Dear Families,

Having infants around brings so much joy and fun. But did you know that feeding is one of the most important jobs you have in helping your infant grow up healthy and strong? It is important to provide your infant with a positive environment during feeding. Just think, when you are providing responsive feeding, your infant is learning:

- Trust;
- Communication;
- Patterns;
- Self-soothing— with your help; and
- Nutritional foods (milk).

Remember, your child is constantly learning and you are their first teacher.

Fun Time with Tummy Time

As infants grow, they need opportunities for physical activity. Tummy time is a quick and easy way to support infant’s physical development. Provide infants 3-5 minutes of tummy time to give infants time to practice raising their heads and upper bodies, leading to rolling over and crawling. You can support tummy time by:

1. Gently moving their arms and legs back and forth, and side to side
2. Encourage them to wiggle and move, by placing their favorite objects in front of them to reach and grasp
3. Place pillows and cushions on the floor for infants to creep, crawl, roll and climb over and around

Looking Ahead: February 2020

Go Red: Living a Heart Healthy

Get ready to go red! Celebrate National Heart Month by doing activities with your family to keep everyone healthy and fit. Next month will focus on:

- Healthy eating;
- Physical activity; and
- Self-care.

Breastfeeding

Breastfeeding doesn’t have to be the only option for feeding your infant. If you choose to breastfeed, there are many benefits to you and your infant’s health. Breastfeeding should be a choice and supported in all environments. Your infant's child care program should support your decision and provide a welcoming environment for you to breastfeed comfortably.

Book: Best Milk, by Kate Carothers.

Best Milk is a delightful children’s book that helps explain and normalize breastfeeding. The book shows animals nursing, various positions and the convenience of breastfeeding anywhere.

Is Your Infant Hungry or Full?

Since infants cannot talk, they have different ways to let us know when they are hungry and full. Responsive feeding makes meal times easier and even enhances the relationship you have with your infant.

Hungry

1. Makes sucking noises and motions
2. Clenches their fingers or fists over their tummy
3. Flexes their arms and legs

Full

1. Starts and stops feeding often
2. Spits out or ignore the bottle or breast
3. Fidgets or gets distracted easily