



# Wings

A Weekly Newsletter for Families

October: Week 4  
**Parenting Tips**

“What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.” –  
Ralph Waldo Emerson

## Sweet and Simple Guidelines for Serving Sweets

You know it’s coming: The battle over how much Halloween candy your child should eat. An easy tip is let your child pick 10-20 pieces of candy and dole them out once a day. Or offer to trade something extra-special (like a trip to the zoo, a movie night or a new board game) for the rest of the bag.

For the rest of the year, here are some simple rules for serving sweets:

- Introduce candy as a regular part of your child’s diet between 18 months and 2 years old. Teach your child about portion control and don’t let them eat too much candy at one time.
- Keep treats small and sweet.
- Don’t give your child sweets as a reward or comfort.
- Preserve their teeth. Your child should drink water or milk after eating sweets – or anything else – and brush their teeth as soon as possible after eating.
- Avoid sticky treats like fruit roll-ups and dried fruits such as raisins and apricots.
- Be a healthy role model. Eat healthy meals and snacks and your kids will do the same.



## •• INFANT Inspiration

What Do Babies Wear?

Now that the weather is cooling down, babies need several layers of clothing to keep warm. Dress your baby in an undershirt and diapers, covered by pajamas or a dressing gown, and then wrap them in a receiving blanket, wearable blanket sleeper or sleep sack.

Look for clothes that make it easier to dress your baby. These features will help:

- Snaps or a zipper all the way down the front (not the back)
- Snaps or a zipper down both legs for easier diaper changes
- Loose-fitting sleeves so your hand fits underneath to push the baby’s arms through
- No ribbons or stings to knot up, unravel or wrap around the child’s neck
- Stretchy fabrics that don’t have tight bindings around the arms, legs or neck

## •• TODDLER Tales

Do You Have a Shy Toddler?

About 15% of kids are shy or slow to warm up to new people and situations. This personality trait shows up around the age of 9 months, when shy kids will frown and cling around strangers (instead of smile at them).

Shy toddlers are often extra-sensitive to the feel of their clothing or the temperature in a room. They resist change and need a lot of transition time between activities. Don’t rush them into getting dressed or force them to sit in Santa’s lap if they get distressed.

They may be late walkers and will often study, with intensity, how a game is played before jumping in.

Shield your shy toddler from harsh criticism and teasing so they don’t grow up fearful. Parents need to make sure kids with this personality type have stability and time to process changes.

## •• PRESCHOOL Power

How to Help a Shy Preschooler

Shy kids usually take more time to adjust to new people or situations. It may be time to get involved if your shy child has trouble establishing or keeping relationships. What can you do?

- Talk positively about new experiences and new encounters beforehand.
  - Reassure your child that things will be okay. Do not dismiss their fears or concerns.
  - Never threaten or force a shy child into situations that are likely to make them extremely anxious – it’ll only make them more hesitant in the future
  - Don’t label your child as shy
  - Be outgoing yourself – show your child how to greet people, talk to others and be friendly.
- On the other hand, get professional advice if your child doesn’t want to go to school, birthday parties or sports practice, or has trouble making friends. Let your child know it’s okay to be shy. Show love and acceptance for their personality.

