

**Birth-2  
year olds**

# **Learning With Your Baby!**



***You'll be amazed!***

# Welcome to Parenthood

Science shows that the first five years of life is when the brain grows fastest. This brain development is influenced by a child's relationships, experiences, and environment. It's important to build those early connections. This book will help you prepare your child for what they will need to be successful in the early years. If your child does not know some of these things that is okay; they will grow in leaps and bounds as time progresses. This book will guide and provide you with activities and learning opportunities that you and your child can do together.

This book will review the different skill areas to work on with your child. Each section will provide activities to do and explain why it is important for your child to build these skills. **REMEMBER** each child develops differently, so while one child may excel in one area, another may struggle; this does not mean that your child is behind. If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.

This book is divided into two sections. The first section is from ages birth to 1 and the second is for 1 to 2 year olds, separated by a title page.



## Connect with your local programs

Every child has remarkable potential to learn and succeed in school, the key is to start early. Building the basic foundations of literacy, math, language, communication, and social skills is critical to prepare children for kindergarten and life. Getting your child involved in an early education program such as Head Start may lead to many benefits. Your child will begin to learn skills that come with the program in addition to skills they learn at home.

**Look at the resource guide in the back of the book to help you get started!**

# Parent Self-Care

Parenting can sometimes be overwhelming. Balancing the demands of work, child care, financials, and emotional stress, may be all you can handle. Support and small adjustments, can help you prepare your child to realize their potential and to do well in school and life. There may be days when you may not shower, skip meals, or have a sleepless night. Without a healthy and happy parent, your children will miss out on the opportunity to get the best care possible.

## DO YOU TAKE CARE OF YOUR CREATIVE AND SPIRITUAL SELF?

- Give yourself quiet time for self-reflection
- Attend local place of worship
- Write in a journal
- Spend time out in nature
- Enjoy a hobby or learn

## DO YOU TAKE CARE OF YOUR MENTAL AND EMOTIONAL SELF?

- Spend time and stay in touch with friends and family
- Express emotions, allow yourself to cry, and talk about feelings
- Find activities that make you happy or relaxed

## DO YOU TAKE CARE OF YOUR PHYSICAL SELF?

- Eat regular healthy meals
- Get exercise, short walks or yoga
- Receive regular, preventive medical care
- Sleep enough, nap when baby is napping
- Take time away from the phone, email, and or technology
- Spend time outdoors in fresh air and natural light

**FOR INFORMATION ABOUT PARENTING SEMINARS AND HOW TO SIGN UP, VISIT [MIDVALLEYPARENTING.ORG](http://MIDVALLEYPARENTING.ORG) AND OTHER RESROUCES IN THE BACK OF THIS BOOK**

***REMEMBER: You are not alone. There are people and resources available to make it easier. IT IS OKAY TO ASK FOR HELP!***

# Social and Emotional Skills

The process of learning how to control and handle emotions can take years, but children begin learning this at birth. Having a strong emotional bond and connection with your child builds the self-esteem needed for learning and development. They begin to form relationships with those around them and develop the foundations of communication. Social and emotional development involves learning to interact with other people and learning how to control your emotions.

## By 6 months your child:

- Will be comforted by familiar adult
- Will begin to give warm smiles and hugs
- Will cry when upset or feeling uncomfortable
- Will pay attention to their own name
- Will enjoy looking at other babies and people
- Will begin to express many different emotions
- Will laugh aloud

# Engage with Your Baby

- Make eye contact and talk to your baby while feeding, changing, and playing with them.
- Respond to your baby. This shows them that you are there and they can trust you.



# Early Baby Cues

Pay attention to your baby and the cues that they are giving you. Respond to them and show them that you are there. Here are some cues to keep an eye out for.

Here are some examples:

**EARLY CUES - "I'm hungry"**



- Stirring
- Mouth opening
- Turning head
- Seeking/rooting

**MID CUES - "I'm really hungry"**



- Stretching
- Increasing physical movement
- Hand to mouth

**LATE CUES - "Calm me, then feed me"**



- Crying
- Agitated body movements
- Colour turning red

**Time to calm crying baby**

- Cuddling
- Skin to Skin on chest
- Talking
- Stroking



This picture was developed by Women's and Newborn services Royal Brisbane and Women's Hospital

# Sensory Activities

Discovering all of our senses begins when a baby is born. Using senses more and more helps to build a baby's knowledge and realize the differences between their senses.



- Create a sandbox using a plastic container filled with flour or cornmeal. Let baby play with this and talk to them while they do it. Talk about how it feels and show them how to move it through their fingers.
- Create a box full of things to feel, bang, and hold. Find as many different textures as you can to add to the box. Let baby feel around and play with object, talk about what they are holding.

# Social Hour and Playgroups

Your baby may enjoy watching other babies play. This helps them make discoveries about real people by observing the other baby. They will watch each other for a while then learn to play together. Look for play groups at local libraries or take children to the park nearby.

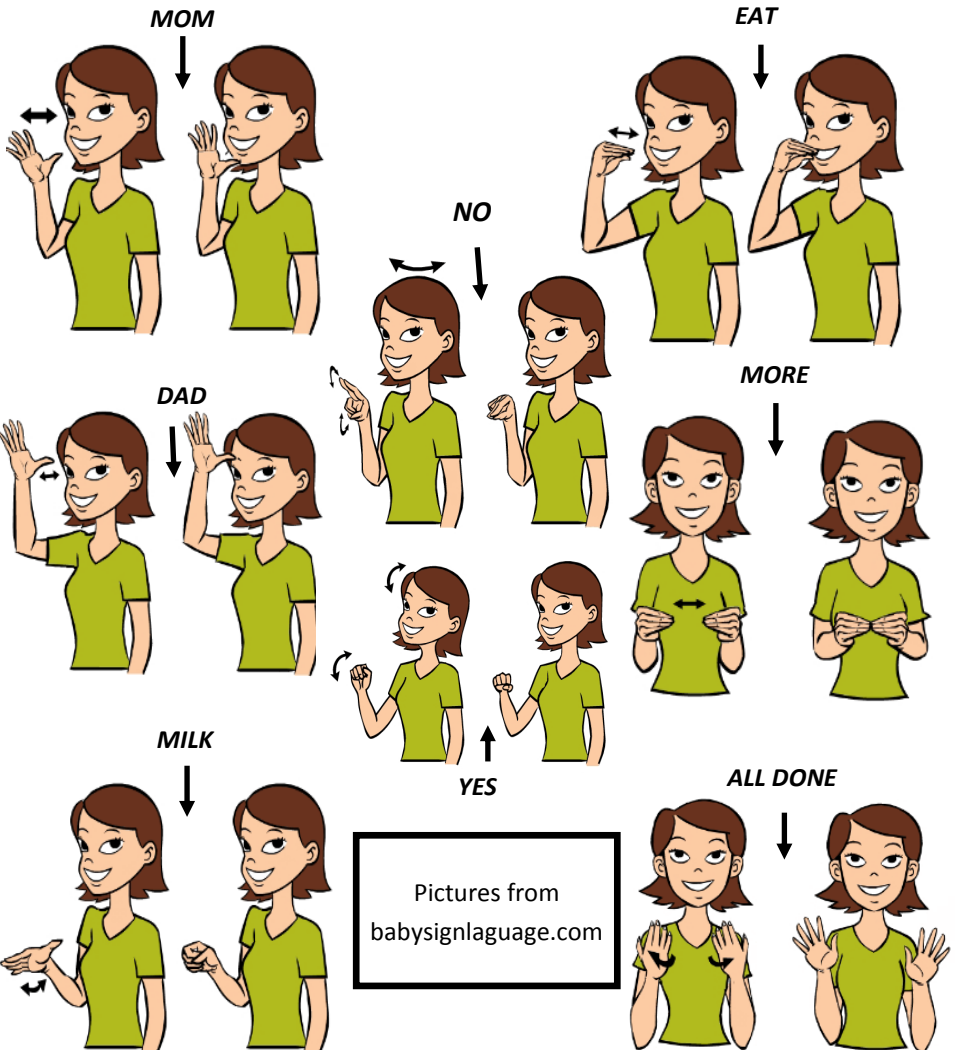


# Baby Sign Language

A child's understanding of language and their motor skills develop much faster than their ability to speak. Keeping this in mind, teaching a child sign language can help to:

- Decrease frustration for parent/caregiver and baby
- Improve communication
- Create a closer bond

Here are some great starter signs to begin teaching:



# Physical Skills

As your child grows their physical skills will increase. This includes moving fingers, grabbing hold of things, turning heads, and eventually crawling which turns into walking. Physical development is not only important for helping children increase their skills, but also for organizing their behaviors. Children are often very active and excited to move around and play. They will love playing with you often. Playing, crawling, and having fun can easily tire them out. Just remember to be gentle and have fun!

Here is a list of things that your child should develop over the next year or two. Again, if your child does not have these skills there is no need to worry; **REMEMBER** each child develops differently. If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.

## **By 4 months your child:**

- Will begin to increase automatic reflexes such as hand to mouth
- Will use eyes to follow you
- Will lift head when on stomach
- Will roll over in both directions
- Will suck on fingers or other objects

## **By 6 months your child:**

- May start teething
- Will be able to sit up without support for a short time

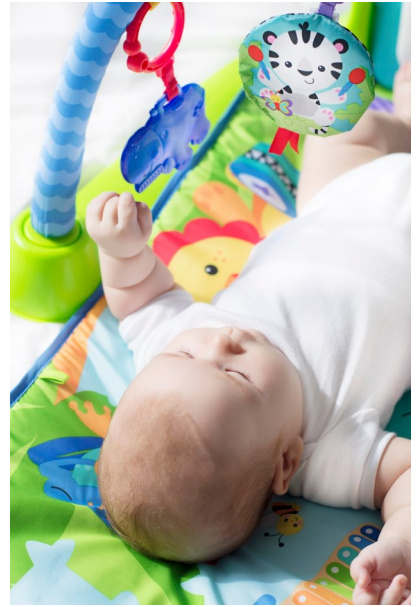
## **By 9 months your child:**

- May begin to crawl
- May stand, hold on
- Can get into sitting position
- May start a tottering walk with legs wide apart



# Tracking

Giving your child opportunities to watch moving objects, this is called tracking. Use an object like a toy or colorful cloth to play with in front of their face. Once you have babies attention move the object back and fourth making sure your baby is tracking the object with their eyes. You can also place baby under a mobile with objects for them to track. This skill helps build your babies brain and teaches them to observe the world around them. Peek-a-boo.



# Get On the Floor with Baby!

Spend a lot of time on the floor. This provides an open space that your baby feels comfortable in. This area is perfect for you and your baby to move around and play. Crawling, talking, and playing with your child and their toys encourages them to do the same. Encourage your baby to play with blocks and balls of different shapes and sizes.



# Body Awareness

Place a colorful sock on your baby's feet. This will draw their attention to their feet and help them become aware of body parts. Pulling on the socks will get your baby's attention, he or she may even try to pull the sock off of their feet.



# Mirror Play

Place your baby in front of a mirror is a way for your baby to see themselves and watch the way you interact with them. Your baby may laugh and make silly faces at themselves in the mirror. As you look into the mirror, make sounds and faces that your baby will notice.

- Body Awareness— pointing out body parts
- Social skills—talking and seeing the “other baby”
- Personal touch— you holding baby being gentle

# Help Baby Discover...

Feet	Hands
<ul style="list-style-type: none"><li>• Rub babies feet together</li><li>• Bring feet to their mouth</li><li>• Count babies toes</li></ul>	<ul style="list-style-type: none"><li>• Rub babies hands together</li><li>• Bring hands to their mouth</li><li>• Count babies fingers</li></ul>

# Baby Massage

Give your baby hugs, kisses and massages. Massaging your baby can be extremely beneficial to both of you. Sing a song while you do this, your baby will love it!

## Benefits for baby:

- Sends a message of love.
- Helps grow physically and emotionally stronger.
- Improves sleep, eases feeding, and decrease stomach upsets.
- Can help improve digestion and increase weight gain in underweight or premature babies.
- Helps you to get comfortable with and learn your baby's body language.



Stroke gently



Water wheel



Stroke with thumbs outward from navel



Sun - moon exercise



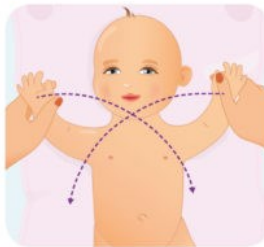
Circle around the navel



Finger-walk over the navel



Butterfly



Yoga exercise: Relax arms



Yoga exercise: Arm & leg

# Fine Motor Skills and Foods

When your baby begins to eat solid food, around 6 months of age, they will like to pick up small pieces with their finger and thumb. Let them use their fingers, don't worry about the mess, this will strengthen their fingers and eyes! **It is important to talk to your baby's doctor BEFORE starting to feed your baby solid food.**



Put a small dab of something soft; yogurt, mashed potatoes, mashed carrots on babies tray or on a cooking sheet. Let your baby rub their hands around and "paint" with their fingers. It's okay if they eat the "paint".

**Here is a list of easy, healthy foods for your baby when they begin to eat solid food:**

<b>Soft Food</b>	<b>Finger Food</b>
<ul style="list-style-type: none"><li>• Applesauce</li><li>• Cooked cereal (oatmeal, cream of rice, or cream of wheat)</li><li>• Mashed noodles</li><li>• Mashed fruits and vegetables</li><li>• Mashed cooked beans</li><li>• Mashed sweet potatoes</li><li>• Pureed or mashed cooked chicken</li></ul>	<ul style="list-style-type: none"><li>• Unsweetened round cereal and puffs like Cheerios</li><li>• Cooked soft vegetable pieces (carrots, green beans, peas, and potatoes)</li><li>• Peeled soft fruit wedges or small pieces (peach, pear, melon, and banana)</li><li>• Small, tender pieces of cooked and ground shredded meat.</li></ul>

**REMEMBER to check with your baby's doctor BEFORE introducing solid food.**

# Reading Skills

Learning to read and write happens long before kindergarten. Babies are born learning. Infants and toddlers learn through play, exploration of their environment and, most importantly, through their interactions with the significant adults in their lives. As parents, you are your child's first teacher.

Reading to your baby is an important form of stimulation. Introducing your baby to reading teaches them about communication and begins to teach concepts such as numbers, letters, colors, and shapes in a fun way. Hearing new words and sounds builds listening, memory, and vocabulary skills. Sit down and read with them for at least 20 minutes a day. If they can't be still and pay attention for that long start with five or ten minutes and work your way up.



Your local libraries are a great place to get fun and silly books to read with your children. Ask your local library about story times, summer reading programs, and other fun activities. These can be a great benefit for your child to help prepare them for kindergarten. Many libraries have baby story time, see the list of resources in the back of this book to contact libraries and ask about story times.

**Here is a list of great books to begin reading to your Child.**

Corduroy	Don Freeman
The Very Hungry Caterpillar	Eric Carle
My Very First Mother Goose	Iona Opie
Whose Toes are Those?	Sally Symes
In the Garden	Elizabeth Spurr
Goodnight Moon	Margaret Wise Brown
Five Little Monkeys Jumping on the Bed	Eileen Christelow
Guess How Much I Love You	Sam McBratney
Dear Zoo	Rod Campbell
Are You My Mother?	P.D. Eastman

**Polk County Libraries**

Independence Public Library 175 Monmouth St, Independence	<a href="http://www.ci.independence.or.us/library">http://www.ci.independence.or.us/library</a>	503-838-1811
Monmouth Public Library 168 Ecols St S, Monmouth	<a href="http://www.ci.monmouth.or.us/">http://www.ci.monmouth.or.us/</a>	503-838-1932
Dallas Public Library 950 Main St, Dallas	<a href="http://www.ci.dallas.or.us/102/Library">http://www.ci.dallas.or.us/102/Library</a>	503-623-2633
Wagner Community Library 111 N Main St, Falls City	<a href="https://www.facebook.com/WagnerCommunityLibrary">https://www.facebook.com/WagnerCommunityLibrary</a>	503-787-3521 ext 319
West Salem Public Library 395 Glen Creek Rd NW, Salem	<a href="http://www.cityofsalem.net/Departments/Library/Pages/home.aspx">http://www.cityofsalem.net/Departments/Library/Pages/home.aspx</a>	503-588-6315
Amity Public Library 307 Trade St, Amity	<a href="http://www.ci.amity.or.us/">http://www.ci.amity.or.us/</a>	503-835-8181
Sheridan Public Library 142 NW Yamhill St, Sheridan	<a href="http://www.cityofsheridanor.com/library">http://www.cityofsheridanor.com/library</a>	503-843-3420
Willamina Public Library 382 C St, Willamina	<a href="http://willamina.ccrls.org/">http://willamina.ccrls.org/</a>	503-876-6182
Confederated Tribes of Grand Ronde Library	<a href="http://www.grandronde.org/departments/education/library/">http://www.grandronde.org/departments/education/library/</a>	800-422-0232 or 503-879-5211

# Resources

## Mid-Valley Parenting

Parent information, education, and resources 182 SW Academy St, Suite 220 Dallas OR 97338	<a href="http://www.midvalleyparenting.org">http://www.midvalleyparenting.org</a>	503-623-9664 ext 2368
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## 211 Information

Childcare/ Preschool information	<a href="https://www.211-info.org">https://www.211-info.org</a>	211
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## Women, Infants and Children (WIC)

Polk County WIC Office 182 SW Academy St, Suite 302 Dallas OR 97338	<a href="http://www.co.polk.or.us/ph/wic-women-infants-children">http://www.co.polk.or.us/ph/wic-women-infants-children</a>	(503)623-8175
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## Family Building Blocks (Playgroups and Respite Care)

Gracie's Place 1135 Edgewater St. NW Salem, OR 97304	<a href="https://www.familybuildingblocks.org/">https://www.familybuildingblocks.org/</a>	(503)363-3057
Academy Building 182 SW Academy St. Ste 110 Dallas, OR 97338	<a href="https://www.familybuildingblocks.org/">https://www.familybuildingblocks.org/</a>	(503) 877-8473

## Oregon Child Development Coalition

Early Head Start and Head Start Migrant programs and Migrant season programs 535 G Street Independence OR 97351	<a href="http://www.ocdc.net/">http://www.ocdc.net/</a>	(503) 838-2745
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## Community Action Early Head Start and Head Start

273 Southwest River Drive, Dallas OR 97338	<a href="http://www.mwvcaa.org/CAHS/CAHS_home.html">http://www.mwvcaa.org/CAHS/CAHS_home.html</a>	(503) 581-1152
246 I Street Independence OR 97351	<a href="http://www.mwvcaa.org/CAHS/CAHS_home.html">http://www.mwvcaa.org/CAHS/CAHS_home.html</a>	(503) 581-1152

## Grand Ronde Early Head Start

Early Childhood Education Grand Ronde, Oregon, 97347	<a href="http://www.grandronde.org/departments/education/early-childhood-education/">http://www.grandronde.org/departments/education/early-childhood-education/</a>	1-800-422-0232 ext. 2287
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**1-2**  
year olds

# Learning With Your Child



***You'll be amazed!***

# Social and Emotional Skills

Helping your child develop their social and emotional skills will prepare them to move throughout life with ease. It will also allow them to make friends, express their feelings, and become more independent.

Here is a list of things that your child should develop over the next year or two. Again, if your child does not have these skills there is no need to worry;

**REMEMBER** each child develops differently. If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.

## At 1 year your child will:

- Have favorite things and people,
- Hand you a book and want you to read it,
- Cry when Mom or Dad leaves.

## By 18 months your child:

- Repeats sounds or actions to get attention.
- Will begin to say "No" to commands.
- Shows objects to other people.
- Shares a piece of food.
- Understands and respond to commands.

# Encourage Group Play and Playdates


Beginning at the age of one, most young toddlers enjoy playing near peers. Playdates, park gatherings, preschool, and family events are wonderful opportunities to develop your child's social

skills. These skills, include self-control and making friends, and helps children succeed in both school and life.



# Create a Smiley Chart

Create a chart to help remind your child of appropriate behaviors that they will need as they grow up. Draw a smiley face in the appropriate box every time your child successfully completes a task. Even though children are young, getting them started with this will help them learn and grow.

Says "Please" and "Thank You"	Covers mouth when coughing or sneezing	Helps brush teeth	Washes hands	Helps clean up toys
				

# Use Imagination

Provide simple props such as make believe, dress-up and role playing games, old shoes, dresses, clothes etc. Interact with your child and allow them to play with friends and or siblings.



# Rough Twos

Around two years of age, children begin to assert their independence. This may start before your child turns two, and last until they are older than two. All children experience these times of frustration and react differently. Some may be more challenging than others, depending on the child. Here are some tips you can use to get you and your child through these rough patches. Refer to resource guide for parenting classes & more information.

## Managing Temper Tantrums



- Keep Calm.
- Avoid reinforcing behavior.
- After tantrum provide reassurance and guidance to child.
- Use calm and relaxed tone and teach child how to communicate feelings with words.

## Temper Tantrums in Public

- Remove child from situation.
- Give positive guidance as you would at home.

## Preventing Tantrums

- Pay attention to your child's verbal and nonverbal cues.
- Always have a snack ready if child is hungry.
- Let child nap if they are tired.

## Discipline



- Positive discipline to teach children right from wrong.
- Give child options for them to make decisions and take control of their actions at any time.
- Tell your child what to do instead of what NOT to do.

# Language Skills

Many parents and caregivers are unsure how they can help their child develop language skills. Hold your child and read to them everyday. Developing language and reading skills begins at birth through everyday loving interactions such as sharing books, telling stories, singing songs, and talking to one another.

**Here are some ways you can strengthen your child's language skills:**

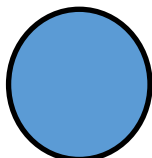
Practice	Description
1. Get chatty	Engaging in conversation with children.
2. Be a commentator	Giving descriptions of objects, activities, or events.
3. Mix it up	Using different types of words and grammar.
4. Label it	Providing children with the names of objects or actions.
5. Tune in	Engaging in activities or objects that interest children.
6. Read interactively	Using books to engage children's participation
7. Read it again, and again, and again!	Reading books multiple time
8. Props, please!	Introducing objects that spark conversations.
9. Make music	Engaging in musical activities.
10. Sign it	Using gestures or simple signs with words.

# Introducing Shapes and Colors

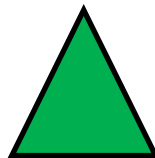
Here are 4 basic shapes and colors that you can begin to introduce to your child. Help them learn the colors and shapes by describing each and pointing them out. Then have your children begin to point them out.



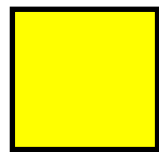
**Rectangle**



**Circle**



**Triangle**



**Square**

# Physical Skills

As your child grows their physical skills will increase. Physical development is not only important for helping children increase their skills, but also for organizing their behaviors. Children are more than busy when they are playing. When your child plays with you they are also learning that they are loved, important, and fun to be around. Playing and running around or doing whatever they are doing easily tires them out. Just remember to be gentle and have fun!

Here is a list of things that your child should develop over the next year or two. Again, if your child does not have these skills there is no need to worry; **REMEMBER** each child develops differently. If you have concerns about your child's development please speak with your child's doctor or call Willamette Education Service District at 503-588-5330.

## Your Child:

- Can walk better with feet more parallel
- Can help undress themselves
- Most likely will be able to seat self into a chair
- Can drink out of a cup and use spoon on their own

# Make an Obstacle Course

Use tables, chairs, pillows, and boxes to make an obstacle course. Your child can practice crawling or walking, which is great for strength, balance, body awareness, and coordination. Adding a step stool that is only 2-4 inches tall into the mix would be a good idea as well.



Adding a step stool that is only 2-4 inches tall into the mix would be a good idea as well.

# Get Child Up and Moving!

Playing music, dancing, going outside to play, or taking kids to the park are all great ways to get them moving. Getting your child up to dance around or play can increase many physical skills including:

- Balance
- Body awareness
- Bilateral coordination
- Fine motor development



## Explore New

- Musical instruments
- Sand/water play
- Art activities, such as painting or chalk
- Toy cars or trains, with one available for each child
- Pop-beads or chunky interlocking plastic blocks
- Plastic spoon and cup
- Blocks and bucket
- Nesting cups/rings or shape sorters
- Toys with button to push, switch, zippers, and dial to turn
- 4-6 piece simple wooden puzzles

**Allow children figure out how to use toys. Give them pointers after they have had time to experiment on their own.**



# Body Awareness

Teach your children about their body and how it works. Use this diagram to help identify different body parts. This can help children see how all of the body parts are connected.



Sing a song to get your child interested and involved with finding their body parts. Here is a basic song that you can use, feel free to sing it in your own fun and exciting way!

***Where is your nose? Where is your nose?***

***Here it is. Here it is.***

***Touch it with your finger. Touch it with your finger.***

***Just like me. Just like me.***

***(substitute different body parts for each verse: eyes, ears, tummy, toes, etc.)***



# Reading Skills

*Here is a list of books that are great to read with your child!*

Guess How Much I Love You	Sam McBratney
Whistle for Willie	Ezra Jack Keats
Press Here	Hervé Tullet
Where the Wild Things Are	Maurice Sendak
Use Your Words, Sophie	Rosemary Wells
Old MacDonald Had a Farm: Sing Along With Me!	Nosy Crow
Faster, Faster Nice And Slow	Nick Sharratt
I'll See You in the Morning	Mike Jolley
Goodnight Moon	Margaret Wise Brown
Chicka Chicka ABC	Bill Martin Jr.

## Encourage Reading

Learning to read and write happens long before kindergarten. Babies are born learning. Toddlers learn through play, exploration of their environment and, most importantly, through their interactions with the significant adults in their lives. As parents, you are your child's first and most important teacher.

**Here are some ways you can help build your child's reading skills:**

- As you read together, point to letters and words on the page.
- Read with your child in the language you know best.
- Read signs while you go for a walk or are driving in the car with your child.
- When you see the first letter of your child's names point it out.
- When you are reading with your child ask them what they think will happen next in the story before moving onto the next page.
- Encourage your child to "read" the story to you. It is ok if the words are not correct and they are just basing the story on the pictures.

# Drawing Skills

Writing is an area that will develop quickly as children grow up. In order to help you understand what stage one of writing and drawing looks like, we have provided you with art samples from children at age 1-2.

Help encourage your child to scribble and draw by having crayons, and paper in your home. Scribbling leads to writing, so be sure to give your child plenty of time to scribble and draw. Let your child see you write in the language you know best. Other ways to make drawing fun include using sidewalk chalk or shaving cream.

**REMEMBER, each child develops differently** so try not to compare your child's writing to another child's. If you have concerns about your child's writing you can speak with your child's teacher or contact Willamette Education Service District at 503-588-5330.



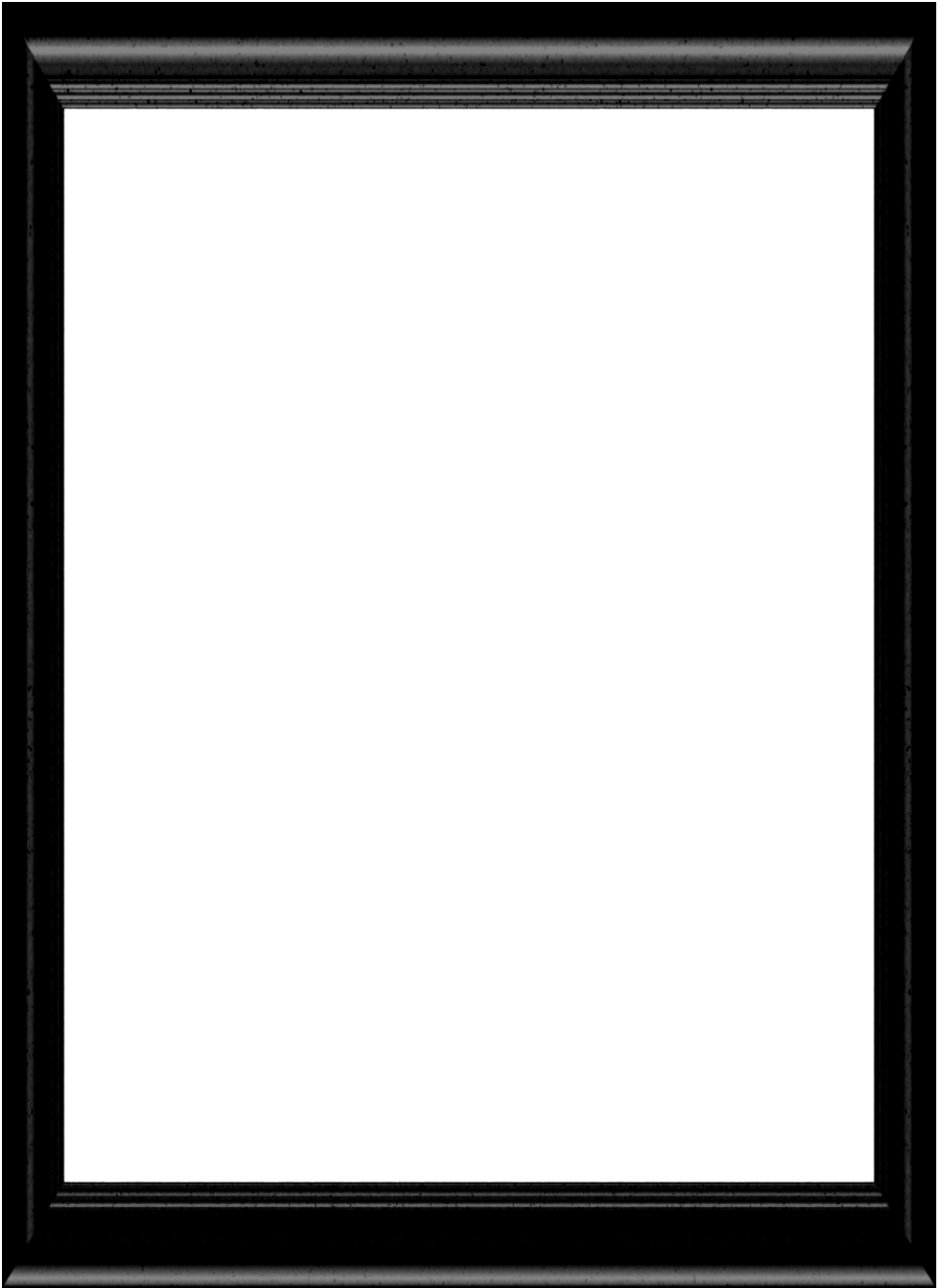
## Creative ways to practice writing include:

- Placing a foam shaving cream on a table or window and let your child draw in it.
- Use sidewalk chalk when the weather is nice.
- Let your child window paint by mixing washable tempura with dish soap. Give your child a paintbrush and create a masterpiece.



These are typical drawings from ages 1-2 years old.





Have your child draw a picture here.

# Cook With Your Toddler

Let your child help you measure, stir, and pour ingredients while you cook. Talk through what you are doing to help them learn new vocabulary and experience measuring while learning numbers as well.



## Fine Motor Activities

Make a small ball of masking tape—good finger exercise

Give your baby a sponge, washcloth or soft ball to play with in the bath— show baby how to squeeze the water out.



# Fun and Easy Art Projects



## What you need

- Cake pan
- Salt
- Food coloring or water colors
- Paint brushes, small spoons
- Ice cube tray
- Bowl of warm water
- Shallow baking dish
- Plastic tablecloth or towels (to protect work area)

## Steps

1. Make ice in freezer before experiment.
2. Pour salt over ice.
3. Let children paint from ice tray full of water colors or food coloring.
4. Watch ice melt and colors spread.

# Puffy Painting

## What you need

- 1 tbsp self-rising flour
- Food coloring
- 1 tbsp salt
- Little bit of water (start with 1/4 tsp per color)

## Steps

1. Combine your flour and salt in a small bowl. Add a little bit of water and stir until you get a smooth, thin paste (about the same consistency of stirred yogurt). Add your food coloring, and mix well.
2. Paint onto card stock or cardboard.
3. Put in microwave for 30 seconds and watch it rise!



Let children use different size brushes to make smaller and bigger lines.

Let your child paint with water on a blank piece of paper. You can also go outside and let your child paint on the sidewalk, walls or fence with water. It is fun to paint and watch the water disappear!



# Play Dough Recipe

What you need	Steps
<ul style="list-style-type: none"><li>• 1/2 cup water</li><li>• Food coloring</li><li>• 1 cup flour</li><li>• 1/2 cup salt</li></ul>	<ol style="list-style-type: none"><li>1. Add water and food coloring to a bowl and mix together.</li><li>2. Stir salt and flour into the bowl to mix with colored water</li><li>3. Once dough clumps together, form into a ball</li></ol> <p><i>If dough is too sticky, add in a little extra salt and flour</i></p>



*Playing with each substance will help with sensory skills.*



## Oobleck

What you need	Steps
<ul style="list-style-type: none"><li>• 1/2 cup cornstarch</li><li>• 1/4 cup water</li><li>• A couple of drops of food coloring</li></ul>	<ol style="list-style-type: none"><li>1. Add the food coloring to water.</li><li>2. Put the cornstarch in cup, bowl, or tray.</li><li>3. Stir the water into cornstarch.</li><li>4. Play with oobleck! Let it drop off your fingers, but then watch as you can form a ball with it.</li><li>5. Is it a solid or a liquid?</li></ol>

# Resources

## Mid-Valley Parenting

Parent information, education,  
and resources

182 SW Academy St, Suite 220

Dallas OR 97338

<http://www.midvalleyparenting.org>

503-623-9664  
ext 2368

## 211 Information

Childcare/ Preschool information

<https://www.211-info.org>

211

## Women, Infants and Children (WIC)

Polk County WIC Office

182 SW Academy St, Suite 302

Dallas OR 97338

<http://www.co.polk.or.us/ph/wic-women-infants-children>

(503)623-8175

## *Family Building Blocks (Playgroups and Respite Care)*

Gracie's Place

1135 Edgewater St. NW

Salem, OR 97304

<https://www.familybuildingblocks.org/>

(503)363-3057

Academy Building

182 SW Academy St. Ste 110

Dallas, OR 97338

<https://www.familybuildingblocks.org/>

(503) 877-8473

## *Oregon Child Development Coalition*

Early Head Start and Head Start  
Migrant programs and Migrant  
season programs

535 G Street

Independence OR 97351

<http://www.ocdc.net/>

(503) 838-2745

## *Community Action Early Head Start and Head Start*

273 Southwest River Drive,

Dallas OR 97338

[http://www.mwvcaa.org/CAHS/CAHS\\_home.html](http://www.mwvcaa.org/CAHS/CAHS_home.html)

(503) 581-1152

246 I Street

Independence OR 97351

[http://www.mwvcaa.org/CAHS/CAHS\\_home.html](http://www.mwvcaa.org/CAHS/CAHS_home.html)

(503) 581-1152

## *Grand Ronde Early Head Start*

Early Childhood Education

Grand Ronde, Oregon, 97347

<http://www.grandronde.org/departments/education/early-childhood-education/>

1-800-422-0232  
ext. 2287



## ***Polk County Libraries***

Independence Public Library 175 Monmouth St, Independence	<a href="http://www.ci.independence.or.us/library">http://www.ci.independence.or.us/library</a>	503-838-1811
Monmouth Public Library 168 Ecols St S, Monmouth	<a href="http://www.ci.monmouth.or.us/">http://www.ci.monmouth.or.us/</a>	503-838-1932
Dallas Public Library 950 Main St, Dallas	<a href="http://www.ci.dallas.or.us/102/Library">http://www.ci.dallas.or.us/102/Library</a>	503-623-2633
Wagner Community Library 111 N Main St, Falls City	<a href="https://www.facebook.com/WagnerCommunityLibrary">https://www.facebook.com/ WagnerCommunityLibrary</a>	503-787-3521 ext 319
West Salem Public Library 395 Glen Creek Rd NW, Salem	<a href="http://www.cityofsalem.net/Departments/Library/Pages/home.aspx">http://www.cityofsalem.net/Departments/Library/ Pages/home.aspx</a>	503-588-6315
Amity Public Library 307 Trade St, Amity	<a href="http://www.ci.amity.or.us/">http://www.ci.amity.or.us/</a>	503-835-8181
Sheridan Public Library 142 NW Yamhill St, Sheridan	<a href="http://www.cityofsheridanor.com/library">http://www.cityofsheridanor.com/library</a>	503-843-3420
Willamina Public Library 382 C St, Willamina	<a href="http://willamina.ccrsls.org/">http://willamina.ccrsls.org/</a>	503-876-6182
Confederated Tribes of Grand Ronde Library	<a href="http://www.grandronde.org/departments/&lt;br/&gt;education/library/">http://www.grandronde.org/departments/ education/library/</a>	800-422-0232 or 503-879- 5211

***REMEMBER: You are not alone. There are people and resources available to make it easier. IT IS OKAY TO ASK FOR HELP!***

# ***NOTES***

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**182 SW Academy St, Suite 220**

**Dallas, OR 97338**

**503-623-9664 ext. 2368**

**[www.midvalleyparenting.org](http://www.midvalleyparenting.org)**



**<https://www.facebook.com/MidValleyParenting>**