



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

“When children’s eyes are smiling ’tis God’s love that’s shining through

With glints of joy and laughter - what good medicine for you!” Margaret Fishback Powers

Welcome Parents & Families! *Reading & Music!* Everyone participates ~ ~ ~

Taking Care of Babies (thebump.com)



Sleep Schedules:

- Putting baby down for naps and sleep at consistent times helps ensure they’re *not going to sleep overtired* but rather within their ideal wake window, the amount of time baby can handle being awake before needing to sleep.
- Babies should be able to soothe themselves to sleep given 5-10 minutes.
- Getting to bed too late can cause baby to be exhausted and unable to soothe themselves

Safe Food Prep:

- Solid Starts was founded by a mom who couldn’t find quick answers about when & how to start her little ones on solid foods, especially when moms are trying to use fresh ingredients, real foods, etc. not just already pureed Gerber baby food in jars. <https://solidstarts.com/foods/> (offers free comprehensive references to just about any food!)
- Reminding kids what ‘color’ fruits/veggies offer what type of nutrients can really help them understand their importance: <https://kidseatincolor.com/>. This site offers free resources + some products for purchase. Sign up for their ‘small bites’ newsletter for recipes & helpful tips!



“Practice Makes Parent”

- “*Connected Families*” blog/podcast: <https://connectedfamilies.org/blog/page/2/>
- Any short-term peace we might accomplish does not necessarily bring about the long-term life skills we desire.
- *Asking Questions to call out the strengths in your child:* Rather than ‘That’s not ok! I can’t believe you did/said that!’ Say ... ‘You know what I like about you?’... An example is perhaps a child who talks out of turn or takes apart toys may be taught **how to use** their gift/strength of communication or curiosity in a positive way
- Safe environment for discipline - what does your child need in the moment?
- Toy/marble jar (can use anything!)

- *Practice Makes Parent* - Episodes that are specific to parenting challenges: https://podcasts.focusonthefamily.com/show/practice-makes-parent/episodes/?utm_medium=email&utm_source=Announcements&utm_campaign=2127203)
- *What to Expect & Parenting Tips* come weekly to your in-box!
<https://www.focusonthefamily.com/mykidsage/>



Establishing Strong Roots - - September 2024 - - FPRC Parenting Class

