

Birth to 3 News

January 2022

Happy New Year!

Welcome to 2022! We are looking forward to a great second half of our school year. We hope to focus on:

- Supporting you in your role as your child's first and best teacher
- Helping you connect with other parents in your community
- Building your library and love of reading with your young children

We can't wait to partner with you!



Read, read, read!

Wondering how you can support reading from the start?

- Talk about the books as you look at them. You don't even need to read the words on the page. Talk about what you see—that is it!
- Ask them questions—even if your child can't talk yet! "Do you like this book?" or "Do you want to look at this animal book or the truck book?" or "Is that dog running?"
- Go to the library to check out more books your child might like
- Come to group!
- Re-read books your child loves. Little kids love to hear the same books over and over
- Read with your bigger kids too. It all counts and helps grow their brain and love for reading and learning.

Winter Group Classes Starting soon!

Mothers and Babies

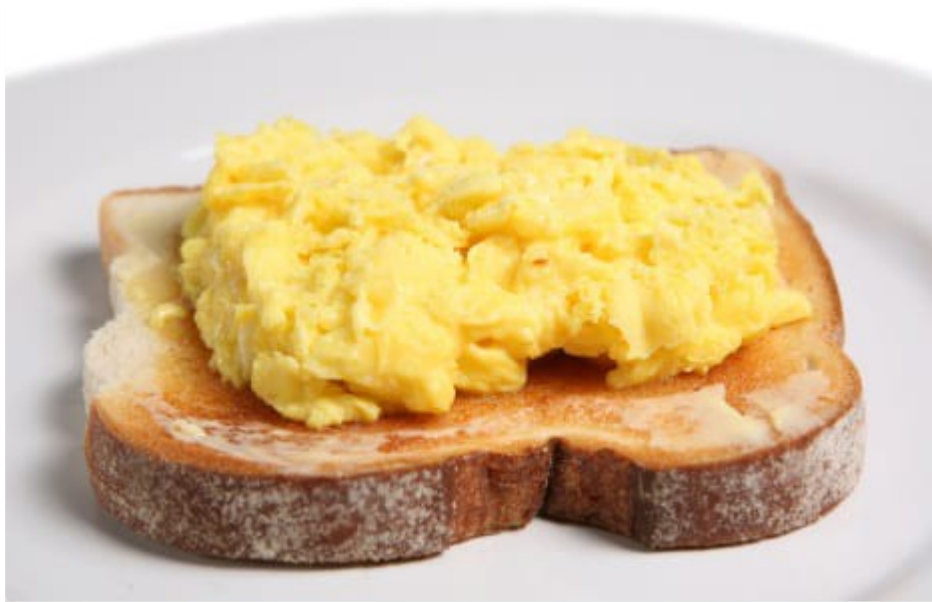
Expectant mothers and mothers with infants love this class!

This Program reduces stress and promotes healthy mood management. Join us and learn:

- Tools and support for pregnant and new moms to help manage stress
- Promoting healthy bonding with baby
- Promoting healthy communication and social support
- Techniques and activities to help babies learn

Infant Massage

Infant massage is beneficial for the baby, parent, and the entire family. It is a time for undivided attention, communication, love, and bonding with your baby. Using infant massage can stimulate circulatory, digestive, immune, and nervous systems. It can also improve sleep patterns, relieve colic, constipation, and any tension the baby is feeling. It is a time to relax and reduce stress in parents. Come join the group and spend 5 weeks learning a skill that can be shared with your baby.



Mmmm! Snack Time!

One egg provides a 4-year-old with almost one-third of her protein requirements for the day.

Keep a bunch of hard-boiled eggs in the fridge (they last for seven days), or scramble an egg and roll it up in a flour tortilla. Another great idea: our easy breakfast pita that can be made the night before for an on-the-go meal.



Library Story Time

Join us for story time every week on Monday and Wednesday. Everyone who attends will receive a copy of the book to keep. Did you know spending time looking at books, talking about the pictures and repeating it again and again helps get your child ready to read when they are older? Mondays at 10:30 and Wednesdays at 1:00 (All groups in January will be on zoom)



Father's Group

Fathers are so important in the lives of young children! Come and learn why at Father's group on 1/25 at 6:00 pm at St. Andrew's. Fathers and kids enjoy dinner, playtime and conversation around the role of fathers in the lives of our children.



Save the Date!

We will be doing Winter Reading Recognition on 1/25 at the ARC Center in West Chicago. Join us for a morning of active play, meet other families and receive prizes for all your reading efforts! Our hope is that parents are looking at books with their children every day! This builds their language and helps get them ready for school and lifelong learning.


NOW ENROLLING!

The Birth to 3 Program is currently enrolling new families! If you know anyone who is expecting a baby or who has young children, share what you love about the Program. Refer a family and you will receive a thank you gift! (Family must go through registration process)





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