

Celebrating Your Child

Parent Home Page

Tips and Activities for Parents of
Children 0 to 18 Months ● Year 2

People at Church Help Me

“God gives people to help me.”

(See 1 Corinthians 12:28.)



This month we will help your child:

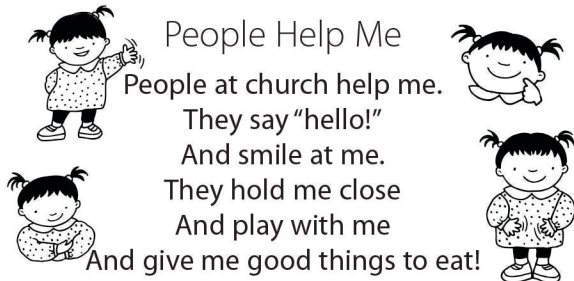
- develop an awareness of the name of Jesus;
 - and associate Jesus with being loved and helped.

May

Do these activities with your child to continue the learning your child has experienced at church.



Do It!



Say and do this finger play as you play with your child. Use your child’s name instead of “me.” Talk about the people who care for your child at church. (If your church has a picture directory, show pictures of these people to your child.) Do this finger play many times, but especially immediately before and after your child has participated in the church nursery program. Your child’s confidence and pleasure in the nursery will grow as he or she sees you affirming and enjoying your child’s experiences in the nursery program, too.

Little Activities for Little People

Babies

- Make up or sing to your child songs that you know about church to help your child develop happy and safe feelings about church. Sing often to your child to calm him or her or to accompany your child’s play. Your baby enjoys your voice more than any other sound. So don’t be shy—sing silly or sweet or any way you like!
- Even a young baby will enjoy watching soap bubbles as you blow them. Point to the bubbles and talk about how they are floating around the room. Gently blow a bubble toward your baby. Say, **I’m blowing bubbles for you to see, Alysha. I’m glad to be with you. Jesus loves you.**

Sing It!

Showing God’s Love

(Tune: “Twinkle, Twinkle, Little Star”)

I will smile and play with you.
Jesus helped His good friends, too.
I can show I care for you
To help you know that God loves you.

Sing this song as you serve a meal to or play with your child. Talk about how you enjoy caring for your child. Smile at your child and tell him or her that you smile to show you love him or her. Talk about how people at church like to smile and take care of your child. If a child knows the name of his or her teacher at church, sing the song using the person’s name in place of the word “I.”



Question & Answer

Q: How can I tell what my baby wants when he or she can't talk yet?

A: You can learn most about your baby by slowing down and being observant. A great deal of communication goes on with even the youngest child. The first and most basic part of this process is simply to watch your child. One well-known psychologist has said, "If you want to know how a baby feels, watch his feet." That's good advice! Notice your baby's facial expressions, sounds, body posture and gestures. These provide the foundation for understanding what your baby is trying to communicate.

Place yourself at your child's eye level. Smile and talk quietly with him or her. As you make eye contact, especially when doing something routine like changing diapers, watch and talk to your child to indicate your interest and care. This encourages the child to respond.

Rather than going into action only when your child fusses, work towards paying attention and responding to your child even when he or she is not fussing. You may find that as you become better at this, your child fusses less and communicates more!

Because everything is new to your baby, it is very easy for him or her to become overstimu-

lated. If your baby looks flushed, try reducing the stimulation—lower the lights, turn down the noise, remove some of the toys and gently stroke your child. Children's reactions don't instantly change, but by paying attention to your child's reactions, you will discover what helps to soothe him or her.

If you observe your child trying hard to grab a rattle, but unable to do so, or trying hard to do something else but failing, he or she will fuss to express frustration. Instead of saying, "Don't cry!" move the rattle closer or help your child hold the rattle and bring it to his or her mouth, talking to your child as you do so. In this way babies and toddlers learn that communication works.

Bottle Bowling

- Wash and dry several empty plastic liter pop bottles. Stand the bottles upright on the floor. Help your child roll a ball toward the bottles to knock them down. Clap and cheer when the bottles fall down. Say, **You knocked the bottles down!**
- Let your child set up the bottles however he or she wants to. Your child may also want to knock down other toys as well. Continue to play as your child shows interest.

**"Children are God's apostles, day by day.
Sent forth to preach of love, and hope, and peace."**

James Russell Lowell