



LINCOLN PARENTS' CENTER



November 2024 Newsletter

Did you know,

LPC hosts family fun nights? In October, we had Camp LPC! Our families enjoyed dinner & smores while the kids played, explored, and had a scavenger hunt.



Connection Not Perfection

Frustrated with a picky eater? You may notice your toddler start to say "no" to foods they used to eat. It can feel so defeating! Here are some tips for feeding picky eaters!

- Make a meal schedule
- Offer a variety of foods
- Offer food that looks yummy
- Give healthy snacks
- Give food in small portions, and often
- Have your toddler help in the kitchen to get them excited about the food you are serving

What is working with the picky eater in your home?



Learning Through Play

A fun activity for your toddler is teaching them to connect the correct sounds to the corresponding animals! This simple concept opens a whole new world of play.

Here are some fun ways to encourage this new skill:

- Singing songs such as "Old MacDonald Had a Farm"
- Reading animal books like "Noisy Farm, My First Sound Book" by Marion Billet
- Engaging in imaginative play with toy animals like cows, pigs, and ducks - mimicking their sounds as you play

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



Eat Your Colors

Fun, colorful photos introduce little ones to the basics of good nutrition.

We hope to see you!

November 1 & 15 - Play & Learn
November 8 & 22- Baby Bees
November 25 - Free Play Day



Hello! My name is Amy Miller and I am a Family Support Specialist for Lincoln Parents' Center. I have lived with my family in Logan County for 34 years. During this time, I taught at Lincoln College and District 27 where I served many wonderful families. After retiring, I discovered the wonderful program that is offered at LPC to families with children who are prenatal - 3 years old. I am looking forward to reconnecting with families from my days of teaching and meeting new families who desire having extra support in their child's early years. In my free time, I enjoy spending time with my family and new grandson! We like doing anything outside and camping together. I am a huge dog lover and love being able to help others find a furry friend to add to their family.

