



Simple Ways to Show Your Kids You Love Them

Article by: Kara Fleck of Simple Kids

Greeks have four words for love: eros, philia, agape, and storge-the name for the love and strong commitment between family members. I like the idea of having a special word for family love. As a parent, the affection I feel for my kids is limitless. I want them to grow up knowing that they are deeply loved. Each moment brings a new chance to say "I Love you"-not just with words, but

with deeds and actions. Valentine's Day is right around the corner. For some, it can be a daunting holiday filled with the pressure of grand gestures and elaborate showing of affection. However, there are simple ways that you can show your kids you love them any day of the year. Here are a few ideas to get you started...

Touch them. Hugs, kisses, and high fives are all wonderful ways to shower your child with affection, and I do hope

you are indulging in these as often as possible! However, today I would also like to encourage you to be mindful of small opportunities to be tender toward your kids. Give extra thought to how your touch affects your child when you are brushing their hair, cleaning their face, getting them dressed, putting on their pajamas, lifting them into their high chairs or booster seats, tucking them into bed.

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Help us Celebrate Taos Pueblo Families at Twirl

Save the date! The Tiwa Babies Home Visiting Program is hosting a launch party for their program at Twirl Playhouse and Play-space on Saturday, March 1, 2014 from 1:00pm to 3:00pm. Come celebrate your family! This is an event for all families from Taos Pueblo. So bring the kiddos out for an afternoon of fun, families and food! We hope to see you all there!

The Tiwa Babies Home Visiting Program is now enrolling families! If you are a pregnant mom or a family with children ages birth to three years old and are an enrolled member of a federally recognized tribe, you can join! We offer family support, home visits, playgroups, Circle of Security parenting classes, Tiwa music classes, sewing classes, traditional cooking classes, prenatal massages, child development screenings and much more.

We will provide you with the tools to help establish, maintain, and achieve a healthy lifestyle. We can also help you find other resources in the community and connect you with those services. We look forward to working with families in the community! If you have any questions or are interested in joining the program please call 575-758-7824 or come by our office at Health and Community Services, 230 Rotten Tree Rd.

Early Learning Committee Newsletter

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Contributors

- ☺ Taos Pueblo Head Start and My 1st School
- ☺ BabyFACE
- ☺ Tiwa Babies Home Visiting Program
- ☺ Taos Pueblo Department of Education
- ☺ DHCS PHN/CHR
- ☺ Taos Pueblo Fitness Program
- ☺ Oo oo nah Art Center
- ☺ Holy Cross Hospital 1st Steps
- ☺ Los Angelitos

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PAK Training

The PAK Training that was held at Taos Pueblo in January was a huge success! Over 35 people from all over the state were in attendance along with the Head Start, Tiwa Babies, PHN and CHR's, Taos Day School and community members. The group learned both age and culturally appropriate physical activities, that hopefully will soon be incorporated in the schools, home visits, etc. Many of these activities are in the form of games, some incorporate stories and stretches as well. Overall, everyone had great time and a big thank you to Paula Tsoodle for bringing PAK here!

Creepy Crawlers Game (18-36 months)

Here is an example of a game that you can play with your child. Remember to make physical activity fun, enjoy!

Purpose: Develop large motor skills

Materials Needed: Pillows, cushions, stuffed animals, blankets, and other soft obstacles, large floor space.

Instructions: Fill a large floor space with soft obstacles and have toddlers get on their hands and knees on one side of the room. Go behind them and get on your hands and knees saying, "here comes the creepy crawler". Begin playfully chasing them and en-

courage them to crawl away from you but to avoid moving any of the obstacles. Continue to chase them and watch as they maneuver around obstacles in an effort to get away from you. When they get tired, switch roles and have them chase you.

Variations: Create a "safe" area where they can go and the creepy crawler can't catch them; when they get to the safe area, move back so they have a chance to get away.

Safety precautions: Be careful not to make this game too scary.

Share the LOVE this Valentine's Day...

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It can be easy to overlook these chances to show affection as so many of the activities involved in the care of our children are repeated (and repeated)

until we can go on "auto-pilot" doing them. Instead, let these moments become a chance to nurture your children. Make a conscious effort to perform these routine tasks with love.

This doesn't just apply to babies and toddlers either. Big kids and teens need that connection too—a gentle squeeze on the shoulder, a tussle of their hair, holding their hand: much can be conveyed through a simple gesture.

Remember them. Just like grown ups, children want to be reassured that you miss them when you are apart. Let them know that you are thinking of them when you are not together. If your child is the one going out of the home, send a memento with them: a note in their lunchbox, a funny picture of you together, a comic clipped from the morning newspaper. If you are the one leaving, bring back something for them. It doesn't have to be fancy or cost you anything., for example an interesting

leaf or rock, a flower picked just for them, a doodle you made for them or a quick picture snapped by a cell phone camera of something fun from the day.

Let them help you. If your children want to help you with the housework or in the kitchen, let them. Include them in your every day tasks and be sure to thank them for their efforts. Yes, you can probably accomplish things faster without their help but faster isn't the goal. Slow down, be patient, and don't worry about things being done perfectly. Let them help you, fold the laundry, prepare meals together, my kids love to sweep the floor, shovel snow, rake leaves, and weed the garden together.

Create for Them. Make something special just for your child. I love to knit for my children. With every stitch, a little piece of my heart goes into the tiny hat, sweater, or blanket. My sister sews clothing and toys for her children. But it doesn't have to be an elaborate or time intensive project to make a child feel loved. Draw them a picture, write them a poem, build a tower their blocks or set up a scene with their dolls for them to discover, cook their favor-

ite meal, play with their food: cut a sandwich into a heart shape, make an orange smiley face.

Sing to Them. Your kids don't care what your voice sounds like. Anything you sing will be a melody to your child. We sing as we go about our days and the songs we sing as we go about our days and the songs we sing are often just silly little ditties that only have meaning to us. Sing your favorite songs to them—the Beatles, songs from church, songs your parents used to sing to you. Make up songs for them or change the words to an existing song and personalize it for your child.

One of my favorite ways to end a busy day is to sing lullabies to my children as I'm tucking them into bed. Can you imagine how safe and wonderful it must feel to a child to be sung to as they drift off to sleep?

Of course there is always the easiest way of all to tell your kids that you love them: just say the words. How will you say "I love you" to your kids today?

<http://simplekids.net/more-than-words/>

Tiwa Music Class at My 1st School

Starting February 18, 2014, Tiwa Babies will be hosting their weekly music class at My 1st School with the Storytellers and Dream catchers class. The class will be taught by the Tiwa Babies staff and Martin Martinez, who is currently working with My 1st School as their Tiwa Language Specialist. The class will start at 10:00am and run about 45 minutes every Tuesday. The classes will be open to the public and we are inviting parents to come participate with their children. Children do not have to

be enrolled in My 1st School or the Tiwa Babies Program to attend. It is open to all families with children ages birth to three years old and pregnant women as well.

The class includes traditional instruments like drums, flutes, bells, and rattles. Children will also use puppets to identify boys (eew-you-oo) and girls (oo-beh-you) in Tiwa.

The structure of the class will include 4 to 5 songs each session, cool down

or relaxation time with flute music and will end with a series of stretches and a round dance.

If you have any questions about the class or would like to attend please call 575-758-7824 ex. 130 or 102 for more information. If you decide to join in the fun, please sign in at the front desk at Head Start/My 1st School upon arrival. We hope to see you all there!

Valentine's Day Crafts Ideas for Infant and Toddlers



Little feet can be so sweet! Even if your little one is too small to actively participate in making a valentine card, they can still help mamma or daddy make a special Valentine's Day memory. Create a keepsake valentine by imprinting your baby's feet into a heart.



Stamp it up! Kids love stamps, so make your own heart shaped stamps with a potato and some paint. Your kiddos can create art for your refrigerator or some valentines for a special friend!



Paint or cover an empty toilet tube with paper to make body of the bug. Cut two hearts from construction paper. Attach these with tape or glue on either side of the body. Encourage your child to draw a face on the top of the tube. Pipe cleaners make great antennae. Write a cute message on the wings, such as "Valentine, you make my heart flutter!"

Healthy Valentine's Day Treat FROZEN YOGURT COVERED STRAWBERRIES

Ingredients:

- 1 container of vanilla Greek yogurt
- Ripe strawberries

Directions:

1. Slice strawberries in half

2. Spoon yogurt onto a shallow dish

3. Dip strawberries in yogurt

4. Place dipped strawberries in plastic container lined with parchment paper and freeze. Enjoy!



Early Learning Committee

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Taos Pueblo's Early Learning Committee was formed under the Tiwa Babies Home Visiting Program in January of 2012. The goal of the committee was to have all the programs involved in early learning at Taos Pueblo come together once a month and discuss program updates, resources, etc, and have a monthly topic discussion on how our programs can work together to provide the best possible outcomes for children and families at Taos Pueblo. Meetings are usually held the third Friday of every month at 9:00am at the Health and Community Services Conference Room. The meetings are open to everyone and we encourage parents, grandparents, tribal leaders, and community members to attend. Our next meeting will be held February 21, 2014 at 9:00am. Breakfast will be provided.



ANNOUNCEMENTS

The Division of Health and Community Services is seeking donations of gently used children's clothing and winter jackets. If you would like to donate items please bring them to their office at 230 Rotten Tree RD. Your donations are greatly appreciated!

Upcoming Events in February

Taos Pueblo Head start/My1st School

Policy Council Meeting

Monday, February 10th @ 5:00pm

Parent Center Committee Meeting

Tuesday, February 11th @ 5:30pm

Love and Logic Classes Begin

Wednesday, February 12 @ 5:15pm

NO SCHOOL

Friday, February 14th

NO SCHOOL

Monday, February 17th

Head start Home Visits

February 18th- 21st

NOON DISMISSAL

My 1st School Parent Teacher

Conferences

February 20-21st

NOON DISMISSAL

Tiwa Babies

Tiwa Music Class

Every Tuesday @ 10am

My 1st School

Early Learning Committee Meeting

Friday, February, 21st

9:00-10:00am

DHCS Conference Room

Tiwa Babies Launch Party

Saturday, March 1, 2014

1:00-3:00pm

Community Events

Oo oo nah Art Center

Bake Sale and Crafts

February 13-14th

11:00am-6:00pm

Family Fun Nights

Every Friday Night

TPCC