



“A mother is all those wonderful things for which you never outgrow your need”



Welcome Parents! Music & Reading! Everyone participates ~



ABC's of Affirmation & 'love languages'

- ♥ Action – builds skills: acts of service, gift giving, physical touch
- ♥ Benefit – builds wisdom
- ♥ Character – builds a positive identity: affirming words, time together



Unlocking the Benefits of Delayed Gratification & Tools that Work

- ♥ Be curious, not furious – being a well-regulated adult
- ♥ How to get kids to listen the FIRST time – transitioning from one activity to another
- ♥ Regulating BIG feelings, hitting, anger, etc. -- lots of good ideas in these short videos https://www.youtube.com/@dr.chelsey_parenting
- ♥ Popcorn & cocoa – a good start to Fantastic Family Fun Night, even with toddlers! Intentional discussions, ‘casting a vision’
<https://connectedfamilies.org/family-meetings/>
- ♥ Creative ways to engage your kids for bedtime prayers <https://oureverydayparables.com/bedtime-prayers/>



Next Steps!

- ♥ Transitioning to ‘toddler cups’ – which is best?
- ♥ New foods - <https://kidseatincolor.com/picky-eating/>
- ♥ Helpful link that suggests age-appropriate foods/recipes <https://solidstarts.com/foods/?page=1>
- ♥ Milestones & Expectations - <https://www.expressable.com/learning-center/babies-and-toddlers>



Establishing Strong Roots





FPRC Parenting Class - February 2025




Establishing Strong Roots

RE-CAP of discussion points from our first parenting class:

-  Exercise (happens naturally for kids!)
 - BEST are parks, outside nature walks (hide & seek, scavenger hunts, etc. - - include friends from neighborhood, church, community, etc.)
 - You tube 'mommy and me infant-toddler exercise', 'princess yoga', 'ballet' online – do this with your toddler: <https://www.youtube.com/watch?v=nH8hHJRy6ZE> (princess ballet); <https://www.youtube.com/watch?v=Ni9MxZpCHbk> (mommy & me workout - - more for mom!)
 - Minimum 15-20 minutes daily **intentional** exercise for BOTH of you!
 - Field Trips! <https://momsla.com/farms-in-los-angeles-and-socal/>
 - Riley's Farm, Oak Glen
 - Santa Ana Zoo, Santa Ana
 - Orange County Zoo, Orange
 - Hiking – Dalton Cyn, Monrovia Cyn, check local websites for other trails!

-  REST!
 - Sleep training
 - Recommended: <https://www.todaysparent.com/baby/baby-sleep/most-popular-sleep-training-methods-explained/>
 - Helping babies soothe themselves to sleep so mom/dad can sleep!
 - Nap schedules – 'flexibly structured' but best to stick with routine time
 - Nap while your child naps if possible
 - 'Fatigue makes cowards of us all'!

-  Reading
 - Read aloud everyday
 - Be animated
 - Memorize portions of the story to engage with your child
 - Ask questions about the story
 - Age-appropriate classic books
 - Recommended: <https://www.focusonthefamily.com/parenting/how-to-find-great-books-for-your-kids-to-read/> - - discussion questions included!
 - Check book reviews especially for current books: - <https://www.pluggedin.com/book-reviews>. Next to the words "Book Reviews," is a drop-down menu beneath the word "Filter." If you click on the arrow, you can find a specific genre that your child likes to read. Click on it and on the "Submit" button to receive a list of books that have been reviewed in that genre. By glancing through the reviews, you'll be able to tell fairly quickly whether the book is appropriate for your child's age, stage or interests.
 - Story Time at your local LIBRARY!
 - Interview librarian for content so there are no surprises
 - Seek out libraries in neighboring communities
 - LIMIT 'screen' time - have your child watch a safe show that shares/teaches your values - - pluggedin.com is also a great source for current movie/TV reviews.

