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 cuddle time with your little ones! Here are some of our Valentine’s Day favorites:

TWYB is also excited to announce that classes are scheduled and will begin at the end of February! Make sure to mark your calendars with the dates below and be on the lookout for more!

For more information or to register, visit www.talkwithyourbaby.org, call (574) 631-6916 or email our AmeriCorps Member, Katie Califano at kcalifan@nd.edu

Save the Date for Upcoming TWYB Classes!

<table>
<thead>
<tr>
<th>Virginia M. Tutt Branch Public Library</th>
<th>Memorial Hospital</th>
<th>YMCA of Michiana</th>
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<tbody>
<tr>
<td><strong>February 28, March 7, 14, 21, &amp; 28</strong></td>
<td><strong>March 13, 20, 27, April 3, &amp; 10</strong></td>
<td><strong>April 4, 11, 18, 25, &amp; May 2</strong></td>
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<td>6:00 pm - 7:15 pm</td>
<td>6:00 pm - 7:00 pm</td>
<td>6:30 pm - 7:30 pm</td>
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<td>Join us on <strong>Tuesday</strong> night! Dinner and childcare provided.</td>
<td>Join us on <strong>Monday</strong> night! Snacks and childcare provided.</td>
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Agency Spotlight

This month, we are going to highlight the YMCA! The Y is TWYB newest partner. There are two Y locations in St. Joseph County that house multiple programs and facilities. At the South Bend location, there are Parent Tot Swim Lessons for children 6 months to 3 years old! There is something for everyone, from camps to group exercise classes to education enrichment programs for youths and adults. If you’re a full time member, there is free childcare while you are at the Y! The Y houses multiple community programs, like LIVESTRONG at the YMCA, the Summer Learning Loss program, and now Talk With Your Baby! If you want to check out the YMCA of Michiana, please don’t hesitate to visit: http://www.michianaymca.org/michiana/our-y-michiana
Research
Benefits of Holding Your Baby

We all love holding babies and there are some great benefits for you and your baby! American Academy of Pediatrics presented that skin-to-skin contact can reduce maternal stress. Stress can interfere with bonding, breastfeeding, and a woman’s wellbeing. Another study found that children, who have been held close to their father’s chest, cry less and are calmer. Several studies also promote skin-to-skin because it can help babies regulate and stabilize their body temperature and their breathing. This technique of care is called kangaroo care. Time reported on the long-term benefits of holding children to school-aged children who are able to have better stress management skills. The final benefit is that a parent’s touch helps lessen baby’s pain. In conclusion, holding your baby close is not only good for your child, but also it will help you!

http://www.huffingtonpost.com/entry/the-incredible-benefits-of-simply-holding-your-baby-close_us_5626700fe4b08589ef491176

Create your own Valentine’s Day cards with these homemade stamps!

**What You Need:**
- Paper & Paint
- Empty Toilet Roll

**What To Do:**
Flatten the cardboard tube so that there is a crease on two sides. Then push one crease to make a heart. Wrap a piece of tape around the tube. Then dip one end into paint!

**What You Need:**
- Paper & Paint
- Potato
- Knife

**What To Do:**
Cut the potato straight in half. Sketch your design on the potato then carve it out. Dip your potato into paint of your choosing.

Start making your own personalized Valentine’s Day cards with your kiddos! Ideas from popsugar.com

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