



Healthy Families Skyline CAP

December 2022 Newsletter

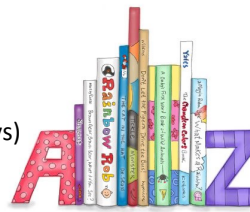
Age Appropriate Toys

We always want to spoil our loved ones with an awesome gift, especially our children, however we need to make sure those gifts are age-appropriate. *For families with financial struggles, remember to look into Toys for Tots, your local food pantry, and/or your local Social Services*

Here are a few ideas:

Birth—6 Months

- Things baby can reach, hold, suck, or shake (rattles, large rings, squeeze toys)
- Things to listen to (books, music, poems)
- Things to look at (pictures or an unbreakable mirror)



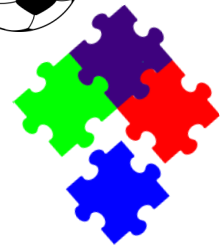
7 Months—12 Months

- Things for pretend play (baby dolls, puppets, plastic vehicles, water toys)
- Things to drop, pick up, or build with (large beads or nesting toys, soft/wooden blocks)
- Things to use their large muscles (large balls, push toys, large soft items to crawl over/under)



1 year old

- Board books
- Things to create with (non-toxic washable markers, crayons, large paper)
- Things to Imagine with (dolls, dress-up, toy phones)
- Things to use their small and large muscles (puzzles, interactive toys, large and small balls)



2 year old

- Things for problem solving skills (objects to sort, puzzles with 4-12 pieces, and blocks that snap together)
- Picture books with more detail
- Things to create with (paint and paint brushes, finger paint, chalk with a chalkboard)
- Things to use small/large muscles (ride-on equipment, tunnels, pounding/hammering toys)



3-6 year old

- All of the above and Puzzles with 12-20+ pieces



Finding Peace During the Holidays

For many families, tis the season to be stressed, not to be jolly. Demands for overspending, stress about finding the right gifts, and expectations for big happy family togetherness can be stressful.

Remember, the real gifts of the season are not wrapped under the tree.

- ▲ Choose peace and joy over perfect decorations.
- ▲ Simplify, slow down, and have realistic expectations.
- ▲ Fix hot chocolate and play holiday music.
- ▲ Give homemade art, crafts, or baked goods as gifts.
- ▲ Check the newspaper or Internet for free activities.
- ▲ Visit a nursing home and sign holiday songs.



Some have difficult experiences and memories associated with the holidays. This season can feel very lonely for those who have lost or are unable to visit loved ones, remember you are not alone. If you or anyone you know is struggling please reach for help.

National Suicide Prevention Hotline: 988 Warm Line: 866-400-MHAV (6428)

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Happy Birthday to all December Birthday's and Newborns!!



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Important dates this month:

December 13th: Saint Lucia/Lucy's Day	December 24th: Christmas Eve
December 18th: Start of Hanukkah	December 25th: Christmas Day
December 21st: Start of Winter Solstice/ First Day of Winter	December 26th: Start of Kwanzaa
	December 31st: New Years Eve