

J A N U A R Y 2 0 1 6

Talk With Your Baby

Robinson Community Learning Center



TWYB News

Keep an eye out for upcoming TWYB class information! We are going to be holding several upcoming sessions coming up at various locations around South Bend and Mishawaka, and we hope to reach as many new parents and caregivers as possible!



Happy New Year from TWYB!

We would like to wish all our Talk With Your Baby supporters a Happy New Year! As we welcome 2016, we hope that everyone a great year full of health, happiness, and love! Try incorporating your children into your resolutions this year, since you are your child's first and best teacher! If your goal is to get healthier, work alongside your child by making some homemade healthy snacks or going outside for a game of tag in the park. When the snow is falling outside, bring fitness inside with a dance party!

Agency Spotlight



This month, we are highlighting a very special agency, **St. Margaret's House**! St. Margaret's house is a local community center for women and their children. The women who attend St. Margaret's house receive hot meals and access to amenities such as showers, phones, laundry machines, computers and clothing. St. Margaret's house also offers various programming for the women, such as parenting or finance management classes. In general, the community is dedicated to supporting women and encouraging them to define themselves by their gifts instead of their struggles. TWYB is very lucky to be able to work with St. Margaret's House and are thankful for the services it provides to the community!

To learn more, visit the website at:

<http://www.stmargarethouse.org/>

Lunch & Learn

TWYB Facilitators, do not miss this awesome opportunity!

TWYB will be hosting our Winter Lunch & Learn on Tuesday, January 19th, at the Robinson Community Learning Center from 11:30 to 1:00 pm. Our presenter is Dr. Jill Lany, a Assistant Professor from the University of Notre Dame. Her research focuses on young infants and their cognitive development, with a concentration in how children learn language. We are so excited that she agreed to come teach our TWYB Facilitators about her findings! Lunch will also be served.

RSVP to Madison at mzeiss@nd.edu or call the TWYB office at (574) 631-6916. Please provide your name, organization and title. Thank you!

Facilitators:

Don't forget to register for our upcoming training session, as well! It is being held at the RCLC (921 N. Eddy Street) on **Friday 1/29, 2/5 and 2/12 from 9:00am-12:00pm!**



Idea for craft from 222.messylittlemonster.com

Research Children and TV

As we mention frequently in our TWYB classes, children under 2 and TV is not a good combination! Of course, we understand the occasional need for a distraction while mom and dad get things done, but the TV time should be limited. Recently, a new article by www.healthychildren.org took this advice one step further! Healthy Children states that if a child under 2 is going to watch TV, they are more likely to learn if they are watching alongside mom or dad. When the TV does go on, try bringing your tasks with you and sit by your child. While you fold the laundry or reply to emails, you can be talking with your child and explaining what is happening on the TV or what task you are completing!

Kids' Corner

After a day in the snow, bring the fun (and the snow) inside and create these **"Paper Plate Snowflakes!"** The best part: they are no mess!

Here's what you need:

- Paper plates
- A freezer bag
- White, blue and/or silver paint
- Lots of glitter (my favorite part!)

Here's what to do:

1. Cut the paper plates into snowflake shapes (remember: no two snowflakes are alike!)
2. Place the snowflake plate, some paint and some glitter into the freezer bag and spread it all around
3. Set them out to dry

Enjoy!

For more information, contact TWYB coordinator Kris Arizmendi at karizmen@nd.edu.

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