



# Parents as Partners

## Did You Know?

Singing is good for the brain. It increases oxygen intake which increases alertness. It is a happy activity that also increases endorphins. Endorphins are a substance our bodies make naturally that reduces pain and brings about feelings of pleasure. Endorphins help keep our immune system healthy and our stress in check.

## Try It Out

This week your child learned a song about you! Sing this song to the familiar tune of "Mary Had a Little Lamb." Use this tune, or one of your own, to create a special and unique song just for your child. Sing it to him or her many times.

### Mommy's Face

(Tune: "Mary Had a Little Lamb")

Mommy's face is full of love  
Full of love, full of love.  
Mommy's face is full of love  
When she smiles at me.

Daddy's arms are full of love  
Full of love, full of love.  
Daddy's arms are full of love  
When he holds me tight.



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## Did You Know?

Children are enriched by every person who loves them. This week we are learning about extended family members. Talk with your child often about aunts, uncles, cousins, grandparents, and family friends.

## Try It Out

Talk with your child during dinner about the nice things extended family members do for them. Review this song with your child that we learned this week about grandma and grandpa. You can change the names grandma and grandpa to the names used by your child for his or her grandparents.

### I Love You, Grandma (or Grandpa)

(Tune: "You Are My Sunshine")

You are my grandma  
My sweet, sweet grandma.  
You make me happy every day.  
I love your hugs and I love your kisses.  
Hope you know that I love you.





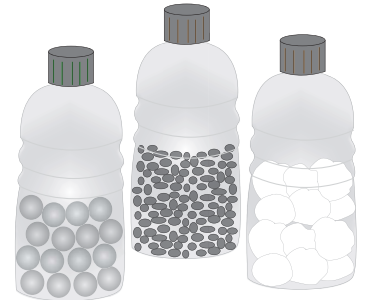
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## Did You Know?

Toddlers and twos have been exploring cause-and-effect relationships during the first year and a half of their life and are still in need of adult support to point out these relationships. They will take what they learn about cause-and-effect and apply it to problem solving.

## Try It Out

Reinforce cause-and-effect relationships by offering sound-making materials. Create a set of "sound shakers" for your toddler to explore. Recycle a set of plastic bottles by filling each with something different (cotton balls, pebbles, cereal, buttons). After filling the bottles, secure the lids tightly. Encourage your child to shake each bottle to explore the cause-and-effect relationship. Your child will begin to notice how one bottle (with buttons inside) makes a rattling noise and another bottle (with cotton inside) doesn't make any noise at all.



Provide simple construction materials, such as wooden blocks, for more cause-and-effect fun. Encourage your child to build a tower and then, of course, she will want to push it down. This cause-and-effect relationship provides a satisfying clatter and disarray of blocks!

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## Did You Know?

A toddler's foundation for development is the secure relationships he develops with his parent(s) and caregivers. This secure relationship is called attachment. Attachment is dependent on the sense of trust established by significant adults who interact with the child. This sense of trust profoundly affects all areas of a child's development.

## Try It Out

Spend quality time with your child. This week, your child has heard the story of "The Three Bears." Hold your child in your lap and tell your version of this story. Make it a point to talk with your child about his or her day at dinner time. Follow a routine for bedtime and make sure that this routine is uninterrupted time between you and your child.



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