

*"The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers." - Thich Nhat Hanh*

## Integration of Working Models of Attachment into Parent-Child Interaction Therapy

(acronym: PRIDE)



### **P - Praise**

Say what you like. "Thank you for sharing."

### **R - Reflect**

Say what they say. "Yes, that is green."

### **I - Imitate**

Do what they do. If your child builds a tower, build a tower next to his.

### **D - Describe**

Say what they do. "You're pushing a tractor."

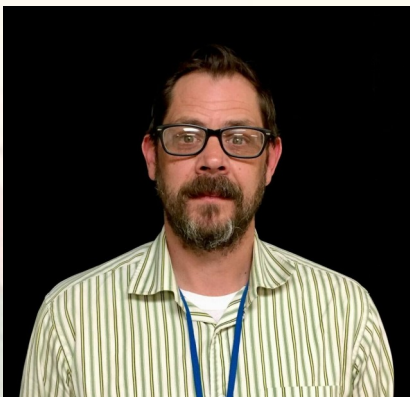
### **E - Enjoy**

Relax and delight in your child.



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## Staff Highlight



Michael Hoit

Family Support Specialist/Coordinator, Cortland

"I have always been fascinated by how young children move through the world with so much curiosity and generosity. To them, every new experience is inspiring and a reason to celebrate. Seeing the world in this way is a gift. Thankfully, our children want nothing more than to share this gift with the folks they love. They want us to also see the wonder, feel the surprise, and have the thrill that they get. I have worked in early childhood education for over 15 years, helping parents bond with their children and experience miracles together. And I can't think of a better way to live." - Michael Hoit

# Activity Highlight: Magical Nights

As a parent, one feature of the fall that I appreciate most are the early nights. Having the nighttime come earlier supports healthy bedtime routines, as well as providing magical moments between parent and child.

Babies need help learning about night and day. Toddlers need help establishing a healthy sleep cycle. Expose infants and children to plenty of natural light and activity during the day. As nighttime approaches, lower or eliminate artificial lighting. This will support your baby's melatonin production and makes it easier for them to sleep. It also becomes a visual cue that it is time to rest their bodies. The darkness, along with your other nighttime routines, helps improve your children's sleep and get them used to our natural cycles.

The earlier nighttime isn't all about sleep. Many wonderful parent/ child experiences are also possible. Just sitting outside in the darkness with your child can be enriching for all of their senses. Explore the stars and what your child sees. Feel the evening breeze. Listen to all of the nocturnal sounds. Families don't have to go outside either, Peer through a window, under a blanket, or in a dark room. Play with a flashlight or glow-in-the-dark stickers. Make the most of this wonderful aspect of the fall and explore our nighttime world.



## Recipe: Pumpkin Patch Pancakes!

Fall is here! And you know what that means? Pumpkin spice everything! Kiddos can't have a pumpkin spice latte but they CAN have these delicious and nutritious Pumpkin Patch Pancakes! You can add the recommended spices or adapt to what you have on hand to make this fun breakfast (or anytime) food. Kids love to help cook! Put on some aprons and let them help you measure, stir, and maybe even flip pancakes with close supervision. They will be working on simple math concepts, fine motor skills, and building fun memories with you. Yum!

### Ingredients:

2 cups flour  
2 tablespoons brown sugar 1 tablespoon baking powder  
 $\frac{3}{4}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{8}$  teaspoon ginger  
 $\frac{1}{8}$  teaspoon cloves  
1 teaspoon salt 1 egg  
1 teaspoon vanilla  
 $\frac{1}{2}$  cup canned pumpkin  
1  $\frac{3}{4}$  cups milk  
2 tablespoons vegetable oil  
Nonstick cooking spray or oil for the pan

### What you do:

1. Combine dry ingredients in a bowl
2. In another bowl stir the wet ingredients
3. Add the wet to the dry and mix up! The batter will be thick and lumpy
4. Spray a pan with nonstick cooking spray or spread a little oil on medium heat
5. Pour in batter and cook on each side until golden brown. You can add chocolate chips if wanted.

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