



Wings

A Weekly Newsletter for Families

September: Week 4
Parenting Tips

“I think togetherness is a very important ingredient to family life.” – Barbara Bush

You've Heard Their Names – Now Read Their Books!

These actors, politicians and other well-known people have another talent – writing children's books. Check them out!

- “The Last of the Really Great Whangdoodles” – Actress Julie Andrews Edwards
- “Of Thee I Sing: A Letter to My Daughters” – President Barack Obama
- “Sugar Plum Ballerinas” – Actress Whoopi Goldberg
- “Girls Hold Up This World” – Actress Jada Pinkett Smith
- “Please, Baby, Please” – Director Spike Lee and Tonya Lewis Lee
- “Dream Big, Little Pig” – Olympic figure skater Kristi Yamaguchi
- “Tell Me Again About the Night I Was Born” – Actress Jamie Lee Curtis
- “The Case of the Time-Capsule Bandit” and “The Sweetest Heist in History” – Actress Octavia Spencer
- “Freckleface Strawberry” – Actress Julianne Moore
- “She Persisted” – Chelsea Clinton
- “Santiago the Dreamer in Land Among the Stars” – Singer Ricky Martin
- “The Book with No Pictures” – Actor B.J. Novak



•• INFANT Inspiration

Give Your Baby a Sound – and Safe – Night's Sleep
Follow these simple guidelines to create a safer sleeping environment:

- Lay our baby on their back to reduce the risk of SIDS (Sudden Infant Death Syndrome).
- Use a firm mattress with a tight-fitting crib sheet. Soft bedding, stuffed animals, bumpers and other accessories can block a baby's airway during sleep.
- On cold nights, try using a sleepsack (wearable blanket) to keep baby cozy.
- Make sure the crib is safe. If you can fit a can of soda between the slats of a crib, a child's head, hand or foot could get stuck there. Make sure the mattress fits snugly to prevent your baby from getting stuck between the mattress and the side of the crib.
- Babies should not sleep on beds, sofas, recliners, chairs, soft surfaces, bouncy chairs or baby swings.
- Learn CPR. It will give you peace of mind and give you the skills you might need in an emergency.

•• TODDLER Tales

Toddlers Aren't Ready for “Share and Share Alike”
You may have noticed that even the kindest child isn't always generous with their toys. That's because kids under the age of 3 can't really understand the concept of sharing.

You can prevent fighting and tantrums over toys by encouraging toddlers playing together to play with their own toys, even if they're side by side. Suggest toddler activities that don't require sharing toys – like rolling a ball back and forth, listening to and dancing to music, and playing hide and seek. And one final tip: Do not give toddlers unsupervised access to older kids' toys. Not only could that cause conflict, it could also pose a risk of choking if the toys have small parts.

•• PRESCHOOL Power

Encouraging Cooperation in Your Preschooler
At age 3, kids are able to take turns and share toys in small groups – even if they don't always do it.

You may need to encourage them to cooperate. Remind them that when two children are sharing a toy, each gets an equal turn. Suggest ways to come to a simple solution when two kids want the same toy, such as drawing for the first turn or finding another toy or activity. Suggest that your child “use their words” to deal with problems. You can help them find the right words to describe their feelings and desires so they don't get frustrated.

Above all, be a good example of handling conflicts peacefully. Tone down your temper and choose your words carefully around your children.

