

July is Purposeful Parenting Month

The U.S. Department of Health and Human Services designated July as Purposeful Parenting Month. Purposeful parenting is all about being an active and engaged parent and building strong, positive, and functional families. Purposeful Parenting is working to meet the needs of your child in positive, age-appropriate ways.

In July we want to highlight some of the ways you can practice purposeful parenting. It's something that takes time and effort, but the rewards you'll see are worth it.

- Learn what to expect at different ages and stages of your child's life. Provide your child with the right balance of care and challenges. www.centerforparentingeducation.org/library-of-articles/child-development/child-development-by-age

- Be engaged with your child. Even if it's only a short time each day, make time to give your child your undivided attention every day. Invite them to "help" you with chores like cooking or laundry. Sing and talk together during bath time. Have a family meal together. [Bright by Text](#) offers free activities and resources tailored for your child's age! Simply text **ELHKIDS** to **274448**



- Make space for play. Play is serious business for children. They use play to learn about the world and themselves. Watch your child play, and learn what is important to them. Create space in your home where children can play without worrying about making a mess or breaking something valuable. Find toys that are safe for your child's age/stage and that helps them learn and grow.

www.zerotothree.org/resources/2144-let-s-play-how-your-child-learns-and-grows-through-play-from-birth-to-three



- Remain calm when your child's behavior is challenging. It can be hard to remain centered when your child's behavior is making YOU feel like having a tantrum. But your child is looking to you to see how to behave and may also need help calming down. Finding ways to stay calm will help you act with purpose rather than react.

www.care.com/c/stories/5168/dealing-with-difficult-child-behavior-6-ways/

- Set Nutrition Goals. Taking charge of your child's nutrition helps them grow strong and healthy now and helps them form good habits for life. Whether it's a simple diet change, more meals cooked at home, or even getting some nutrition education to help you make better choices, what you and your children eat is important. <https://foodhero.org/>

• Create A Safe Environment. As a parent, you also need to create a safe environment for children to grow up in. This might mean identifying and removing the influence of drugs and alcohol, checking your smoke detectors, getting a car seat inspection, or baby-proofing your house. A safe child is a happy child!

www.healthychildren.org/English/ages-stages/baby/Pages/Safety-for-Your-Child-Birth-to-6-Months.aspx



Summer Reading

Reading with your child has many benefits. Reading books together can help the child learn listening skills, encourage thinking and language skills, expand their vocabulary and increase their attention span. Reading together can also give your child's social and emotional development a boost.

“When you read a great book, the story becomes one of the tools that your mind uses to understand the world.” Hope Jahren, author

The more you read to your child, the more tools they have in their toolbox.

A great way to get started is with the Summer Reading program at your local library. They offer books and prizes for readers of all ages!

Benton County

<https://cbcpubliclibrary.net/summeratyourlibrary/>

Linn County

www.ci.lebanon.or.us/library/page/library-summer-reading-program-2021

www.library.cityofalbany.net/children/summer-reading/

Lincoln County

www.lincolnlibrary.specialdistrict.org/2021-summer-reading-program-in-lincoln-county-libraries

As your child grows, their love of books will change. For more information on picking out the right books for the age/stage your baby is in, visit www.zerotothree.org/resources/1833-read-early-and-often



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