

LITTLE BITS

A little knowledge can make a **BIG** difference to our small learners

EATON RESA
EARLY ON

FOR MORE INFORMATION

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MORE THAN A BIT OF SUNSHINE

After some much needed rain, I am sure you are as excited as we are to see green grass in MI. Here we are in the middle of Summer with our Eaton EO newsletter for your enjoyment. It goes great with a tall glass of lemonade and sunshine.

UPCOMING EVENTS IN YOUR AREA

IS YOUR CHILD READY FOR PRESCHOOL? [CLICK FOR THE REGISTRATION PAGE TO ENROLL](#)

EATON GREAT START TODDLER TIME - [MORE INFO](#)

- Charlotte: Mondays - 10 AM, ERESA gym
- Eaton Rapids: Fridays - 10 AM, Union St. Center
- Grand Ledge: Wednesdays - 10 AM, Holbrook
- Pottersville: Tuesdays - 10 AM, District Library
- Vermontville: Thursdays - 11 AM, Public Library

PARENTS WANT TO LEARN, TOO: RESILIENCE AT PLAY - [CLICK HERE FOR SOME FUN GAME TIME](#)

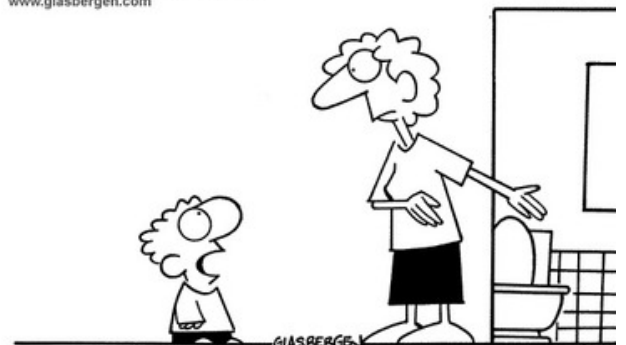


TAKING A BITE OUT OF STRESS - [CLICK FOR RELAXATION ACTIVITIES](#)

This issue is devoted to social and emotional development, which includes the ability to experience, express, and execute control over emotions, as well as establish positively reinforcing relationships with others. Read on to discover ways to enhance resiliency in the face of stress and traumatic events in childhood.

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COMEDY
BITS:
SIMPLE
THINGS
OFTEN
DEMAND
THE MOST
ATTENTION



"Why do I need to learn potty training? Is it something I'll use later in life? Will it help me get into a good college? Do chicks dig guys who are potty trained?"

Our home visits are designed to help you assist your child to progress at a quicker rate and may include the following:



BITE-SIZED FACTS

ATTENTION TO DAILY ROUTINES

Your provider is available to help with all manner of needs. Please do not ever think that a skill or task is too small for your provider to help you tackle or tweak. Skills should be developed in the context of daily routines, so it is important to share with your provider what your child's typical day looks like and how you would like your child to participate in your family's day.

Your child still has a lot to learn and it can be stressful to take on new challenges, trying and failing until mastery occurs.

Speaking of challenges, [this link](#) will take you to a toilet training program proven effective. You can "tank" me later. Get it? Sorry.

DEVELOPING RESILIENCY THROUGH THE EARLY YEARS

CLICK TO LEARN HOW STRESS AFFECTS DEVELOPMENT



Resiliency is defined as the ability to recover from or adjust easily to adversity or change (overcome negative experiences). The American Psychological Association recommends the 4 R's as defenses against the effects of stress: > Routines > Rules > Regularity > Relationships For more info on resiliency tools go to www.apa.org.

According to research, caregivers who can provide children ample physical affection, playful interaction, opportunity to play freely inside and outside, and emotional support prior to the onset of tantrums are helping to inoculate young ones from the long-term harmful effects of toxic stress, like depression, anxiety, an inadequate ability to view events from another person's perspective, and difficulty expressing compassion for others. The problem is that those in the midst of trauma tend to focus inward, which decreases their capacity to attend to the needs of those around them.

~Notre Dame News, 12/21/15

Parents and other caregivers often have the opposite problem of forgetting about their own needs to care for their children's needs and wants. Remember that effective parenting includes self-care as well. Keep reading to learn how to attend to your own stress. Make reducing stress a goal for your own life.



bits of fun

RELAX

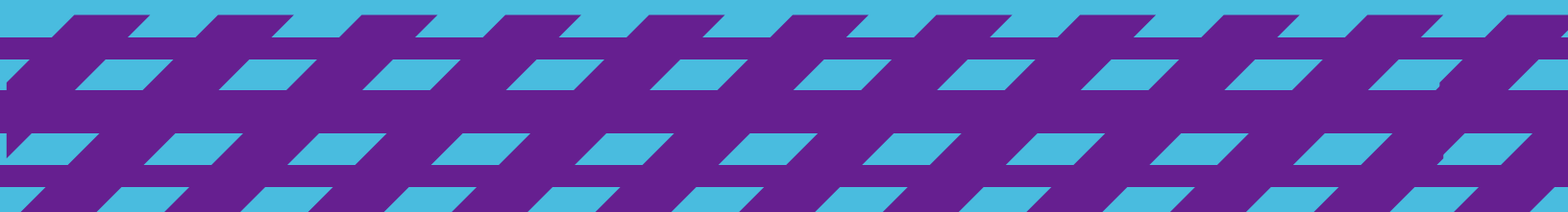
- Everyone is at their best when they are relaxed.
- Unfortunately, we do not live in a culture that embraces relaxation on a daily basis. Many of the illnesses diagnosed in this country are stress related. Learning how to relax is important for physical as well as mental health, and is essential for learning as well. Often, our own thoughts are what create our stress. You can learn more about stress-inducing thoughts by visiting www.ecmhc.org/documents/common-unhelpful-thoughts.pdf. If you need practice with relaxing try the exercises [here](#).

Try this app for a brief stress-busting break: Breathe2Relax

If that does not work, there are always kitten pics.



Learning-rich environments are relaxed and inviting. When we feel more comfortable to explore in the absence of stressful events, we open our minds and our senses to knowledge and skill-building activities. Learn together!



click pic to refer



OFF TRACK

Do you have a humorous story? We want to hear it. Then we want to share it with our readers. See below to find out how to submit a parenting/care-giving moment that will make our readers laugh... and feel like their in good company.

Fill this negative space with your most memorable derailed moment by submitting your 50-word story to littlebits@eatonresa.org. Smile every day!