



## Foothills Pregnancy Resource Center

*A State-Licensed Medical Clinic*

*Do not be anxious about anything, but in every situation, by prayer & petition, with thanksgiving, present your requests to God. And the peace of God ... will guard your hearts and your minds in Christ Jesus. Phil. 4:6-8*



### **Welcome Parents! 'Mommy & Me' - Music & Reading! Everyone participates**



### **Gratitude for Each Day with your Child**

- ☺ Do what you can where you are with what you have; make stuff!
- ☺ Communicating positively/specifically with your child at any age!
- ☺ Imitating exactly what your child is doing recognizes that they're doing something good; actively listening; repeating what your child says & add to it.  
<https://www.youtube.com/watch?v=n3okwCk5k3w>
- ☺ Raising resilient, successful kids as a single parent <https://www.focusonthefamily.com/parenting/hope-and-faith-during-single-parent-struggles/> - scroll down in this linked article to listen to the 22 minute audio from 'Practice Makes Parent' ☺
- ☺ Use the word 'family' often.
- ☺ Plan a special event for conversation (keeping it simple) - example: 'tea party'



### **Park Play & Boundaries**

- \* Keep it routine as best you can! Use a 'chart' or a calendar with pictures & remind your child 'what's next'.
- \* Holiday Plans? Be intentional during outings, family time, crafting, playing
- \* Kids need and deserve our help to behave within the bounds of social rules and mores.
- \* My observations with older kids who are leaders in the playground
- \* <https://www.janetlansbury.com/2016/04/helping-toddlers-succeed-at-the-park-playdates-outings-and-other-social-situations/> - this website offers some clever insights about parenting through numerous podcasts & articles

## Five Love Languages for Kids - RECAP

### 1. Physical Touch

Though a hug might say "I love you" to all kids, for ones who adore physical touch, it shouts, "I LOVE YOU!"

#### Does your kid prefer physical touch?

Dr. Chapman has a son who prefers this love language. "When I came home, he would run to the door, grab my leg, and climb all over me," he says. If children are constantly in your space, touching you, or playing with your hair, that's a signal that they [need to be touched more](#), says Laura Markham, Ph.D., author of *Peaceful Parent, Happy Kids*.

#### Expressing your love through physical touch

Snuggle on the couch, ask your kid if they want to sit on your lap, and offer foot massages and high fives. My own little guy has dubbed holding hands "a hug for my hand." Dr. Chapman also suggests wrestling and playing sports that require jostling.

Diana Peterfreund, of Silver Spring, Maryland, says, "I give my 3-year-old daughter loud kisses all over her head the way Cookie Monster eats a cookie. She laughs and asks, 'More kissy monster?'"

Virginia Green, of San Francisco, and her 5-year-old daughter, Eloise, have a secret handshake. When she's experiencing [some big emotions](#), Green says, "I'll reach over and squeeze her hand three times—that equals 'I love you.'"

### 2. Receiving Gifts

Children who feel loved when they receive things aren't just pandering for more stuff. Instead, they are actively seeking ways to feel loved by you.

#### Does your child prefer receiving gifts?

Someone whose primary love language is receiving gifts tends to care about how a present is wrapped, and often remembers who gave them what for months or years after the fact. Anjali Jameson, of San Francisco, says, "One time, a grocery-delivery service sent me flowers because it had messed up my order. I spontaneously told [my 5-year-old daughter](#) that they were for her. She said, 'You love me!' and proceeded to tell everyone about the flowers from her parents."

Another tip-off? Your kid has trouble throwing out things they have been given, even if they haven't looked at them in ages.

## Expressing your love through gifts

Your child sees a gift as a symbol of your love, and it can be anything from a very smooth stone to a ball of yarn in just the color they mentioned liking two Tuesdays ago. Although it's fine to keep a closet full of wrapped dollar-store toys, you don't need to spend money. Try leaving an origami creation on your child's chair or a wildflower on their pillow.

"Every year since I left for college, my mom has mailed me leaves so I can enjoy a bit of fall from home," says Wisconsin native Skye Schulte, who now lives in San Francisco and hopes to do the same someday for a child of her own.

[Stickers and star charts](#) are also concrete ways of making these children feel valued, says Harvey Karp, M.D., creator of the DVD and book *The Happiest Baby on the Block*. On the receiving end, be sure to make a big deal of any gifts your child gives you by hanging artwork or creating a "precious things" table for those sculptures made from pipe cleaners and old corks.

## 3. Words of Affirmation

For kids who listen intently and speak sweetly, your loving words matter most.

### Does your child prefer words of affirmation?

If your child beams whenever you praise them or offers you lots of sweet feedback—like when Josephine pulls me close to whisper, "Mommy, you are my favorite mommy"—they probably relish words of affirmation.

### Expressing love through words

Little [notes in their lunch box](#), texts, and even a bracelet with something like "my hero" printed on it can mean the world to kids whose love language is words of affirmation. Auburn Daily, of San Francisco, says she gets down on her toddler's level, stares into her eyes, and says, "You are the best thing in my life. You are so important to me."

Dr. Karp suggests "gossiping" or whispering loudly to a stuffed animal, another adult, or even a bird outside about something your kid did well since research shows we all believe more of what we overhear than what's told directly to us.

## 4. Acts of Service

Acts of service may be the most peculiar-sounding love language, but kids who speak it appreciate thoughtful gestures, like buying flavored seltzer and making a mocktail complete with a mini umbrella and a pineapple slice.

### Does your child prefer acts of service?

Your child may beg you to [tie their shoes](#), fix a broken toy, or fluff their pillow. As a result, parents of these kids often end up feeling like servants, but it may help to reframe seeing those requests as simple requests to feel loved.

### Expressing your love through acts of service

The possibilities are endless, including making exceptions to a general rule (like helping slip my 9-year-old daughter Vivienne's legs into a pair of pants) and going above and beyond (such as first warming their clothes in the dryer on a cold morning).

But as these children—and all kids—grow, it's important to encourage self-reliance and expect them to do what they can for themselves at each stage of development. The best act of service you can provide is walking your child through a new process and teaching them, step-by-step, how to be more capable, says Dr. Chapman.

## 5. Quality Time

These children feel most valued when you choose to spend quality time with them.

### Does your child prefer quality time?

A child who often says, "Watch this!" or "Play with me!" is begging for quality time. Dr. Chapman's own daughter would say, "Daddy, come to my room! I want to show you something."

### Expressing your love through quality time

In addition to just being together, offer your undivided attention. Dr. Markham calls this "special time," and says it can be short, but [let your child choose the activity](#). Cedric Chauvet, of Seattle, says, "Each of my kids will beg for a 'conversation.' It's a one-on-one chat we'll have while lying in bed head-against-head before going to sleep."



**Foothills** Pregnancy  
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Parenting Classes Offered to the  
Clients of Foothills Pregnancy Resource Center

**{NOTE - - day/time change!}\***



Hope you can join our upcoming fall 2025 parenting classes where we discuss fun and creative parenting strategies! We're meeting the **2nd Thursday\*** each month at **10:45am\*** at FPRC. The session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for moms, dads or guardians needing some ideas, encouragement & to realize you're not alone!

Tuesday September 9th

Thursday October 9th

Thursday November 13th

**Thursday December 11th**

Classes will be 10:45 - noon ... **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)



# FOOD DISTRIBUTION



## EXPECTING? HAVE AN INFANT UNDER 1?



Do you qualify for Medi-Cal/CalFresh  
or receive WIC?

The holidays are fast approaching, and we are here to help. If you are pregnant or have a small child (under 1 year old), we can assist with food and other essential items this Thanksgiving.

### FOR MORE INFORMATION

909-801-4303 or  
[bafssotiv@gmail.com](mailto:bafssotiv@gmail.com)

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# HOLIDAY ASSISTANCE

**EXPECTING?  
HAVE AN INFANT UNDER 1?**

**Do you qualify for Medi-Cal/CalFresh  
or receive WIC?**

The holidays are fast approaching, and we are here to help. If you are pregnant or have a small child (under 1 year old), we can assist with toys, necessary supplies, and things to help with pregnancy/postpartum.

**FOR MORE INFORMATION**

**909-801-4303 or  
bafssotiv@gmail.com**

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