



Staff Highlight

Sarolta DeFaltay

Family Support Specialist

"What I love most about working with families is seeing how—more often than not—families are already "getting it right". We may be "parent educators", but nobody knows your child as well as YOU do. You are your child's first and best teacher; they will learn better from you than from anyone else, and it's such an honor to work with families in such an intimate way. I thank you for letting me share these experiences with you!" -Sarolta DeFaltay

Skin to Skin is IN!

Have you heard? Skin to skin contact with your baby has amazing benefits for both you and your baby! It helps with bonding and attachment, leads to a relaxed, calm state for both baby and parents (thanks to a hormone that is released by the brain, the amazing Oxytocin!), can help ward off postpartum mood issues, and helps with breast/chest feeding by helping release the hormones necessary to produce milk. Some experts recommend regular skin to skin contact for at least three months for full term babies and up to six months for premature babies. Babies also find skin to skin with the non-birth parent very calming and it helps them bond. It's win/win for everyone! To do it, just position your diapered baby on your bare chest for at least twenty minutes. After feeding can be a nice time to do this but it can be done any time.

If you're interested in learning more, check out

<https://www.parents.com/baby/care/newborn/kangaroo-care-the-importance-of-a-parents-touch/>. Or call the Child Development Council to talk to one of our Family Support Specialists about any baby questions and to hear about our programs for families with young children

- Amanda Spaulding LCSW-R
Family Support Specialist
and Certified Lactation Counselor



Springtime Snack Recipe

What other options can you use with what you have at home already?
Remember, don't use carrots for kids under two (it's a choking hazard).

Post your creations on our Facebook page!

"So, we grabbed cheese, crackers, olives, and carrots to make these spring chicks. The kids can layer their own chicks to make them unique, or to reinforce learning skills such as:

- Patterns – The kids can learn and remember, crackers on bottom, then the cheese, then the carrots. These types of pattern learning can help kids build critical reasoning skills, as well as mathematical skills.
- Fine motor skills- Picking up each small piece for building the chick takes time to learn! This is something that toddlers are just beginning to grasp. Having these small pieces of food is great for finger movement and placement.
- counting (two eyes, one nose, etc.) I love counting ANYTHING we are building. The kids can make FOUR chicks, with EIGHT feet, FOUR noses, EIGHT eyes, and TWENTY feathers. Many opportunities for counting.
- Shapes- Circles, rectangles, squares... these chicks have it all!"

retrieved from:

<https://www.superhealthykids.com/recipes/spring-food-craft-snack-chick-crackers/>



"Like" us on Facebook to check out our helpful articles on child care, parenting education & child development
"Subscribe to our new YouTube channel! Our amazing staff reads children's stories & offers videos with activities for young children and their families.