



## Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

“Children should be a welcome addition to our lives rather than the center of our whole universe.” Deana Thayer



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



**Discovering the Joy of Serving – Modeling service + courtesy**

- ♣ Getting kids to think beyond themselves: we make memories as a family or with our kids by doing things out of the ordinary.
- ♣ Discussing with your kids how this service is helping others: mission soup kitchen, collecting canned food, landscaping (digging in the dirt) for non-profit or elderly, collecting & sorting clothes for thrift shops that have a mission, helping in the nursery at church, etc. - - mental health benefit!
- ♣ The ‘giver/server’ benefits as much as or more than the recipient. Your 2-year-old may not ‘get it’ when they’re serving but they’ll always remember it!
- ♣ [https://rumble.com/v6t4yvl-pastor-scott-show-interview-deana-thayer-on-parenting-and-serving-the-commu.html?e9s=src\\_vl\\_ucp](https://rumble.com/v6t4yvl-pastor-scott-show-interview-deana-thayer-on-parenting-and-serving-the-commu.html?e9s=src_vl_ucp)



**Age-Appropriate Activities & Development**

- ♣ <https://www.youtube.com/watch?v=a3ELNww5PFE> Kallie Brancifort - lots of activities using items you might otherwise throw away! Small toddler can sit inside a large empty bin/laundry basket & play, helping to keep the house tidy!
- ♣ <https://www.mimosasandmotherhood.com/how-to-dye-rice-for-sensory-bin/> - lots of “recipes” to create extraordinary sensory fun from the ordinary! Don’t forget fingerpainting, home-made play dough, etc. Freeze small animal toys in ice to let the kids ‘rescue them’!
- ♣ <https://theplaceforparents.com/toddler-schedule-for-stay-at-home-moms/> - routine schedules should include naptime, mealtimes, outings, activities, bath, bedtime routine. Include household chores & independent play...
- ♣ <https://theplaceforparents.com/stages-of-teething/>. Teething - Chewing on cool teething toys or wet washcloths that have been frozen can ease teething discomfort. Every child is different so don’t worry if teeth don’t show up when you expect!

### Teeth Eruption Chart

Top teeth	When the tooth comes in	When the tooth falls out
Central incisor	8 to 12 months	6 to 7 years
Lateral incisor	9 to 13 months	7 to 8 years
First molar	13 to 19 months	9 to 11 years
Canine	16 to 22 months	10 to 12 years
Second molar	25 to 33 months	10 to 12 years
Bottom teeth	When the tooth comes in	When the tooth falls out
Central incisor	6 to 10 months	6 to 7 years
Lateral incisor	10 to 16 months	7 to 8 years
First molar	14 to 18 months	9 to 11 years
Canine	17 to 23 months	9 to 12 years
Second molar	23 to 31 months	10 to 12 years

Wisdom teeth (extra molars) tend to erupt between ages 17-21 years!



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## Parenting Classes Offered to the Clients of Foothills Pregnancy Resource Center (FPRC)



Hope you can join our final spring 2025 parenting class where we discuss fun and creative parenting strategies! We meet at FPRC on Tuesday June 10th at 10:30AM and the Session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for you moms, dads or guardians needing some ideas, encouragement and to realize you're not alone!

Tuesday January 14th  
Tuesday February 11th  
Tuesday March 11th  
Tuesday April 15th  
Tuesday May 13th  
**Tuesday June 10th**

Classes will be 10:30 - 11:30 ... PLAY AREA FOR KIDS in the Lobby!

We'll have a raffle for a chance to win a gift card for those who RSVP! \*\*

Location: FPRC, 924 Buena Vista St., Suite 202, Duarte - - 626-358-2122

\*\* PLEASE RSVP by calling FPRC - - leave your name with the receptionist or voicemail!

OR better yet, email [barbarawiltsey@gmail.com](mailto:barbarawiltsey@gmail.com)