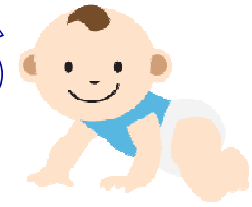


# INFANT SEPTEMBER 2016



Mon	Tue	Wed	Thu	Fri
			1 	2
5  Kids Inc Closed	6 <b>Babies in Motion</b>	7	8 	9
12 	13	14 	15	16 
19 <b>Red, Yellow, &amp; Green Apples</b> 	20	21 	22 <b>YUMMY APPLESAUCE</b>	23
26  <b>mmm...Apple Pie</b>	27	28 <b>Rolling Apples</b>	29  <b>My Own Apple Tree</b>	30

## Parent Info:

### Are you stressed out?

If you are, chances are your baby knows and is reacting to your stress. As important as it is to spend time with your baby and build that bond between the two of you, it is also important to take care of yourself and have some “me-time”. Do something that you enjoy doing or if possible, take care of what is causing the stress. Also make sure you are getting enough sleep which will help decrease your stress level. Your baby loves you no matter what so don’t feel bad about taking some time to do something for yourself! When you come back from your “me-time” you will find that you’ll enjoy your time with your baby even more.