

# INFANT DEVELOPMENT PROGRAM

## IDP Playgroup Circle Time



Welcome to a brand new circle time video! Come sing with us!

[https://youtu.be/Rwz2Qfs\\_8ml](https://youtu.be/Rwz2Qfs_8ml)

## Creating a Healthy Eater

### **Parent's Responsibility:**

- offer healthy food choices
- plan meals and snacks at regular times
- keep mealtimes calm
- eat together as a family

### **Child's Responsibility:**

- decide which foods to eat from the ones that are offered
- decide how much to eat



## IDP Newsletter

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Dear IDP families, a popular topic that comes up frequently is sleeping and eating! Read all about it here!

## Just go to sleep!

According to "Aha Parenting" website, Falling asleep is a habit and all kids can learn it. It may take some time to develop that habit, but your child can learn to put him/herself to sleep, and to stay asleep eventually....

Check out this link for more info: <https://www.ahaparenting.com/ages-stages/toddlers/helping-your-toddler-learn-to-put-himself-to-sleep>

Also this is a great video on what happens when your 3 year old takes over an hour to fall asleep.

<https://www.ahaparenting.com/videos/when-your-three-year-old-takes-over-an-hour-to-fall-asleep>

## Helping your baby fall asleep

- Creating a bedtime routine, such as bath, reading books, and rocking.
- Playing soft music while your baby is getting sleepy.
- Offering a transitional object that your baby can take to bed. This may be a small blanket or a soft toy. But don't do this before your baby is old enough. Your baby should be able to roll and sit.
- Tucking your baby into bed when he or she is drowsy, but before going to sleep.
- Comforting and reassuring your baby when he or she is afraid.
- For night awakenings, comfort and reassure your baby by patting and soothing. Don't take your baby out of bed.
- If your baby cries, wait a few minutes, then return and reassure with patting and soothing. Then say goodnight and leave. Repeat as needed.
- Being consistent with the routine and your responses.