

Welcome to the May 2006 edition of Iowa Public Television's (IPTV) Ready To Learn (RTL) eNews. The purpose of this free monthly electronic newsletter is to keep families, educators, and child care providers informed of the great resources IPTV and our partners have to offer those who care for children ages birth to eight years of age. RTL is public television's response to a critical national education goal: All children will enter school "ready to learn."

RTL eNews for May 2006

_____Table of Contents_____

The Learning Triangle

- * How do you use the RTL Learning Triangle? Monthly Contest
- * Diversity Theme Learning Triangle
- * Environment Theme Learning Triangle

IPTV Kids' Schedule for Spring 2006

NEW IPTV Kids Schedule for Summer 2006 to begin on May 29

Program Schedule, Episode Descriptions and Record Rights for PBS Kids Programs

May Focus on Media Literacy: How do you know if a TV show is good for your child?

Series Spotlight: FETCH! with Ruff Ruffman

May Feature: Summer Reading FUN for Young Children

Tip of the Month: ***SPECIAL EVENT*** GO! EXERCISE WITH THE TELETUBBIES on Wednesday, May 17th 2006 at 11 a.m.

Resources for May

Child Development Tip of the Month: It's the Little Things: Daily Routines

Subscribe/Unsubscribe

_____The Learning Triangle_____

Young children learn by doing—by interacting with people and objects around them. To learn, they need to experience things again and again. RTL uses the learning triangle to teach children skills and concepts by using PBS KIDS programs, books, and activities. Engage children in these theme-related activities in any order and at any time. Point out the connections between the segment they VIEW, the book they READ, and the activity they DO. The repetition and variety of media used reinforces the skills and concepts you teach.

_____How do you use the RTL Learning Triangle? Monthly Contest_____

IPTV's RTL service wants to hear from you! How do you use the RTL Learning Triangle? Send an email to Lisa Albers at lisa@iptv.org describing your triangle and how it worked for you and the children in your care. All emails received by the end of each month will be included in a drawing for 10 FREE children's books.

_____Diversity Theme Learning Triangle_____

A print version of this Diversity Theme Learning Triangle can be found at the following location:

In English: <http://www.iptv.org/kids/grownups/resources/documents/trianglediversity506.pdf>

In Spanish: <http://www.iptv.org/kids/grownups/resources/documents/trianglediversity506spanish.pdf>

People come in many different shapes, sizes, and colors. These differences can often confuse children. Talking to them about how we are different and alike helps children work through feelings and develop an understanding and appreciation for differences. Children are most concerned about how their characteristics make them better or worse than others. Messages about accepting people can help children accept who they are and pave the way toward becoming adults who enjoy the variety that differences among people bring.

READ IT

1. Margaret and Margarita by Lynn Reiser—Margaret, who speaks only English, and Margarita, who speaks only Spanish, meet in the park and have fun playing together even though they have different languages. (This is a bilingual book in English and Spanish.) (Ages 4-8)
2. Mama Zooms by Jane Cowen-Fletcher—A boy's wonderful mama takes him zooming everywhere with her, because her wheelchair is a zooming machine. (This book is also available in Spanish.) (Ages 4-8)
3. Bread, Bread, Bread by Ann Morris—Celebrates the many different kinds of bread and how it may be enjoyed all over the world. (Infant-Preschool)

VEIW IT

READING RAINBOW – Bread is for Eating #1203

* Monday, May 22 at 2 p.m.

This episode focuses on the art of baking bread and its cultural value throughout the world. Bread is considered to be the most basic food that we consume. It can be fun to make, tasty, and is needed for a balanced daily diet.

CLIFFORD'S PUPPY DAYS – The Big, Big Present #210a

* Tuesday, May 23 at 4 p.m.

Flo and Zo are excited about opening a big, big present for Hanukah. Clifford pays a visit to their festivities and they play some fun Hanukah games. All the play, however, causes Mr. Solomon's menorah to be broken. While he goes in search of a new one, Clifford, Flo and Zo try to figure out how to repair the old one.

DRAGON TALES – The Ugly Dragling #136b

* Tuesday, May 30 at 8 a.m. & 3:30 p.m.

Priscilla is one sad dragon. Her feathers are different than everyone else's. The dragons must convince her that being different doesn't mean you're not as good as everyone else just....different.

SESAME STREET – Every episode has a “Spanish Word of the Day.” Many episodes also feature a segment called “Global Grover,” that introduces different cultures to children.

* Every Monday-Friday at 9:00 a.m.

DO IT

1. Children learn from examples they see from the grownups in their lives. Therefore, you can help children respect others by the way you greet people, talk with them, and talk about them afterwards.
2. Work together with your child to make a book about your family, called "How We're Alike and How We're Different." By writing or drawing pictures or taking photographs, you and your child could make a book of everyone's favorite food, color, time of day, what each one likes to do alone and what each one likes to do when the family is together. Talk with your child about how the family is the same and how they are different.
3. Talk with your child about how it feels to meet someone new. Reassure your child that we all can feel a little shy, scared, confused, or even annoyed when people look or behave differently.
4. Invite your child to help in preparing homemade vegetable soup. As you add tomatoes, carrots, onions, roast or stew meat, corn, celery, salt, and pepper into the soup pot, discuss how these colorful and diverse flavors work together to create delicious soup. Then encourage your child to think about how this mixture of ingredients compares to the mixture of cultures, making up communities around the world. What if there were only carrots or onions in the soup? What if every person was exactly the same? How would our world be different? Would it be a better or worse place to live? Explain that it's the diverse, or different, mixture of people (society) and traditions (culture) that "give flavor" to our world in such an interesting and wonderful way.
5. Helping children recognize that people can be different in many ways is a lesson that can never start too early. Be sure your classroom or home has plenty of multicultural books, toys and educational materials that show a variety of race, age, and physical appearance. It's also important for children to experience diversity throughout the day in

natural situations. The richness of cultures can be shared through folktales, song, poems, festivals, visits to museums, and different foods.

6. Listen to music from different cultures. Audio tapes and CDs are available for check out at most public libraries.

_____Environment Theme Learning Triangle_____

A print version of this Environment Theme Learning Triangle can be found at the following location:

In English: <http://www.iptv.org/kids/grownups/resources/documents/triangleenvironment506.pdf>

In Spanish: <http://www.iptv.org/kids/grownups/resources/documents/triangleenvironment506spanish.pdf>

Fred Rogers said, "Taking good care of the earth is one way children can learn to take good care of themselves." Simple activities like reusing old things in new ways, recycling newspapers, aluminum cans and glass containers, and picking up trash are all things children can do to take care of the earth.

READ IT

1. I'm a Seed by Jean Marzollo—A pumpkin seed and a marigold seed grow into plants side by side. (This book is also available in Spanish.) (Ages 4-8)
2. The Earth and I by Frank Asch—A child explains how he and the Earth dance and sing together and take turns listening to each other (Ages 4-8)
3. Rain Forest by Helen Cowcher—From the tapirs roaming its cool floor to the Blue Morpho butterflies fluttering in its canopy, the rain forest is a peaceful place until man's machines endanger its existence and threaten its lush beauty. (This book is also available in Spanish.) (Ages 4-8)

VIEW IT

IT'S A BIG BIG WORLD – In the series, children learn that there is a lot that they can discover about science, animals, geography, and the big, big world around them.

* Every Monday-Friday at 10 a.m.

DRAGON TALES – Out With the Garbage #137a

* Wednesday, May 31 at 8 a.m. & 3:30 p.m.

Zak is confident Wheezie will love his big surprise, but Max and Emmy aren't so sure. Wheezie is horrified to find Zak has cleaned up her side of the room! Zak is baffled by his sister's reaction. After all, he only threw out the junk. But they are treasures to Wheezie, and she must get them back! When her broken paintbrush and old tongs come in handy along the way, Zak starts to realize that maybe some junk actually is good for something.

READING RAINBOW – Alejandro's Gift #1108

* Friday, May 26 at 2 p.m.

In this episode, Levar Burton looks for water in a desert after his jeep over heats. He comes upon an oasis with fresh water and vegetation. He meets a scientist who explains how the oasis feeds many animals of the desert including elephants, giraffes and different land birds. The program also features the book "Alejandro's Gift," a story about a lonely man who makes an oasis so all the animals can come to drink.

READING RAINBOW – Giving Thanks #1210

* Thursday, May 25 at 2 p.m.

This episode teaches a lesson about 'giving thanks.' We learn that the earth provides everything we need in order to live: air, water, and food. Levar visits with a Native American family that honors the earth through it's pottery making. On a cranberry farm in Massachusetts we see how a family makes use of the earth, and kids in New York City celebrate nature by planting trees.

DO IT

1. Armed with plastic garbage bags, help clean up a park or the neighborhood with your children. Be sure to use extra care when working near traffic.
2. Create a sculpture out of things we might normally throw away such as milk caps, string, ribbon, used wrapping paper, spools, empty boxes, toilet or paper towel tubes, plastic lids and containers, tin cans, etc. Talk about other ways you might use each of these things. For added effect, spray paint the completed sculpture with a single color.
3. Sing with your children. Try this one:

Pick It Up!! (Tune: London Bridge)

Keep our water safe and clean,
safe and clean,
safe and clean.

See the litter, pick it up,
pick it up,
pick it up.

Don't pollute your local stream,
pick the trash up!

See the litter, pick it up,
don't be a litter bug!

4. Teach children discrimination as well as counting and sorting by making a few "recycling bins" complete with a few paper, plastic, and aluminum items that can be sorted into each bin.

5. Go on a nature walk. Have the child pick up objects from nature such as rocks, bark, grass, leaves, flowers, nuts, etc., and put them into a bag. As you walk along encourage your child to talk about what they see and hear in nature. Allow them to observe and ask questions. When you return home, work together using art supplies and the gathered items the child picked up on the nature walk to create a collage.

_____IPTV Kids Schedule for Spring 2006_____

A print version of the IPTV Kids Schedule for Spring 2006 in English and Spanish can be found at the following location:

<http://www.iptv.org/kids/grownups/resources/documents/06SpringKidSchedule.pdf>

IPTV broadcasts 11 hours of non-violent, non-commercial, educational children's television programming each Monday through Friday. However, IPTV does NOT recommend that children spend all of their free time in front of the television. In fact, we encourage adults to place strict limits on the amount of time the children in their lives spend with the television or other screen media, such as computers and video games. This schedule is provided to assist children and adults as they plan their television viewing.

Monday—Friday

6:30 a.m.	Postcards from Buster
7:00 a.m.	Arthur
7:30 a.m.	Clifford the Big Red Dog
8:00 a.m.	Dragon Tales
8:30 a.m.	Caillou
9:00 a.m.	Sesame Street
10:00 a.m.	It's a Big Big World
10:30 a.m.	Barney & Friends
11:00 a.m.	Thomas & Friends
11:30 a.m.	Caillou
Noon	The Berenstain Bears
12:30 p.m.	The Big Comfy Couch
1:00 p.m.	Jakers! The Adventures of Piggley Winks
1:30 p.m.	Cyberchase
2:00 p.m.	Reading Rainbow
2:30 p.m.	Between the Lions
3:00 p.m.	Bob the Builder
3:30 p.m.	Dragon Tales
4:00 p.m.	Clifford;s Puppy Days
4:30 p.m.	Arthur
5:00 p.m.	Clifford the Big Red Dog

Saturday

7:00 a.m.	It's a Big Big World
7:30 a.m.	Clifford the Big Red Dog

Sunday

8:00 a.m.	Sesame Street
9:00 a.m.	Angelina Ballerina
9:30 a.m.	Bob the Builder
10:00 a.m.	Thomas & Friends

_____NEW IPTV Kids Schedule for Summer 2006 to begin on May 29_____

Monday—Friday

6:30 a.m.	Zoboomafoo
7:00 a.m.	Arthur
7:30 a.m.	Clifford the Big Red Dog
8:00 a.m.	Dragon Tales
8:30 a.m.	Caillou
9:00 a.m.	Sesame Street
10:00 a.m.	It's a Big Big World
10:30 a.m.	Barney & Friends
11:00 a.m.	Thomas & Friends (Not showing on May 29, but back on May 30.)
11:30 a.m.	Caillou (Not showing on May 29, but back on May 30.)
Noon	The Berenstain Bears (Not showing on May 29, but back on May 30.)
12:30 p.m.	The Big Comfy Couch (Not showing on May 29, but back on May 30.)
1:00 p.m.	FETCH! with Ruff Ruffman ***NEW***
1:30 p.m.	Cyberchase
2:00 p.m.	Reading Rainbow
2:30 p.m.	Between the Lions
3:00 p.m.	Bob the Builder
3:30 p.m.	Dragon Tales
4:00 p.m.	Clifford's Puppy Days
4:30 p.m.	Arthur
5:00 p.m.	Clifford the Big Red Dog

Saturday

6:30 a.m.	The Zula Patrol (begins on June 10) ***NEW***
7:00 a.m.	It's a Big Big World
7:30 a.m.	Clifford the Big Red Dog

Sunday

8:00 a.m.	Sesame Street
9:00 a.m.	Angelina Ballerina
9:30 a.m.	Bob the Builder
10:00 a.m.	Thomas & Friends

_____Program Schedule, Episode Descriptions and Record Rights for PBS Kids Programs_____

Finding Program Schedule and Episode Descriptions:

- * Go to Web site: iptv.org
- * Click on "TV Schedule" button at the top left side of the page.
- * Click on the program to find a description for today's episode of the program.
- * To find future episode descriptions, click on a date in the left column to find the description of the episode that will be shown on that specific date. Reading them will help you identify episodes that correspond to your curricular themes. The listed dates are the next 28 air dates of the program you've selected. Upcoming TV schedules on www.iptv.org are updated by the 15th of each month for the following month.

"Record only, one year tape and erase. No duplication allowed."

What does that mean?

Educators may record a program from the broadcast. The recording may then be used in an educational setting and retained as long as that program airs on IPTV. No copies may be made from the original recording. If available, educators also may borrow a recording from a lending library, such as the media centers in Iowa's Area Education Agencies.

_____May Focus on Media Literacy_____

How do you know if a TV show is good for your child? Adapted from PBS Parents.

Television for preschoolers is like chocolate — it's a delicious pleasure in small portions. But consuming too much can lead to a lifetime of bad habits. How can you make healthy viewing choices for your child?

Consider what experts aim for when making a first-rate TV show for preschoolers. Despite simple appearances, researchers, educators and producers rely on a great deal of expertise when figuring out how to teach preschoolers while they entertain them. Although there's no single recipe for producing a successful program, here's a quick list of what those in the know put into a high-quality television series — and why you might want to look for these elements, too.

Activities worth repeating

Preschoolers are notorious for imitating what they see and hear. Because repetition is a big part of how they learn, some programs are filled with lots of activities worth copying. ZOBOOMAFOO's focus on animals and wildlife is an example of activities and topics preschoolers can pursue when the TV is off.

Constructive ways to resolve conflict

Preschoolers experience strong emotions, including frustration, jealousy, and anger. Help them manage these feelings by introducing them to characters who express their feelings using their words rather than their fists. CLIFFORD THE BIG RED DOG characters Emily Elizabeth and T-Bone, for example, are constantly getting into situations where they have to resolve differences and learn that acceptance is part of belonging to a community. Likewise, Emmy and Max and their DRAGON TALES friends routinely find that trying and not succeeding is both natural and nothing to fear.

Strong male AND female characters

Children develop an awareness of gender differences during the preschool years so you want to avoid shows that suggest an activity is "just for boys" or "just for girls." Shows that give an equal voice — even if the characters are animals — send the message that both girls and boys are capable and strong. Similarly, a collection of female and male characters having a range of emotions and talents can teach children that girls and boys have many choices — from choosing a job to expressing a powerful feeling. SESAME STREET, which is chockfull of all sorts of characters, both human and muppet, recognized this years ago and added Zoe as the first primary female monster to the mix.

Positive social models

Sharing doesn't come naturally to preschoolers. They need to learn about self-esteem and good relations with others. Watching shows like CAILLOU, which features a 4-year-old navigating his way through a new world of friendships, will highlight what's good about cooperating with those nearby.

Look for more characteristics of quality children's programs in next month's RTL eNews!

_____Series Spotlight_____

FETCH! WITH RUFF RUFFMAN will begin airing Monday-Friday at 1 p.m. on IPTV.

Target age: 6 to 10-year-olds

Part game show, part reality TV, and part spoof FETCH! features real kids, real challenges, real science and an unreal host named Ruff Ruffman (yes, he's an animated dog!) FETCH! mixes live-action with animation and breast the mold with its educational and comical take on America's newest television genre.

The star/producer of FETCH! is a slightly neurotic yet lovably charismatic canine named Ruff Ruffman. He runs the show from his state-of-the-art headquarters, otherwise known as his doghouse. From the outside, it's pretty much what you'd expect (a roof, four walls, a couple of worn-out squeaky toys), but inside, it's a different story. Pride of place is given to the Fetch 3000—an amazing machine capable of tabulating scores, disposing of annoying cats, and blending the occasional smoothie. Yes, the Fetch 3000 can even turn a dog...into a star.

Rounding out the cast are Ruff's six tweenage contestants. Each episode follows one or more of the cast members as they embark on mystery assignments (concocted by Ruff) to test their determination, their daring, and their intellect. True to the reality TV format, the kids have no idea what they're getting into until they're off on their challenges. If things aren't exciting enough, Ruff will throw in an unexpected twist to up the ante. At the end of each episode, Ruff awards points and declares a daily winner. And at the end of the season, the contestant with the most points wins an Unbelievably Fabulous Grand Prize! (True to form, Ruff is still working out the details...)

FETCH! explores the untapped potential of the hugely popular reality television genre and proves that it can be a great venue for kids to have fun while learning problem-solving skills and teamwork. The series also offers viewers an important perspective on competition by letting them know that the value of an experience isn't just determined by winning or losing, but by what happens along the way. Funded in large part by the National Science Foundation, the series focuses on real world science, featuring kids as they pursue questions, conduct experiments, and actively investigate the world around them. In addition, the series also has an extensive outreach initiative, designed to extend the impact of FETCH!'s science themes and give viewers a chance to play along with the show, even after the TV is turned off.

The FETCH! with Ruff Ruffman companion Web site is also hosted by Ruff Ruffman. It complements the show by opening the world and community created by Ruff to kids online. Ruff offers both online and offline challenges for kids to expand the science curriculum established by the television series. Kids can earn points by playing the online challenges and win downloadable prizes mirroring the experience of the contestants on the TV show. The Web site is also the place where kids can find out more about Ruff Ruffman and each season's contestants, see behind the scenes photos, get a virtual tour of the studio, and stay up to date with the contest on the TV show.

_____May Feature_____

Summer Reading FUN for Young Children

Oh those lazy, hazy, crazy days of summer. We look forward to them all year long. The daylight stays around longer; things seem more relaxed—more fun! This month IPTV offers the following list of summer reading ideas designed to be shared with parents to give them creative and fun ways to incorporate more reading and reading activities into the family's routine this summer! These ideas are easy, inexpensive and are sure to create lasting memories, as well as help children develop skills that will last a lifetime.

- Read to your child. Schedule time in your routine everyday to snuggle up close and read together. Bedtime is a time a lot of families choose, but anytime that works in your schedule is fine. It doesn't need to be a long time, a few minutes each day will make a difference. The main thing is that you take the time to read with your child on a daily basis.
- Create extra special places in your home for reading. All you will need is something to read, a quiet spot away from the TV, good lighting, a few pillows or blankets and maybe some stuffed friends.
- Be a role model for your child. Let them see you reading for pleasure as well as for information. Talk with them about why you value reading. Consider establishing a daily 15- to 30-minute time when everyone in the family reads together silently. Seeing you read will inspire your children to read.
- Read aloud to your child everywhere you go. Read signs and labels in the grocery store, read road signs and billboards when you are in the car, and read recipes or instructions as you prepare meals. These activities will help your child understand that reading is a skill that they will use every day of their life.
- Take a trip to the local public library. Children love outings and many libraries sponsor fun, child-friendly, summer reading programs. In addition to borrowing as many books as they choose, children can participate in story hours, puppet shows and other fun family activities.
- Have plenty of reading material around. Tempt your child to read by having a large supply of appealing books and magazines at their reading level. Put reading materials in cars, bathrooms, bedrooms, family rooms, and even by the TV. Pack a bag of books and take it with you when you go to the pool, doctor's office, or park.
- Praise your child when you see them working on their literacy skills. Have you seen them looking through picture books on their own or "reading" a story to you by describing the pictures? Your reaction to these activities will have a great impact on how hard they will try to become good readers in the future.
- Limit your children's TV viewing, but don't cut it out all together. Children respond in an emotional way to TV and genuinely enjoy watching it. Public television taps into the positive emotions to inspire children to read. Young

children are sure to enjoy learning letters with their monster friends on SESAME STREET, making letter sounds and words with BETWEEN THE LIONS, and finding out about recommended books from kids themselves at the end of every READING RAINBOW program. Not home when these programs are on? Tape the program and let your child watch it over and over again to master the skills presented in each program.

-To promote creativity and to build muscle control, grab a pail of water and a paint brush. On a warm day, take your children outside to the driveway or sidewalk and encourage them to write anything they wish. Talk about what they have written.

-Improve listening skills and imagination. Read a story aloud to your child and stop before the ending. Ask the child how the story will turn out. Then finish the story and discuss the ending with the child. Did it turn out the way they thought it would?

The tips in this article were compiled and edited from the following online resources:

Summer Home Learning Recipes for Parents and Children: <http://www.ed.gov/pubs/Recipes/index.html>

10 Ways to Keep Your Child reading This Summer: <http://www.partnershipforlearning.org/article.asp?ArticleID=93>

10 Tips for Summer Reading Fun: <http://www.partnershipforlearning.org/article.asp?ArticleID=134>

Keeping Kids Reading in the Summer: <http://www.partnershipforlearning.org/article.asp?ArticleID=125>

_____Tip of the Month_____

GO! EXERCISE WITH THE TELETUBBIES on Wednesday, May 17th 2006 at 11 a.m.

Get your VCRs and PVRs (Personal Video Recorder) ready to record GO! EXERCISE WITH THE TELETUBBIES scheduled for Wednesday, May 17th 2006 at 11 a.m. It is a fun half-hour of playful exercise that kids will want to do over and over again! IPTV airs this special program created to encourage active fun in a playful and safe way, helping children to gain self-confidence and self-awareness, while developing their physical capabilities.

This special broadcast marks the sixth annual GO! EXERCISE WITH THE TELETUBBIES Day of Exercise and was intended to create awareness among parents and caregivers of the need for physical activity for young children.

Visit the following Web sites for more fun with the Teletubbies:

* <http://pbskids.org/teletubbies>

* <http://www.getupandgo.tv>

_____Resources for May_____

Reading Rockets Current Newsletter—This monthly newsletter provides information for families and educators about teaching kids to read and helping those who struggle.

www.readingrockets.org/subscribe/

MONTHLY HIGHLIGHTS:

* Beverly Cleary: A New Video Interview

* Two New Free Webcasts Now Available!

* More Questions Parents Ask

* Books of the Month: Count It Out

RESEARCH AND NEWS

* How NCLB Is Changing Our Schools

* Educating Educators about Reading Development

* Chicago Schools Receive \$24.5 Million for Striving Readers

IDEAS FOR PARENTS

* Reading 101: Print Awareness

* Story Soup from HighlightsKids

* My First Garden

IDEAS FOR EDUCATORS

- * The Little Reading Café
- * April is National Poetry Month!
- * Readability Graph
- * B-I-N-G-O!

PBS Parents Electronic Newsletter

Each week this electronic newsletter targets providers, caregivers, and parents bringing activities from favorite children's programs, events in your local community, and headlines from the PBS Parents Web site. To receive this FREE electronic newsletter, subscribe at the following Web site:
<http://www.pbs.org/parents/> (The link is towards the bottom of the page.)

Mister Rogers' Neighborhood *Mad Feelings* Newsletter—A monthly newsletter dealing with anger management and challenging behaviors in young children, including articles, activities and tips.
<http://www.fci.org/madfeelings/default.asp>

_____Child Development Tip of the Month_____

It's the Little Things: Daily Routines

Children thrive in a predictable environment, where mealtimes, nap times, separating from a parent, and toileting are dealt with consistently. Try to create a nurturing, flexible, and positive environment where your children's needs are met through their daily routines. Daily routines provide wonderful opportunities for your child to learn more about herself, the world, and other people. Daily routines offer children a sense of stability and a feeling of caring from their parents. Be sure that these routines are responsive to the individual needs of each of your children.

Separation Anxiety

There comes a point in almost every baby's life when she feels very strongly about being left by her parent. Often referred to as "separation anxiety," your child might sob frantically and seem inconsolable when separating from you. Your handling of separation anxiety is very important for your child's emotional well-being. Be sure to assure her with calm words and affection that you will return. Establish appropriate routines and responses that help your child overcome her fears. Security objects such as blankets or stuffed animals can help her feel comfortable.

Attachment

The way you handle daily routines is especially important for babies. Through such tasks as feeding and diapering, you communicate to your child that he can trust you and that you can be relied on to nourish and provide for him. This special bond of trust is called, "attachment." Be sensitive to your baby's cues and talk to him, even though he may not be speaking yet. Establish routines that are based on your baby's needs and try not to rush through daily tasks. Be sure to hold your baby during bottle feeding. Feeding is a wonderful opportunity to form warm, nurturing relationships.

Mealtime and Snack time

Children prefer plain, familiar foods they can eat with their fingers. It's important that snacks vary from day to day and that snacks, drinks, and desserts are nutritious. Children eat at their own pace. Some children eat more than others do. Eating should be a shared and cooperative experience with foods served family style. Mealtimes are opportunities for your children to be independent by making choices about foods.

Toileting

Through your handling of diaper changes, toilet-training, and self-toileting, your child will learn about her body, social customs, gender differences, and personal hygiene. It's important to convey a positive attitude to your child, being careful not to shame or humiliate her. Be sure to emphasize handwashing as a consistent part of the toilet routine.

Nap time and Bedtime

Nap time and bedtime can either convey warmth and security, or stress and turmoil to your child. Your child decides whether or not he sleeps, but you can create a relaxed environment. Sometimes it's hard for children to relax. You can help your child by setting a daily routine that is quiet, calm, and consistent. Try to create a restful mood by reading quietly, playing soothing music, and rubbing your child's back.

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