

Center for Early Childhood Education

Newsletter

Our Mission: To help all children in Howard County to be successful when they enter school.

Issue 60, February 1, 2009

Continuation of the series **Baby Physical Development:**

Typical Play Development—By 3 months, while lying on their back: • Visually tracks a moving toy from side to side • Attempts to reach for a rattle held above their chest • Keeps head in the middle to watch faces or toys

By 6 months: • Reaches for a nearby toy while on their tummy • Transfers a toy from one hand to the other • Reaches both hands to play with feet

By 9 months • In a high chair, holds and drinks from a bottle • Explores and examines an object using both hands • Turns several pages of a chunky (board) book at once • In simple play, imitates others

By 12 months: • Finger feeds self • Releases objects into a container with a large opening • Uses thumb and pointer finger to pick up tiny objects

By 15 months: • Stacks two objects or blocks • Helps with getting undressed • Holds and drinks from a cup

If you have a child in these age ranges, check the areas that your child has accomplished. If you have concerns that your child is not developing properly, call us and we will give your resources for help.

Read to your child

“Any adult who takes time to share books with small children will be rewarded, enriched, and revitalized by it every time.”

—Jan Ormerod, children’s book author and illustrator

Reading is at the heart of everything we do, and it is so important that your child is exposed to books from a very early age. We hope you are reading the books that come in your child’s totes each month. If you don’t get the totes, please give us a call at 455-9427. The public library is also a great place to check out books and to take your child for the story time. There are libraries in Greentown,

Russiaville, downtown Kokomo, and the South Branch on East Center Road. The bookmobile is also available in many neighborhoods and might visit a school, pre-school, or nursing home near where you live. Check to see if you can pick up books when it comes to that place.

Playing Is Healthy

Physical activity or playing is one way to keep your child healthy. The American Heart Association recommends that children over two years of age should have at least 30 minutes of moderate physical activity every day. If you can’t do 30 minutes at one time, then 15 minutes twice a day is fine.



How do you get your child to be more physically active? Limit the amount of time your child spends in front of the TV or computer. Make physical activity fun by playing games they like. Play with them.

Playing keeps your child’s mind and body happy and healthy!

For more information: American Heart Association, <http://www.americanheart.org/presenter.jhtml?identifier=1477>

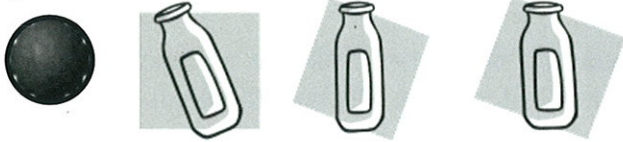
Little Learners Child Care

Did you know that the Little Learners Child Care program on the IU Kokomo campus is open the public? The program serves toddlers (ages 1-2) and preschool children (ages 3-6). Call (765) 455-9306 or email childcare@iuk.edu for more information.

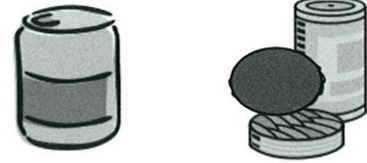


Two fun activities to play indoors

Here are two activities you can do at home to use some physical energy and build hand-eye coordination. First, save plastic milk bottles and make a bowling alley using the milk bottles as pins and a small rubber ball as the bowling ball. If you want to teach colors, numbers or shapes, you can cut out, draw or paint on squares of paper with the letter, number, or shape, and place it on one of the "bottle pins."



Secondly, take a balloon and blow it up several times to stretch the balloon. Then, using a kitchen funnel, fill the balloon with rice or fine bird seed and tie the end of the balloon securely. Use the balloon as a bean bag and toss it into the empty cans of different sizes. Use different size cans so your child can practice hitting each one. You can also use a small, soft stuffed animal, bean bags, or other safe objects to toss in the cans.



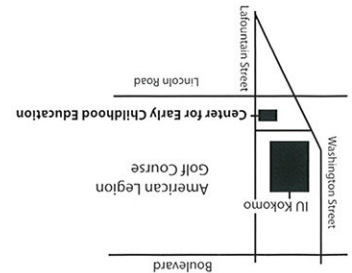
Activity Day, February 12, we ask you all to wear something red to celebrate American Heart Week.



Center for Early Childhood Education

on the Indiana University
Kokomo campus

www.iuk.edu/eccec
eccec@iuk.edu
(765) 455-9427



CENTER FOR EARLY CHILDHOOD EDUCATION
2300 S. Washington St.
P.O. Box 9003
Kokomo, IN 46904-9003

INDIANA UNIVERSITY
KOKOMO



Non-Profit Org.
U.S. POSTAGE
PAID
Permit No. 112
Kokomo, IN