



Ready To Learn

Iowa Public Television



READ

Check out these books from your public library or school library.

- *Spot Loves His Mommy* by Eric Hill
- *Spot Loves His Daddy* by Eric Hill
- *Spot Visits His Grandparents* by Eric Hill
- *Spot's Baby Sister* by Eric Hill
- *Daddy and Me* by Neil Ricklen
- *Mommy and Me* by Neil Ricklen
- *My family and I/Mi familia y yo* by Gladys Rosa-Mendoza (Bilingual book)
- *Hugs & Kisses* by Roberta Grobel Intrater (Spanish book available)
- *Babies* by Susan Canizares (Spanish book available)
- *I Love You As Much...* by Laura Krauss Melmed
- *Mommy Loves Her Bunny* by Josephine Page
- *Daddy's Lullaby* by Tony Bradman
- *Where's the Baby* by Cheryl Christian (Bilingual book)
- *Baby Says* by John Steptoe
- *My New Baby* by Annie Kubler
- *Family* by Helen Oxenbury
- *I Used To Be the Baby* by Robin Ballard

VIEW

Doctors recommend no screen time for children under the age of two years. Please keep this in mind as you make choices for your children.

If you choose to let your child - birth to age two - watch TV, these programs on IPTV are most appropriate for this age group:

- *Barney*
 - Monday through Friday at 12:30 pm on IPTV (.1)
 - Saturday & Sunday at 5:30 pm on IPTV LEARNS (.2)
- *Mister Rogers*
 - Saturdays at 6:30 am on IPTV (.1)
- *Sesame Street*
 - Monday through Friday at 9:00 am on IPTV (.1) and at 5:30 pm on IPTV LEARNS (.2)
 - Sundays at 2:30 pm on IPTV LEARNS (.2)

Families

A family provides love and security for a young child. Every family is special. Help your child learn what makes your family special. Some families include people who are not related but we include these people in our family because they love and care for us. Families can look very different, but every family is important.



DO

Make changes in these activities to meet the needs of your child.

- When talking to your baby, use words to name family members: mommy, daddy, sister, brother, grandma, grandpa, aunt, uncle.
- Make a family book for your child. Put a photo of each family member on a page in the book. At bedtime look at each photo and say the person's name.
- By twelve months most infants have been to their first big family gathering. To help your baby remain calm and relaxed, let your baby stay in her room and play or cuddle with a familiar adult during the first part of a family gathering. Have relatives come in to meet her little by little.
- If a new baby becomes part of the family, a child under the age of two may think the new baby is more important to mom. Spending time alone regularly with the older child is a good way to provide security and love.
- Make family handprints with your toddler. You can have him place his hand on a sheet of paper and then you can trace around it with a crayon. Then write his name on the paper. Next, place your hand on a sheet of paper and help your toddler trace around your hand. Write your name under your traced hand. Do the same with other family members: siblings, grandparents, aunts, uncles. Hang the family handprints together on a wall, door, or refrigerator.