

Infant April 2023



Mon

Tue

Wed

Thu

Fri

Parent Info:

Starting in the earliest months of life, well before they can use words to express themselves, babies have the capacity to experience peaks of joy, excitement, and elation. They also feel fear, grief, sadness, hopelessness, and anger—emotions that many adults understandably still find it hard to believe, or accept, that very young children can experience. Research has also shown that children’s ability to effectively manage their full range of emotions, also known as self-regulation—is one of the most important factors for success in school, work, and relationships into the long-term.

So a critical first step in helping your child learn to cope with her feelings is not to fear the feelings, but embrace them—all of them. Feelings aren’t right or wrong, they just are. Sadness and joy, anger and love, can co-exist and are all part of the collection of emotions children experience. When you help your child understand her feelings, she is better equipped to manage them effectively.

Taken from “First Feelings: The Foundation of Healthy Development Starting From Birth”

By: Claire Lerner



Mon	Tue	Wed	Thu	Fri
3 	4 	5 Week of the Young Child	6 	7 
10 	11 	12	13 	14 Picture Day!
17 	18 	19 Cars and Trucks		20 
24 	25 	26 April Showers		27 
		28 Bring May Flowers		

