

# EARLY CONNECTIONS NEWSLETTER

MAY 2024

FROM NATIONAL GEOGRAPHIC KIDS: "OUTDOOR FUN + MINDFULNESS"

## ADVENTURING OUTDOORS



SPENDING TIME OUTDOORS HAS BEEN SHOWN TO BOOST ATTENTION AND MOOD IN KIDS. IT ALSO CAN BE AN OPPORTUNITY TO PRACTICE SELF-REGULATION AND MINDFULNESS SKILLS FOR BOTH YOU AND YOUR CHILD.



TRY SOME OF THESE ACTIVITIES THE NEXT TIME YOUR FAMILY IS OUTDOORS:

NOTICE AND NAME WHAT YOU SEE, SMELL, AND HEAR (ANIMALS, PLANTS, SOUNDS)

ENCOURAGE KIDS TO IMAGINE WHAT IT WOULD BE LIKE TO BE A SMALL CREATURE THEY SEE. BUILD EMPATHY!

NOTICE HOW HEART RATE AND BREATHING CHANGES WHEN PLAYING VS. SITTING QUIETLY



# ALL ABOUT CHILD- PROOFING YOUR HOME

FROM CLEVELAND CLINIC "A GUIDE TO CHILD-PROOFING YOUR HOME"  
AND PARENTS.COM "BABY-PROOFING YOUR HOME: A CHECKLIST"

CHILD-PROOFING YOUR HOME AND ENSURING PHYSICAL SAFETY IS THE FIRST STEP TO PROMOTING WELLNESS IN YOUR KIDS. HERE ARE SOME TIPS FOR EACH AREA OF YOUR HOME.

## KITCHEN:

- COVERS FOR STOVE KNOBS
- LOCK CABINETS OR KEEP CLEANING SUPPLIES AND POTENTIAL HAZARDS HIGH OUT OF REACH
- SPICES LIKE CINNAMON CAN CREATE A CHOKING HAZARD IF INGESTED IN LARGE AMOUNTS. KEEP OUT OF REACH

## BEDROOM:

- DON'T HANG ANYTHING OVER YOUR CHILD'S CRIB OR BED
- USE CORDLESS BLINDS OR KEEP CORDS TIED UP OUT OF REACH
- DON'T LET YOUR INFANT SLEEP WITH PILLOWS OR STUFFED ANIMALS IN THEIR CRIB. THESE MAY RESTRICT ABILITY TO BREATHE
- ANCHOR DRESSERS TO THE WALL



## RESOURCES + EVENTS

- REGISTER ONLINE AT THE ERIE FAMILY CENTER FOR FREE DIAPERS AT THE DIAPER DEPOT ON MAY 24!
- FREE STORYTIME AT BARNES & NOBLE ON SATURDAYS AT 1 PM!
- FREE BABY BOUNCE EVERY THURSDAY AT 10 AM AT BLASCO LIBRARY!



## BATHROOM/LAUNDRY:

- TAKE CARE AROUND WATER- SMALL CHILDREN CAN DROWN IN ONLY A FEW INCHES OF WATER
- KEEP MEDICATIONS LOCKED AND OUT OF REACH
- KEEP LAUNDRY PODS OUT OF REACH. THEY MAY BE MISTAKEN FOR CANDY!

**\*ALWAYS KEEP FIREARMS LOCKED AND OUT OF REACH\***