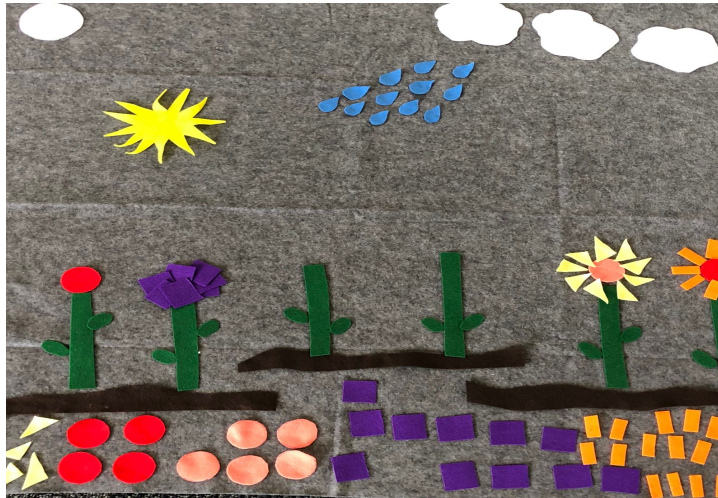


Guía Semanal ~ Weekly Resource Guide

week 6 - day 2

Las Flores



Consejos Para Padres ~ Parenting Tips

Children move through cycles throughout the years, often changing and evolving seemingly every six months. Half the year, it seems as if we are in sync with the child, with their interests, their moods, their personality. The other half of the year, it can often seem like our angel baby has left and we can be unsure if we are doing anything right. The constant change between equilibrium and disequilibrium and can be exhausting for us as parents or caregivers. It's also common for children to experience brief periods of regression immediately prior to accomplishing the next big developmental milestone. Regressions due to physical milestones could occur immediately prior to a growth spurt, prior to new teeth popping out of the gums, or prior to taking first steps. Try some of these tips to help manage and move with these natural cycles.

Stay consistent. Our role as parents is to be the consistent giver of love and affection while **maintaining firm boundaries.** Even when our child is pushing the limits and testing ours, stay firm without engaging in a power struggle. **Give limited options.** Say what you will do, then do it. It's the execution of you doing what you said you would do that provides security to your child and clearly sets the boundaries for behavior. Lousie Bates Ames, PhD discusses our changing children and their cycles in her [book series](#). She offers practical tips and reminders in being the best support for our child at each age.

Actividades para intentar en la casa ~ Activities to try at home

[Construir y jugar con formas de fieltro](#)

<p><u>Materiales</u></p> <p>Hojas de fieltro de diferente colores y cortadas de diferentes formas, incluso en círculos, rectángulos, cuadrados, óvalos, etc.</p>	<p>Con tijeras bien afiladas, corta diferentes formas y diferentes colores. Ordena las formas y colores y crea un escenario en un tablero de fieltro/felt board, o en una hoja de fieltro grande. Invita a tu niño a usar las formas para construir y formar cosas de su interés, como flores, coches o una ciudad.</p>
--	---

[Canciones Para Cantar ~ Songs to Sing](#)

<p><u>Diez deditos</u></p> <p>Uno dos, tres deditos; Cuatro, cinco, seis deditos</p> <p>Siete, ocho, nueve deditos; Y uno más son diez</p> <p>Dos manitas, diez deditos, dos manitas, diez deditos,</p> <p>dos manitas, diez deditos, cuéntalos conmigo.</p>	<p><u>Cinco Lobitos</u></p> <p>Cinco lobitos tiene la loba. blancos y negros detrás de la cola. Cinco tenía y cinco crió. Y al pequeñín sopitas le dio.</p>
--	---