



Tummy Time

Babies should be on their backs for sleep, but that makes it more important for them to spend time on their tummies when awake.

Beginning on their first day home from the hospital, play and interact with your baby while he is awake and on his tummy 2 to 3 times each day for a short period of time (2-3 minutes), increasing the amount of time as the baby shows he enjoys the activity. A great time to do this is following a diaper change or when the baby wakes up from a nap. Be sure to watch him closely.

Tummy time helps babies learn to lift their heads, strengthens their neck muscles and shoulders and gets babies ready for crawling when they are older (7-9 months). At first, your baby may not like tummy time but there are things you can do to help her.

- Place a toy or book in front of the baby.



- Sing or talk to the baby while she's on her tummy.
- Put the baby on your chest for tummy time.
- Lay on your tummy on the floor face to face.
- Have older kids play with her while she's on her tummy.

Keep in mind that tummy time is for babies who are awake and being watched. Remember, "Back to Sleep, Tummy to Play."

Source: "Tummy Time," Cheryl Fogarty, PHN, MPH, http://www.parentsknow.state.mn.us/parentsknow/Newborn/topicsAZ/PKDEV_000329.

What is a Learning Disability?

A learning disability, often called LD, is a neurological disorder that affects skills of reading, writing, math, and other activities needed to succeed in school. LD is an "umbrella" term for a group of disorders. Someone with LD is of at least average intelligence and it's not the result of laziness.

Children with LD have difficulty processing information. They may have problems getting information into the brain, or difficulty integrating information once it is received in the brain. Others may have problems remembering or may have difficulty getting information out of the brain. Their brains are simply wired differently.

Since learning disabilities do not go away, identifying them early can make a big difference. There is no single indicator of LD in a child, but parents know their child best, and often notice when their toddlers are not "on target" in their development.

In preschoolers, look for warning signs:

- Slow language development, difficulty with speech, problems understanding what is being said, or problems communicating thoughts.
- Poor coordination and uneven motor development, such as delays in learning to sit, walk, color, and use scissors.

Continued on page 2



Scan the QR Code and "Like" us on Facebook

Trusted parenting information, resources and activities to help your children grow, develop and learn from birth through high school at www.MNParentsKnow.info.

What is a Learning Disability?

Continued from page 1

- Problems with memory and routine; for example, not remembering specifics of daily activities and not understanding instructions.
- Delays in socialization including playing and relating interactively with other children.

If you have concerns about your child's growth and development, please talk to your child's health care provider or call 1-866-693-GROW (4769).

Source: "Especially for Parents," *Idonline.org/parents*, retrieved July 9, 2012.

Helping Children Learn about Kindness

Helping others is a key to good friendships. It is also an important social skill that will help children in all types of relationships. Learning how to put themselves in others' shoes and imagining how someone else is thinking and feeling is an important first step in learning to help others. Parents and other adults can help children learn these skills.

- Talk to your children when others are unhappy or in trouble. Children's values come from the values they hear from others.
- Model kind behavior. If children can both see and hear about your kindness they will have a better idea about how to help. Children learn how to help by doing what they see adults do.

- Praise children when they help. This teaches them how important it is to be helpful and how others notice it.
- Provide children with opportunities to help and take care of others.
- Teach children about helping others by treating them with love and kindness so they understand for themselves the value of helping.

Children can help others in many ways, and learning how to help will make them feel better about themselves and build stronger ties with friends.

Source: http://education.state.mn.us/ParentsKnow/acrossTheNet.jsf?cx=010381030421478137928%3Axnqhd0r1_m&ageGroup=newborn&q=Kindness&sa=Search&cof=FORID%3A11&siteurl

Test your knowledge on Learning Disabilities?

- T F A learning disability is often outgrown over time.
- T F It's ideal when parents and teachers respond to learning difficulties in young children as early as possible, beginning at age 3 or 4, before they experience school failure.
- T F Actual diagnosis of a learning disability can only be done by a trained professional.

Answers: 1) F, 2) T, 3) T

Did you miss a webinar?

We know you get busy and the "unexpected" comes up in your daily schedule. You really wanted to listen in on a topic of interest, but couldn't make it work. You can still get the information you want by visiting our resource page! All of our free webinars, podcasts, and resources are archived for your convenience. Be sure to visit over the summer and stay in touch at www.workingfam.org/resource ...we will be releasing the 2012-13 topics soon!



If you have concerns about your child's growth and development, please talk to your child's health care provider or call 1-866-693-GROW (4769), to talk to a professional and find out how you can get connected with various resources in Minnesota.

Early Learning Digest is a publication of:



Early Learning Digest is made possible through funding from:

