

St. Valentine

Baby Blurbs

with slow stroller



Getting Active With Your Baby

These days, parents seem to be too busy with child care matters or work-related stuff to even think about adding exercise into their daily routine. A lot of people would use the reason that they simply do not have enough time on their hands, which is why keeping an active lifestyle is out of the question. However, if you are a busy parent juggling tasks, there is still a way for you to stay fit, and spend quality time with your **tots. It isn't that hard to do, really!**

For moms and dads who need some ideas on what exercises to do with their babies, here are some useful hints:

1. Play time can be made into exercise time. Whether you are outdoors or indoors, you can integrate movement in the games you play. With a simple toy like a ball, you and baby can have a fun workout, which can also teach your child coordination and improve his motor skills.

2. **TV time doesn't have to be sedentary.** When you spend time together enjoying your baby's favorite TV shows, you don't have to be sitting around doing nothing for an hour or so. **Most kids' shows today feature dance movements and fun music, so encour-**

age your baby to dance along with you!

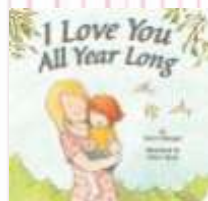
3. For parents who have small infants, it is highly encouraged to get a baby **carrier so you can "wear"** your baby and take him with you wherever you go. Think of it as a sort of weight training, which also helps develop closeness and security with the baby.

4. Chore time can also be an opportunity to work out. Whether you are running errands at the grocery store or picking up the dry cleaning, use this as a time to keep walking

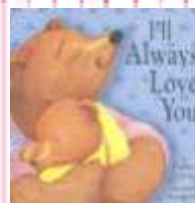
and moving. If you have a baby carrier or a baby stroller, you can tote baby along with you in all your activities.

5. Speaking of baby strollers, have you ever considered getting a jogging stroller? These strollers make it possible for active moms and dads to have more vigorous workouts like brisk walking and running, while keeping their babies comfy and safe.

Book picks for February



Steve Metzger
E Met



Paeony Lewis
E Lew



Robert Munsch
E Mun



Mr. Groundhog
down below
Pop up through the
fluffy snow
See his shadow
watch him go.
Winter's here to stay
OH NO!!!
Mr. Groundhog
down below
pops up through the
fluffy snow
Wide awake he wants
to play
Spring is on it's way
HURRAY!!!

Baby First-Steps
Story Time for Feb-
ruary is "Roses are
Red, Violets are
Blue" And will fo-
cus on colors, emo-
tions, and family
relationships.

Craft Time!

Sensory Bottles

Your babies will LOVE these easy-to-make "discovery" toys! You will need:

- Empty plastic bottles, labels removed, preferably 24oz. so that they will be easier to hold
- Hot glue gun
- Water
- Baby oil
- Corn syrup
- Food coloring
- Glitter
- Rice
- Small toys or objects such as shells, paper clips, beads, or buttons.

Bottle 1: Lava Bottle

- Fill bottle half-way with water, and add your food coloring of choice. Finish filling the bottle with baby oil and hot-glue the lid on. The bottle will produce a "lava" effect when tilted! If this is a hit with your little one, consider making multiple bottles in different colors.

syrup makes the objects fall slowly for a dazzling effect.

Bottle 3: Quick Sand Discovery Bottle

- Fill 3/4 the bottle with rice. Add small items such as dice, toys, buttons, etc. Hot glue lid on. Spinning the bottle will reveal the different objects to the surface of the rice.

Bottle 2: Snow Globe Bottle

- Fill the bottle half with water, half with corn syrup. Add glitter and other objects such as confetti or light beads. Hot glue lid on. The corn

Prepare a Sweet Treat for Baby this Valentine's Day!

Baby's Banana Custard (6 months+)

- 2 egg yolks, beaten
- 8 fl oz (1 cup) whole (full fat) milk, breast milk or formula
- 1 tsp vanilla extract
- 1 small, ripe banana, mashed

Preheat oven to 350 degrees (180 deg C). Spoon the mashed banana into the bottom of a small oven-proof dish. Stir together the beaten egg yolk, vanilla essence and milk. Pour the mixture over the mashed banana. Take a baking pan with

sides and sit the oven-proof dish in the middle. Pour hot water into the baking pan until it comes about halfway up the sides of your oven-proof dish. Bake for approximately 30 minutes, until the custard has set, then cool and refrigerate. Serve chilled!

Let's Sing Together !

I'm a Valentine for
You

*Sung to: "She'll be coming
round the mountain"*

- I'm a teeny tiny valentine for you, (Use a tiny, squeaky voice)
- I'm a teeny tiny valentine for you,
- I'm a teeny tiny valentine,
- I'm always yours, will you be

mine?

- I'm a teeny tiny valentine for you.
- I'm a medium-sized valentine for you, (use medium voice)
- I'm a medium-sized valentine for you,
- I'm a medium-sized valentine,
- I'm not too big and that's just fine
- I'm a medium-sized valentine for you.

- I'm a great big valentine for you. (use loud voice)
- I'm a great big valentine for you.
- I'm a great big valentine, And I will love you all the time.
- I'm a great big valentine for you.