

Parents' Place News

Volume XIII Issue 2

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Parents' Place
928 23rd Avenue- Longview, WA 98632

phone 360.414.9212
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**OHHH, Daddy,
This is so soft!!!!**

*We are taking part in United Way's
BORN LEARNING Campaign*

BABY PLAY

One of the best kept secrets about playing with young babies is that you don't always need fancy toys with electronic bells and whistles. In fact, sometimes just a cloth handkerchief or colorful scarf will do. Place your baby on her back on the floor or stable flat surface. Hold a scarf, handkerchief, or lightweight cloth about twelve inches over her head. Bring the fabric close to her, then lift it farther away, and bring it down again. Call her name or sing gently to her as you wave the cloth.

This will boost your baby's ability to visually track and focus on objects.



Toddler Time!

PARENT GROUPS CHOOSE WEEKLY TOPICS AND ACTIVITIES

Kelli Greenwood, of Wednesday's Group, asked all group members for ideas of what they would like to discuss and do during group time. She has put together our group schedules for the months of March and April. Thanks Kelli!
See insert

FAMILIES ENJOY ALL NEW CLEAN AND BRIGHT FLOORS INSTALLED BY SLOAN'S FLOOR COVERINGS.

Children, adults and all staff at Parents Place were surprised by a super-sized gift from Sloan's Floor Coverings of Longview. Joe Sloan and his crew swept into our space and in one week had measured, ordered and installed all new vinyl, laminate and beautiful beige carpeting in every room.

Joe and his crew contributed much time and energy to this project and we are eternally grateful.

LOVE AND LOGIC:
Call to register for day and evening classes

Teacher:
Jon Rief

**PEDIATRIC CLINIC
ADOLESCENT AND YOUNG ADULT CLINIC**

764 14TH AVENUE LONGVIEW

CALL (360) 425-6111 FAX (360) 636-1297

Karen S. Kato, M.D., FAAP
Daryl W. Linnell, M.D., FAAP
Michael L. Kubitz, M.D., FAAP
Erin K. Harnish, M.D., FAAP
Jennifer L. Saxer, M.D., FAAP
Jodi A. Freeman, C.P.N.P.

All Pediatricians are certified
by the American Board of Pediatrics

Many Folks Help With Refurbishing

When Joe Sloan of Sloan's Floor Coverings told us he wanted to install all new floor coverings throughout Parents' Place, we were astonished. He said his crews could do it all in one week if we could have every thing out.

Many men from Emmanuel Lutheran Church's Promise Keepers group came to our rescue. They speedily hauled out all the heavy desks, file cabinets, small toys, etc. Everything was put in a large delivery trailer provided by one of their members, Gary Strock. The trailer stayed in the driveway for the whole week but we couldn't get to anything as it was crammed full.

We were out of the way so Joe Sloan and his flooring crews could do their work. The bare walls revealed many scrapes and scratches. Church member Don Sturdivant appeared with his paint brushes to spruce up our walls & doorways. Three days later it was time to return our offices to their rightful order. Our social worker, Whitney, called on her young muscular friends to bring everything back in.

This whole "dream come true" started with Gina Kuanoni of Stewart Title asking us what we needed. Gina took our list of needs and is making much of it come about. She is truly an angel on earth for us.

THANKS TO ALL FOR OUR BRIGHT AND SHINING NEW SPACES.

Staff sharing information around the table

Brian McClain is a Fatherhood Advocate At St.James Family Center in Cathlamet. He comes to Parents Place the 4th Monday of each month to talk with fathers and father's to be about the basics of what infants need. He speaks of partnerships with Mom. Join Brian 6:30 to 9:30 March 25. Light supper included.

HEALTHY BRAIN DEVELOPMENT

This subject is getting a lot of attention now. One of the recent questions is "How Do We Teach a Child About Respect?"--that is, respect for self and for others. BrainNet of Washington has put out a flier that gives us good ideas on how this can be accomplished. It says:

1. Introduce your baby to others as you would any person.
 2. You tell your baby what is about to happen: pick up, bathe, diaper, feed or put in car seat.
 3. offer toddlers real choices. "Do you want milk or juice?"
 4. Let toddlers do things for themselves within a safe range: choose clothes, dress & wash face and hands.
 5. Offer sincere praise for efforts and accomplishments, encouraging the child to think for himself.
 6. Let child take on more responsibility around the house: pick up toys, sort laundry, set table.
- Show respect to your infant/toddler/child and that little person will respect you.



The Doctor's Corner By Sue Abell, M.D.

PLAYTIME!

Did you know that play is one of your baby's biggest responsibilities? Your baby learns how things work by playing. She learns that dropped things fall, that pokey things hurt, and that soft things feel good. She is also busy building connections between the nerves in her brain every second that she plays; she builds them fastest when the play involves interaction with another person, especially when that person is you! Forget everything you may hear about Baby Einstein videos and educational television. Nothing will help your baby learn faster than playing with her mom or dad.

Here are some ideas of how to play with your baby as she grows:

Newborn: Even at this age your baby is programmed to react to human beings. Read to her. Gently blow on her hair. Tickle her toes. Consider taking a class in infant massage. Remember that young infants tire out quickly, so when she begins to fuss or look away, stop playing and just cuddle her. Let her hear your voice frequently: sing softly when she's tired, and tell her about her world in a happy voice when she isn't tired.

2 months: Your baby is beginning to coo and smile, and loves looking at your face. Move your face back and forth over hers, going in and out of her visual range. Let her hear toys that make soft noises, whether rattles or songs. Count her fingers and toes out loud. Gently blow raspberries on her tummy. Move her arms and legs and call it "exercising." Continue to sing, sing, sing (don't worry if you can't carry a tune in a bucket.).

4 months: Your baby can now squeal and laugh. Having you pop into view from behind a chair may make her laugh. She will enjoy rattles and other toys even more now, but don't just hand them to her. Tap her nose with a rattle, and then her toes. Sing funny songs and use the rattle to accompany you. When she blows raspberries at you or squeals, copy her. Read books, tell her all about her world, and keep singing.

6 months: Your baby will now actually look at a picture book briefly with you. She might hug a stuffed toy. She will delight in throwing things to the floor for you to pick up. (Pick them up, over and over and over...make funny faces and funny noises when you do it.) Blow bubbles for her. Throw big balls up into the air and catch them. As she learns to crawl, get down on the floor and crawl after her...tickle her when you catch her.

9-12 months: Continue your previous silly behavior, but add finger games like "The Eensy

Weensy Spider." She won't be able to perform them yet, but she'll learn. Get a copy of children's songs and dance with her, as well as acting out the songs like "The Hokey Pokey." (You know..."you put your right foot in, you put your right foot out, you put your right foot in, and you shake it all about...") Keep on reading, EVERY DAY.

18 months: Believe it or not, your baby is ready for some simple make believe. Pretend to feed her stuffed toy with a spoon, and then give her a spoon. Take a few make-believe bites yourself, with gusto. If her doll falls down, hug it dramatically and say, "Don't cry baby! Here, let me kiss your owie..." If mom or dad is at work, pretend you are taking them a lunch. (Put blocks into a bucket, crawl to the other side of the room, and say, "Here, Mama, we brought you a lunch!" Then pretend to eat the blocks with Mama.) Have tea parties. Keep a supply of funny hats to try on in front of the mirror. Build with blocks, and build again when she knocks them down.

At every age, take long walks. Be prepared to stop and look at little things that are interesting. Point out dogs, cats, squirrels to your baby even when you think she's too young to notice them. Be prepared to stop and smell the flowers, and look at interesting rocks and leaves—and even bugs. Keep that television off and tune in to your baby instead. It won't be long before she has other playmates, but for now, you are the best toy of all.

CHILD AND ADOLESCENT CLINIC SPECIALIST CARE FOR EVERY CHILD Call (360) 577-1771 Fax (360) 423-9537

Pediatricians certified

by the American Board of Pediatrics

Phyllis M. Cavens, MD

Blaine E. Tolby, MD, Ph.D.

Sue Abell, MD

Anne Mette Smeenk, MD

Randy Copeland, MD

Bryan Bohling, MD

Jocelyn Libby, MD

Kenneth Wu, MD

John Ey, MD, MPH

Pediatric Nurse Practitioners

Mary Dykes, RN, ARNP; Mary Jane Hall, RN, ARNP;

Pam Roberts, RN, ARNP; Gail Boaz, RN, ARNP

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*Our mission is to promote a community
commitment to healthy parenting and to
strengthen and enhance families to ensure the
well-being of children.*

PARENTS' PLACE STAFF DIRECTORY

Main Desk	414-9212	
Director	Judy B	Ext. 11
Fund Development	Mary	Ext. 12
Parenting Classes	Judy O	Ext. 15
Social Worker	Vickie	Ext. 16
Social Worker	Whitney	Ext. 14
Childcare	Nancy	Ext. 10
Interpreter	Edith	Ext. 17

Office Hours:

Monday – Thursday	9:00 am to 4:00 pm
Fridays	9:00 am to 3:00 pm

VISIT OUR WEBSITE:

www.parentsplacelongview.org

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