

## NEWSLETTER

### Spotlight on development

#### A New Baby Joining the Family

Becoming a big sibling is a big transition for children. Here's some tips and tricks from [healthychildren.org](https://www.healthychildren.org) and [childmind.org](https://www.childmind.org):

- Use developmentally appropriate language when explaining the upcoming change to your child.
- Protect special one on one time with your “big kid” once baby comes.
- Look at picture books about having a new baby.
- Encourage your child to care for their own baby doll- practice feeding, diapering, and singing to it.
- Try to avoid “blaming” the baby when you can't play with or help your older child as quickly as you could before.
- Be honest: explain that babies are cute but also need a lot of attention and cry a lot.
- Expect your child to regress- it's normal and will pass!

#### Upcoming Dates

- Saturday Playgroup: 12/14
- GRCC closed/no playgroups: Monday December 23rd through January 3rd. Playgroups will resume Monday 1/6.

### Literacy Corner

Celebrate the start of winter with this song sung to to the tune of “twinkle twinkle little star”:

Snowflakes, snowflakes, dance around,  
Snowflakes, snowflakes, touch the ground  
Snowflakes, snowflakes, in the air  
Snowflakes, snowflakes, everywhere  
Snowflakes, snowflakes, dance around  
Snowflakes, snowflakes, touch the ground



## Family Resource

### Strong Beginnings

Strong Beginnings is a community partnership dedicated to improving the health and well-being of Black and Latine families during pregnancy and early childhood. Sign up to receive home visits with a peer mentor and care coordinators from MIHP.

Enroll on their website:  
<https://www.strongbeginningskent.org/Enrollment>



## In Case You Missed it!

We want to provide the content on Instagram that you and your family need. Let us know what you want to see more of! What do you want to learn more about? What kind of posts do you find most useful? What are you and your child's favorite way to play?

Follow us @playandlearngrcc

## TRY AT HOME!

### No snow outside? Make your own!

A few different recipe ideas:

- flour and oil
- baking soda and shaving cream
- baking soda and hair conditioner
- corn starch and lotion

Mix and explore in a bowl, shallow tupperware, or sensory bin. Add scoops, small arctic animal figures, or toy cars!

## Thank You!



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*Learn more*

[www.grcc.edu/play](http://www.grcc.edu/play)