Happy February!

TWYB is excited to wish everyone a Happy February and a Happy Valentine’s Day! As the snow continues to fall outside, stay warm by spending quality snuggle time with your little ones! Nothing beats being cuddled under a blanket reading a good book. Here are some of our Valentine’s Day favorites:

![Valentine's Day Books](image1)  
![Valentine's Day Books](image2)  

TWYB is also excited to announce that classes are scheduled and will begin in March! Make sure to mark your calendars with the dates below. For more information or to register, visit www.talkwithyourbaby.org, call (574) 631-6916 or email our AmeriCorps Member, Madi Zeiss, at mzeiss@nd.edu!

### Save the Date for Upcoming TWYB Classes!

<table>
<thead>
<tr>
<th>Robinson Center</th>
<th>Robinson Center</th>
<th>Notre Dame Center for Arts and Culture</th>
<th>LaSalle Branch Public Library</th>
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<tr>
<td>March 22, 29, April 5, 12, 19</td>
<td>March 23, 30, April 6, 13, 20</td>
<td>March 30, April 6, 13, 20, 27</td>
<td>April 28, May 5, 12, 19, 26</td>
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<td>11:30 am - 1:00 pm</td>
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<td>1:00 pm - 2:00 pm</td>
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Join us on **Tuesday** mornings! Lunch and childcare provided.  
Join us on **Wednesday** nights! Childcare and snacks provided.  
Join us on **Wednesday** afternoon! Childcare and snacks provided.  
Join us on **Thursday** nights! Dinner and childcare provided.

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**Agency Spotlight**

This month, we are going to highlight the Robinson Community Learning Center! The RCLC is not only the home for TWYB, but offers many other programs for members of St. Joseph County of all ages! The RCLC is also very excited to be celebrating its 15th Anniversary this month! Some of the programs held at the RCLC includes an English as a New Language program and accompanying preschool, various youth development and tutoring programs run by local college students, a Robinson Center Shakespeare Company, an anti-violence Take Ten program, and various groups for senior citizens including crafts, exercise and computer classes. If you know of anyone interested in any of these programs, do not hesitate to reach out!
Research

“I Love You”

As we welcome February and get excited for Valentine’s Day, Dr. Christine Carter, a sociologist and author of the book *Raising Happiness*, and researchers from the Huffington Post examined the phrase “I love you”. When asking parents, many answered that they say they love their children many times throughout the day, sometimes without even knowing they are saying it! Dr. Carter’s research reinforced the worried parent in all of us by determining that “[she] does not think those works can be said too much”. She also said that the context in which “I love you” is said is just as important for your child, so spend some extra time cuddling and kissing your baby so they not only hear, but they feel all the love you want to give them!

Kids’ Corner

Have your kids’ create these adorable heart tree cards!

**What You Need:**

- Paper
- Brown paint
- Red paint
- Pink paint
- Paint brush

**What To Do:**

1. Fold the paper in half to make a card
2. Paint your child’s hand and forearm brown and stamp the paper to make the trunk and branches
3. Paint your child’s fingers red and pink and stamp the paper to make the flowers in heart shapes
4. Fill the inside of the card with a nice message and give it to a loved one!

*Idea from* [www.meetthedubiens.com](http://www.meetthedubiens.com)

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