providing a "comfort object" (a familiar blanket, toy or pacifier) and creating a separation routine. Give the "comfort object" to your child and always say the same "good-bye" words. Try words such as, "I know you are sad. We will come back." or "It's hard to be away from you, but we will be back. Then we will give you a big hug!" By establishing a separation routine, your child will begin to understand what's coming next and will likely react with more calmness.

Pots and Pans

• Pots and pans are ready-made nesting toys. And they are interesting to the youngest children, because they have seen their parents use them.

• Set out several pots, pans and their lids on the floor near your child. If your child is enjoying playing with these, add wooden spoons and metal or plastic measuring cups to the array.

• In playing with the pots and pans, children will find out the different weights of these items, discover what fits in what, use a wooden spoon and pan as a ready-made drum or pretend to cook with them.

• Say, **We use pots and pans to cook with. I like to cook good food for you to eat. I like to care for you and give you good things to eat. God cares for you, too.**

Bonus Activity: Put pots and pans in a low cupboard. When you have a cooking project, set your child near this cupboard and open the doors. Let your child explore the contents of the cupboard as you cook. Make it possible for your child to see some of the stages of your cooking project.

"God sends children for another purpose than merely to keep up the race—to enlarge our hearts and to make us unselfish."

Mary Howitt