

# FALLING IN LOVE

A Seasonal Newsletter for Families of Infants and Toddlers



**A SNEAK PEEK OF WHAT'S  
INSIDE:**

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## **Moving Yourself in a Positive Direction of Faith, Hope and Love in Times of Worry**

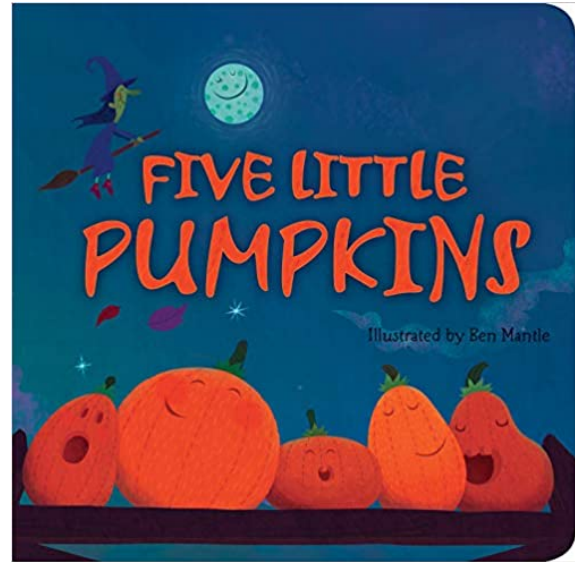
Anxiousness is a normal response to the unknown. This nervousness or fearfulness is not meant to paralyze us, only stop us to pause, think and prepare. Information in the news and other social media sources, ongoing updates from friends and family on COVID and other challenges our country and world are facing make it incredibly difficult sometimes to be still and be in the moment to just fall in love with our families, the gifts we've been given, with ourselves.

We can easily move from anxiousness to despair which is a total loss of hope. I know I have struggled immensely these past couple of years in keeping hope, being patient and trying to be still in my faith. It's not easy. But, the wonderful news is we have free will. As humans have an intellect and we can choose to look to what is good. We can choose hope, faith and love. See page 4 for some ideas to try today!

## Book Corner

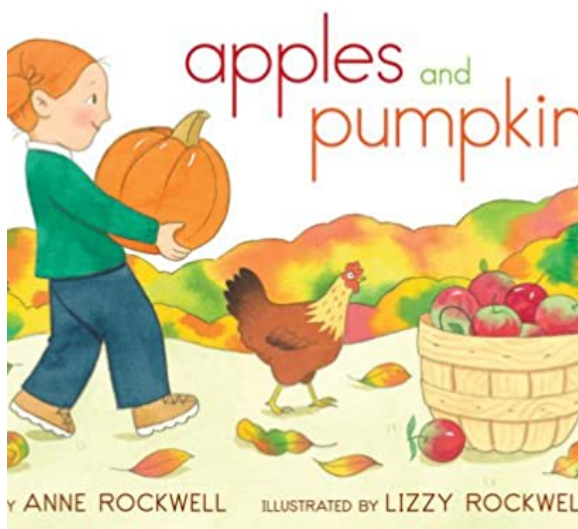
### Five Little Pumpkins

Several authors and artists have made a variety of stories about the Five Little Pumpkins. My favorite way to share this is without a book. Click Here for my "version."  
<https://youtu.be/0Cxe9CkcuSO>



### Touch and Feel Fall

This one is by Scholastic. There are many versions out there. You can make your own too, or even just collect a variety of fall items and place them in a container to explore and talk about. Crunchy leaves, poky pumpkin stems, slimy pumpkin seeds, so many options.



### Apples and Pumpkins by Anne Rockwell

I love the simplicity of the pictures and the short sentences. This book really allows for the older toddler to answer some questions and point out small details in the pictures.

REMEMBER YOUR LIBRARY - A great resource for activities, reading groups and books - all free!

## Fall Activity Ideas

### Fall leaf contact paper sun-catcher.

Cut a piece of clear contact paper and tape it to a window. I have found clear contact paper at the dollar stores. Place a bowl of leaves that you've collected nearby and stick them to the contact paper. When the child is done you could put another layer of contact paper over it to make a special sun catcher or just add and take away from their artwork over days.



### Gourds and Tubes

Sometimes we try so hard to come up with crafts for toddlers and they really learn so much by just exploring. STEM (Science, Technology, Engineering and Math) at work here. Measuring, 1:1 correspondence, textures, weights, spatial exploration!



**Indoor leaf raking.** Use leaves from the craft store, or real ones if you'd like and a toddler sized plastic rake.



These activities are meant for you and your little one(s) to enjoy together. Select a time that your child is alert and interested. Pick a good time for you too. Having fun is the #1 objective! Pick the activities that you think your child is ready for and could do safely. Remember infants and toddlers are not focused on the end product. They are in love with the process of exploring. If you need help with these activities just holler.

# LOCAL RESOURCE



<https://neco-cpc.org/>  
970-842-4324

Offering: pregnancy testing, ultrasounds, crisis counseling, prevention of domestic violence and training on sexual integrity for health, parenting support and post-abortion grief counseling.

# OTHER RESOURCES

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

This site offers developmental information on various ages as well as Act Early: Know the Signs information about Autism. The milestone tracker app allows you to use your mobile device to be able to track your child's developmental milestones.

<https://coloradocrisisservices.org/>

**1-844-493-TALK (8255)**

Colorado Crisis Services - immediate support with anxiety, suicidal thoughts, financial stresses, trouble sleeping, loneliness, COVID concerns, worry about loved ones, addiction support and more.

# WAYS TO CHOOSE HOPE

*"It is only the person who is deeply involved with life whose emotions are stirred."  
St. Edith Stein (Essays on Women)*

As parents are hearts are fashioned in ways that cause us to be deeply involved with life and therefore we particularly need to keep these emotions anchored in faith and intellect.

1. Sit or stand up straight. Take 3-5 deep breaths.
2. Go for a brief walk outside.
3. Use the 5-5-5 Method to be present. Say or think about 5 things you can see, smell, touch, hear and feel right now. Turn those into grateful statements when possible.
4. Listen to music that is calming to you. There's even calming lists on most music media stations and YouTube.
5. Move away from so many thoughts of yourself and into actions of doing something for someone else. Even small tasks can be done with great love and mean so much.
6. Plan a special activity each week that you look forward to. Little to no money is required - parks, library, country drive, play date, ice cream treat, visit family, movie night at home, a special meal you like to cook.
7. We are meant to be with others and face-to-face connection is essential to a healthy well-being. If you cannot meet with family in-person, use FaceTime or other virtual platforms.
8. Minimize input from social media and news by choosing specific times you will connect.
9. Place into your schedule even 10 minutes that you hold sacred to pray, journal gratitude, just be still and listen.
10. Start each day with 3 items on your to-do list. Only 3.
11. Reach out for help. Not sharing your hurts and worries with others can make them seem even more overwhelming.
12. Create an environment that brings you peace and calm in routines, organization, sights, smells and textures.