Happy St. Patrick’s Day, TWYB Supporters!

Our theme for this month is: green! In the spirit of St. Patrick’s Day, you could make a low-sugar treat by cutting out cubes of yellow gelatin and making your own shiny pot of gold. Or, try being doubly green by planting some clovers or other plants in your yard or garden. During reading time, we recommend the Dr. Seuss classic Green Eggs and Ham, which can always be accompanied by a food colored-meal. If you’re still not tired after all that, find some videos of the Irish jig and practice your technique.

New TWYB Classes!

It’s not too late to sign up for our classes! Sign up at talkwithyourbaby.org or email karizmen@nd.edu.

Agency Spotlight

In addition to being a home for TWYB, the RCLC offers several other services. These include ENL classes and an accompanying ENL preschool; craft, computer, and fitness classes for seniors; book clubs for TWYB and for seniors; a Shakespeare club for students with an interest in theater and literature; a student Lego Robotics team; Take Ten, an anti-violence initiative; and tutoring for school-age children by college students.

Join us for our Homeward Bound Run & Walk on April 11 at 8:00 am to fight homelessness and provide housing to those in need! To register, visit homewardboundindiana.org/walk/st-joseph/.

Find out more about the RCLC’s offerings by visiting rclc.nd.edu.
Research

How to Raise a Happy Child

Time recently put out an article backed by scientific research, which provides ten goals to help you raise a happier child:
1. Get happy yourself
2. Teach them to build relationships
3. Expect effort, not perfection
4. Teach optimism
5. Teach emotional intelligence
6. Form happiness habits
7. Teach self-discipline
8. More playtime
9. Rig their environment for happiness
10. Eat dinner together

Read more detailed explanations of how to accomplish these goals at:
time.com/35496/how-to-raise-happy-kids-10-steps-backed-by-science/

Kids’ Corner

Try this twist on the rainbow and pot of gold for St. Patrick’s Day fun. Get as many colors of yarn or string as you can find (for the rainbow!) and loop them all around an area of your house. Then, put a pot of gold filled with chocolate gold coins, healthy snacks, or other treasures in the next room. Have your child try to sneak through the yarn rainbow without touching any strings. If you think you’re up to the challenge, you could even join them!

Please RSVP to Kim at khalstea@nd.edu by 3/24.

For more information, contact TWYB coordinator Kris Arizmendi at karizmen@nd.edu. Like us on Facebook at facebook.com/talkwithyourbaby.