Talk With Your Baby
Robinson Community Learning Center

Happy Fourth of July!
Happy Fourth to all TWYB supporters! We hope you’ll take the time off work to spend some time relaxing with your family, whether that’s on a beach or helping out with a backyard cookout. These are great places to throw a ball, play cornhole, or simply sit outside together and read a book. Look below for some events offered around South Bend that are toddler-friendly and fun for every member of your family.

Fourth of July Events

Fireworks Display
July 4 at dusk
Join the celebration at the St. Joseph County fairgrounds. Call 574-291-4870 for more info.

Parish Festival
July 4 from 11:00 am to 5:00 pm
Visit St. Hedwig’s Parish for family-friendly fun and games. Call 574-287-8932 for more info.

Meet Me On the Island
July 2 from 5:30 to 10:00 pm
Take an hour or two to explore the South Bend Museum of Art and see fireworks at dusk.

Book Suggestion
If you’re looking for a Fourth-themed summer book that will captivate your child, look no further than Corduroy, who has been a classic for decades. You’ll see Corduroy and friends take part in an Independence Day parade, watch fireworks, and enjoy a picnic. It’s a great way to introduce some family Fourth activities to your toddler!
Research

“Strength-based parenting improves children’s resilience and stress levels” reads the headline from the journal Psychology. What is strength-based parenting? It’s “an approach where parents deliberately identify and cultivate positive states, processes, and qualities in their children […] which adds a ‘positive filter’ to the way a child reacts to stress.” For example, a child from a strength-based background is more likely to view stress as a challenge to be overcome and learned from instead of “using avoidance or aggressive coping responses.” Essentially, if the child thinks their parent believes in their abilities, they’re much more likely to succeed when stress inevitably occurs.

Kids’ Corner

If your child has never seen fireworks before, they can be a little scary. To introduce fireworks to them, try making some on your own. Fill a piece of paper with lines of glue, then sprinkle glitter (red, white, and blue if you want to keep it Fourth of July themed) over the lines to create dazzling fireworks. Or, if you want to work with paint, try tying a few bendy straws together to make a firework shape and using them as a stamp to make a sky full of red and blue fireworks. You can even join in the fun yourself!

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