



LINCOLN PARENTS' CENTER



May 2025 Newsletter

Did you know,

Feeling hesitant about having visits in your home? Did you know that we can also do visits anywhere you and your child go?

Some places our parents love going for visits are:

- Library
- Park
- Grocery store
- Our center

If you are interested in enrolling or have any questions, feel free to reach out.!



Learning Through Play

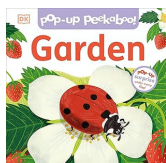


Did you know, a simple walk through the park is scientific exploration for your little one? By walking through nature with them they are:

- Gaining a sense of curiosity about the world around them
- Being encouraged to be life-long learners
- Strengthening their bond with you as you express interest in what catches their eye

Next time you're walking down the sidewalk or through the park ask questions about what they see i.e.- rocks, bugs, birds ect.

And remember, children learn best through play & you're their favorite teacher.



Book of the month

Babies and toddlers will love lifting the big flaps to find five peekaboo surprises pop up from the pages

Temperament Styles



Laid-back/ Flexible

- usually happy, calm, not easily upset
- regular sleep & eating habits
- adaptable



Strong-willed/ Feisty

- have intense positive or negative reactions to new situations & people
- irregular sleeping and eating habits
- may be sensitive to sights and sounds



Slow-to-Warm/Cautious

- more hesitant and fearful in new situations and with new people
- prefer to watch a situation before joining in
- may have a difficult time with changes, such as having a new caregiver or a shift in the daily schedule

Connection Not Perfection

Every child is unique, and their temperament – the way they react to the world – shapes how they experience everything from cuddles to chaos. Some babies are go-with-the-flow, others need more time and support to feel safe in new situations. And that's okay.

Temperament does not predict all behaviors but understanding how your child will react and relate to the world around them can make parenting a little easier for you. It can also help you identify your child's strengths and needs. Parenting becomes less challenging when you take into consideration and accommodate your child's temperament rather than trying to change it.

Your own temperament as a parent matters too. Knowing how you respond to stress, change, or emotion can help you navigate your child's temperament – helping you and your child stay connected in the daily challenges of life.



We hope to see you!

May 2 - Play & Learn

May 7 - Family Night

May 9 - Baby Bees

May 16 - Play & Learn

May 31 - Farmer's Market

