

Parent Page September 2016



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Be Expressive

You are your baby's first teacher about feelings. Even before your baby fully understands your words, he is learning about the world from you. Your expressive or cautious looks and your enthusiastic tone will guide, warn and comfort him.

Your baby can read the look on your face.

Your baby learns about emotions based on the expressions on your face. As your baby grows, he develops the ability to read your emotions. He is guided by your emotional expressions.

Your baby learns by listening to the tone of your voice. Even if your baby doesn't understand your words, he does understand the feeling communicated through your tone. He understands what certain phrases and tones imply, like "IT'S OK to play with that" and "DON'T do that!"

Your baby makes decisions based on your expressions, tone and words. With your encouragement or caution, your baby is learning how to navigate this world. Researchers call this learning process "social referencing." Even if your baby doesn't understand all of your words, he might look at the expression on your face to decide what to do — or not do — next.

You can help your baby learn by being expressive! Be enthusiastic! Babies love it — and you will love it too. Speak to your child in a positive way. Don't be embarrassed to expressively say, "ROLL THE BALL TO ME!" or when offering a warning, "CAREFUL, that coffee is very HOT!"

Match your face to your feelings. Express your feelings clearly, so your face, words, and tone communicate what you mean. Your baby will understand you best when your facial expression, tone of voice and actions all match.

<http://www.pbs.org>



Beef Stew

Ingredients

1/2 cup Flour
1 1/2 tsp salt
1/2 tsp black pepper
2 lbs stewed beef
1 1/2 cups beef broth
1 diced onion
1 1/2 tsp Worcestershire
Sauce
1 tsp paprika
4 carrots
4 celery stalks
4 to 5 medium potatoes

Directions

Put meat into crock-pot. Mix up flour, salt & pepper and pour over meat. Mix meat and flour mixture up until the meat is well coated. Pour in beef broth. Chop onion in put into crock. Add and mix in Worcestershire Sauce & paprika. Cut up carrots, celery and potatoes and put in crock. Cook on High: 5 hrs or Low: ~9hrs Number of Servings: 8

FEELINGS

Tune: "Twinkle, Twinkle Little Star"

I have feelings, so do you.
Let's all sing about a few.
We get happy, we get sad.
We get scared, we get mad.
I am proud of being me
That's a feeling, too, you see.
I have feelings, so do you.
We just sang about a few.

Adapted Traditional

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