

Little Tykes

Newsletter

Happy New Year!

What is Attunement?

Attunement describes the ability to read and understand another person's behavior. A person who is well attuned will respond based on what the person is communicating through their behavior.

Communication begins with careful listening and the concept of "attunement." It is the process of focusing on children's vocalizations, body language and facial expression in order to understand what the child needs, wants and feels.

When you are "tuned-in" to your child, you can more easily understand what your child is telling you about their world. You create a stronger bond

Little Tykes
4020 Folker St.
Anchorage, AK 99508

Sprouts Group
Monday-Wednesday
9:00AM-12:00PM

Sprout's Phone:
Room 261-5335
Cell 717-6740

Saplings Group
Monday-Friday
9:00AM-1:00PM

Sapling's Phone:
Room 261-5307
Cell 444-4034

Staffing updates

Please join us in welcoming Tori Fishburn, BSW to the Little Tykes Team. Tori will be working as a Clinical Associate and will be working in the Sprouts group and Saplings groups.

★ How much sleep does my child need? ★

AGE GROUP

Infants 4 – 12 months old
Children 1 – 2 years old
Children 3 – 5 years old
Children 6 – 12 years old
Teens 13 – 18 years old

HOURS PER NIGHT

12 – 16 hours per 24 hour period
11 – 14 hours per 24 hour period
10 – 13 hours per 24 hour period
9 – 12 hours per 24 hour period
8 – 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics

- Healthy sleep is important for children's physical, intellectual and social growth and development.
- Consistent sleep routines lead to positive outcomes and help improve attention, behavior, and emotional regulation throughout the day.
- Having a familiar night time routine is a great way to help kids to

DATES TO REMEMBER

- ♦ **January 1st— AMCHS Closed in observance of the New Year Holiday**
- ♦ **January 21st- ACMHS Closed in observance of Martin Luther King Jr. Day**



App Resources for Parents & Kids

Breathe, Think, Do with Sesame

This is a free resource app available on the App Store for iOS devices. It is designed to help parents and kids work together on skills such as problem solving, self-control, planning, and task persistence.

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. The bilingual (English and Spanish), research-based app helps your child learn Sesame’s “Breathe, Think, Do” strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out!

This app is part of Sesame Street’s Little Children, Big Challenges initiative, which aims to provide tools to help children build skills for resilience, and overcome everyday challenges and more stressful situations and transitions. You can access more Sesame Street resilience materials online at sesamestreet.org/challenges

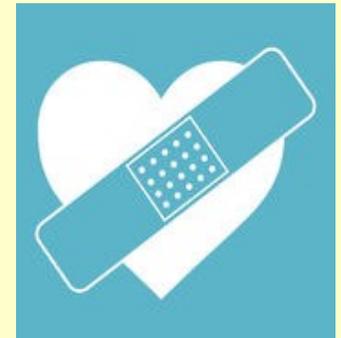


Help Kids Cope

This is a free resource app that you can download from Google Play and iTunes. Works on Android (4.3 and up) and Apple devices (iPod touch, iPhone, iPad).

This app that is designed to help parents talk to their kids about the disasters they may face and know how best to support them throughout—whether sheltering-in-place at home, evacuating to a designated shelter, or helping your family heal after reuniting.

- Know what to say “in the moment” to support your kids of all ages.
- Understand how kids commonly respond during and after disasters.
- Use the checklists to prepare your entire family before disasters.
- Explain different disasters to your kids using age-appropriate language.
- Find tips on caring for yourself as you care for your family.



Touch and Learn - Emotions

This resource app is available on the App Store for iOS devices. It focuses on helping kids read body language and understand emotions by looking at pictures and figuring out which person is expressing a given emotion.

