



**Ready To Learn**

**Iowa Public  
Television**



## READ

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

- *Peek-a-Boo!* by Roberta Grobel Intrater
- *How Do I Feel?* illustrated by Pamela Cote (Bilingual book available)
- *Feelings* by Susan Canizares (Spanish book available)
- *Mama, Do You Love Me?* by Barbara M. Joose (Spanish book available)
- *Tickle, Tickle* by Helen Oxenbury
- *Will You Carry Me?* by Heleen Van Rossum

## 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)

## Feelings

At a young age, children can begin to manage personal feelings, understand others' feelings and needs, and interact positively with others. At about four to six months old, a baby can express herself by laughing when happy, or crying or turning away to show signs of fear, anger or dislike. At about one year, toddlers can begin to recognize and manage their feelings. They experience a wide range of emotions and may have tantrums when they are tired or frustrated. They may also respond to conflict by hitting, biting, screaming, or crying. It is important for adults to help toddlers name and manage feelings.

## DO

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

- Match your expression to your meaning. The clearer you are, the clearer your baby will be. If you mean, No, make sure your voice is firm (but gentle) and the look on your face means what you say. If you mean "Yes," smile and nod in an encouraging way.

- Name your toddler's emotions. If your child is happy, say: "It looks like you are very happy right now" and be sure to smile as you say the words. If your child is frustrated by trying to put on his coat, say: "You seem frustrated with your zipper" and sound supportive while you say the words.

- Stay calm when your child is upset. This helps her feel safe and get back in control.
- Sing "If You're Happy and You Know It," with your child. (Remember...you may need to assist your child with the actions. For example, clapping their hands as you sing, shaking their fists, etc.)
  - If you're happy and you know it clap your hands.*
  - If you're happy and you know it clap your hands.*
  - If you're happy and you know it,*  
*than your face will surely show it.*
  - If you're happy and you know it clap your hands.*
    - Happy - clap your hands
    - Sad - stomp your feet
    - Angry - shake your fists

