




Parent Newsletter

HAPPY NEW YEAR: GOALS

In this month's edition of Action for Children's Parent Newsletter, we're focusing on creating goals within your families. The new year is a perfect time to create and work on goals for the year. Learning to set simple goals is a big part of child development and growth within the family. Goals do not have to be big; they can be small short-term goals or big long-term goals. It is important to ensure we create SMART goals (Specific, Measurable, Achievable and Time-based) for the whole family.

Check out our tips for creating SMART goals that work for your family! 



This edition of Action for Children's Parent Newsletter is presented by the Help Me Grow Home Visiting team!



Infant Tip:

Infants are learning a wide variety of skills such as crawling, walking and eating solid food. Below are a few goals you could work on:

- Independently holding head up steady, crawling, walking and learning new words.
- Providing more opportunities to build fine and gross motor skills

Example of SMART goal:

- I will place baby on stomach for tummy time at least 3 times a day for 5 minutes at a time.



Toddler Tips:

Toddlers are constantly learning new skills and love to be involved in everyday tasks. Below are a few goals you could work on:

- Getting dressed independently or putting shoes and socks on.
- Potty training can begin between 2 and 3 years old.
- Having toddler help with small chores

Example of SMART goal:

- Child will sit on the potty independently at least 3 times during the day without difficulty within 1 week of training.



Family Tips:

- Creating goals with the family can enhance time for bonding. It can also help families to have something to look forward to and work towards together.

Example of SMART goal:

- As a family, we will eat dinner together at the table at least 3 times per week.
- As a family, we will go on 1 outing outside of the home at least once a month.



LET IT SNOW ACTIVITY

INGREDIENTS

- 1 1/2 cups of baking soda
- 1/4 cup of white hair conditioner
- Large mixing bowl

INSTRUCTIONS

1. Gather all ingredients
2. Place 1 1/2 cups of baking soda in the bowl
3. Place 1/4 cup of white hair conditioner in bowl
4. Now mix it until it feels like snow!

Now you have snow without the freezing cold and also a fun sensory activity for older toddlers!

**Sensory snow is not safe to eat. This activity may not be suitable for infants or toddlers who like to put things in their mouths.*

<https://thepurposefulnest.com/how-make-fake-snow/>

Coming Up...

• Kids Dream Family Film Series| January 5 - March 3, 2024


Catch same great kids movies at Marcus Theatre for \$3, Friday, Saturday and Sunday, Pickerington and Crosswoods location.

• Dublin Arts Box | Year-round

These are boxes spread throughout Dublin with grab and go art activities. Visit Dublinarts.org for more details of program.

• Great Train Show | January 13-14, 2024 | Ohio Expo Center

Go and check out this awesome train show with lots of train display and activity. Costs: Friday \$12 and Saturday \$11

Action for Children's Help Me Grow Home Visiting team works with pregnant women and families until child turns 3 years old. In this program, we collaborate with families and promote positive parent interactions. We work with families to assist in decreasing barriers when caring for children. We also assist in activities and lessons on child development including both social and emotional and cognitive development. The best part is we come to you! 



Learn more about
Action for Children's
Parent Programs!