



# November 2018 Seedlings and Buds



## Physical Development

2-4 months: During tummy time we will be working on head control which leads to pushing up and continues into rolling over.

6+ months: We will be practicing on sitting without support and moving around the room.

9+ months: During porch time we will be working on walking with toy walkers and holding fingers.



Parents please join us for our "Turkey-N-Dressing" Event!

**November 14<sup>th</sup> 9:30-10am**

**\*\*LTA Closed Nov 22<sup>nd</sup> & 23<sup>rd</sup>\*\***



Exploring different textures and flavors of foods (peas, watermelon, bananas, apples) through taste and touch!



Focus: using facial expressions and sounds to communicate feelings

Take home: Sing a song to the tune of "Are You Sleeping?" that addresses different feelings. Ask the infant, "Are you sleepy?" or "Are you hungry?" Use facial expressions to match the feelings.



"When you read a book with basic rhymes, your infant will relish the soothing, reliable, rhythm." ~ Scholastic

This month we will be reading *Orange Pear Apple Bear* by Emily Gravett. Reading with your child is a great way to support their development and expand their growing vocabulary!



Focus: building math language using the words more, empty, full and next

\*Take home: include your infant in conversations surrounding meal times

I have *more* crackers than you do. See, I have 1, 2, 3, and you have 1, 2. I'm going to eat one of mine. Now I have the *same* as you!"



please



more



Teaching infants sign language provides them with a way to communicate wants and needs before they are able to speak. Meal time is a perfect opportunity to practice these methods of communication with your little one.



Sleep duration recommendations per sleep foundation

0-3 months Average 14-17 hrs may be appropriate 11-19 hrs

4-11 months average 12-15 hrs may be appropriate 10-18hrs

