

HYCHE CENTER

Parent's July Newsletter

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Energy & Food

Food gives us energy to function and move around. Depending on the food we eat, will determine if we have the energy necessary to run, jump, and play for longer. Try these tips daily for good energy:

- Eat a fruit
- Eat dark leafy greens
- Eat less sugar
- Eat good protein (not just meat)

More on Sleep

- Have a bedtime routine. A predictable series of events signals to the brain that it's bedtime.
- Make the routine quiet, calm, and relaxing before bedtime. Try to relax by listening to soft, calming music or reading a story. Avoid activities that are excessively stimulating.
- Know how to relax. If a child needs help relaxing, they can use techniques such as taking deep and slow breaths or thinking of positive images like being on a beach.

Narrating & Modeling

Narrating what you're doing and/or what your child is doing can be helpful in developing language and speech. It also helps to identify items and model behaviors.

Example: "Are you washing your hands with soap and water? Yes. We wash our hands to get them clean before we eat!"

Go Outside

Playing outside encourages many aspects of growth and development. As kids, the outside world is full of learning and discovery, that fosters questions, problem solving, critical thinking, and observation. It allows your child to be creative and move their whole body. Exploring outside with your child also helps to teach about nature and the different senses/textures.