

HYCHE CENTER

Parent's August Newsletter

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Protein

Protein helps to build muscle and recover from strenuous exercise/play. Kids need it to grow. They should have protein in each meal. Examples are:

- chicken/beef/pork/ fish
- tofu
- beans
- lentils
- handful nuts & nut butters
- eggs
- yogurt & cottage cheese

Self Talk

Self talking from you helps your child develop language for making sentences. Example: I am typing this letter to you. I'm going to print it. We will learn together.

This type of talking requires nothing from the child but they can make associations with connecting broken phrases to create a full sentence and thought.

More on Sleep

- Avoid consuming anything with caffeine (soda, chocolate, tea, coffee) in the late afternoon and throughout the evening.
- If you can't sleep, get out of bed. If a child is tossing and turning in bed, have them get out of bed and do something that isn't too stimulating, such as read a boring book.
- Put kids to sleep when drowsy, but awake. This is ideal. Allowing them to fall asleep in different places teaches them to associate sleep with places other than their bed.

Independence

It is important for children to learn and grow with independence. For parents, this means do not enable your child/(ren) by doing it for them. This teaches the kid to be dependent on someone doing it for them and, in turn, creating learned helplessness. Help your child when they need it but allow them the opportunity to learn and grow by trying it themselves first and providing help with difficult parts.