

Thrive Tidbits



Did you Know?

- ◆ The brain of a newborn weighs around 333 grams and that same brain at the age of 2 weighs around 999 grams through proper nurturing relationships
- ◆ Early relationships with a child are what build a child's brain for the future
- ◆ A child who was born after January 1, 2013 can receive free books every month until the age of five through the Dolly Parton Imagination Library. *Sign up through Freeborn County Public Health*
- ◆ When you soothe and comfort a baby you are nurturing healthy brain development as well as helping the baby to feel safe and secure
- ◆ Even when you are unsure what your baby needs, by responding in a calm and loving manner, you are developing trust between yourself and your baby
- ◆ When you talk, sing and read to your baby, you are developing an emotional bond with your baby. That bond will serve as a foundation for learning throughout life
- ◆ Your baby will feel safe and more content when, as a caregiver, you are patient, calm and relaxed
- ◆ Equipment (car seats, strollers, cribs, exersaucers, swings, etc.) keep children safe when needed but also keep them confined. This limits the opportunity for them to experience all the wonderful sensations that are part of moving freely

Summer Fun

Outside, active play is not only fun and creative. It is essential for child development. Opportunities to move bodies and to exercise imagination is vital and necessary in promoting a child's growth and development.

Some outdoor activities to enjoy with your child include going to a different park each week, finding pictures in the clouds, walking barefoot in the grass, painting rocks that you find together on a walk, creating pictures with sidewalk chalk. Enjoy being creative and talking about all you do together.

When outdoor play is not a possibility, have a 'rainy day box' ready and waiting. Suggestions for this box include paper, crayons, stickers, scissors, glue, glitter, googly eyes, yarn scraps and anything else that you feel would be fun. Children love seeing their creations displayed on the refrigerator!

Wee Wednesdays (ages 2-5 & parents)

Join Albert Lea Community Education for some summer-themed fun!

June 10, July 29, August 12

4-5pm crafts, scavenger hunts & sensory activities

5-5:30pm story time, songs & games

FREE

No Registration required

Fountain Lake Park



Freeborn County
**MINNESOTA
THRIVE**
INITIATIVE

MINNESOTA INITIATIVE FOUNDATIONS