

Hello, Day!



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3 Kinds of Early Risers

The sun isn't even up yet, but your child sure is! Here are some common situations and solutions.



A one-year-old usually needs about 11-12 hours of sleep at night and 2-3 total napping hours during the day. If your child is fast asleep by 7:30 p.m., it's pretty reasonable for them to pop up, fully refreshed, at 6 a.m.. To delay wake-up time, you'll need to push off bedtime—but do so gradually, only 15 minutes later each day.

If your child is waking early but then falling back asleep after breakfast, they probably didn't get enough nighttime sleep. We know it may seem strange, but try adjusting bedtime to an hour *earlier* (gradually, in 15-minute increments), and that just might do the trick.



If your child wakes up early and cranky, something else might be waking them. Does someone in your household wake early and make noise? Is a neighbor's dog barking? Does your child have a wet diaper or a grumbling belly? Many parents in this situation suggest sound-masking noise machines, room-darkening shades, no drinks after dinnertime, or a small snack before bed.

More tips and activities on our Blog: www.kindermusik.com/mindsonmusic.

Hello, Day!



What can we do in the morning? Let's greet the day with all of our senses. We'll say good morning to the sunshine, we'll blow away the morning dew, stretch our bodies high and low, and even play bathtime and laundry games.



What We're Learning

Fine-Motor Development

Because one-year-olds are celebrating big gross-motor milestones like walking and running, it's easy to overlook the amazing fine-motor skills they're also developing. The coordination of tiny muscles in the hands, fingers, and wrists that is required for your child to pick up a piece of fruit, turn the pages of a book, play a maraca, or point at a dog across the street is just as complex and important as the skills involved in learning to walk!

Learning Through the Senses

To toddlers, the world is filled with newness and wonder, and they want to see, hear, feel, smell, and taste it all! You can help your child learn about their environment by exploring the world through your senses. Slow down and talk about the sights, sounds, sensations, smells, and tastes you experience together. How will you describe the touch sensation of petting a friendly cat, or the smell of fresh fruit at the market?

Try These Together

I See a Shirt

I see a shirt! Where is it?



I see pants! Where are they?



I see pajamas! Where are they?



I see a coat! Where is it?



I see socks! Where are they?



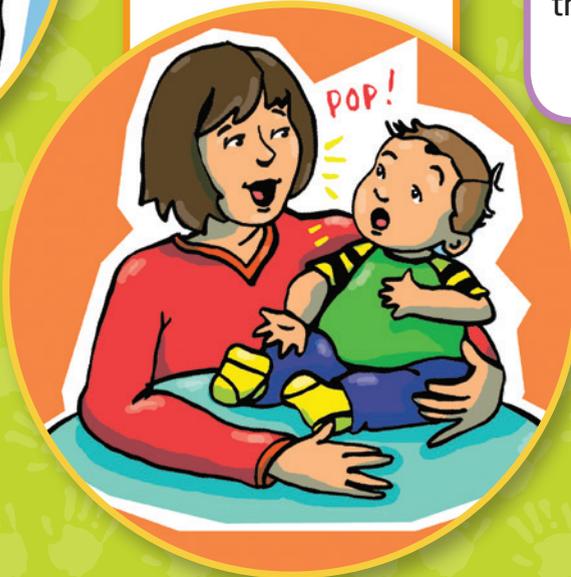
A Mouthy Breakfast

Before a child can grasp a pencil and write, the child's hand and finger muscles must develop and become coordinated. In the same way, the muscles in a child's face, mouth, lips, and tongue must develop and become coordinated in order for the child to speak. These oral-motor skills develop naturally over time for most children, but you can have some fun helping them along at your breakfast table!



Blowing helps your toddler develop breath control and strength. Can your child blow a piece of cereal from one side of a bowl to the other, without spilling?

Making popping sounds targets development of the lip muscles, as well as breath control.



Sipping from a straw coordinates mouth muscles and the movement of the tongue.



What's your favorite Kindermusik song or activity?

Post it to your favorite social media site and tag @Kindermusik!

Pete and P.J.

Written by
Cindy Bousman and Susan James

Illustrated by
Viviana Garofoli



Pete and P.J. are getting ready to take a bath.

You can listen to this story read
aloud on your Home Album!



Wishy washy, wishy washy, wishy washy, WHEE!

Pete and P.J. like to help
Mommy fill the tub.



Wishy washy, wishy washy, wishy washy, WHEE!



Pete and P.J. like to splash in the water.



Wishy washy, wishy washy, wishy washy, WHEE!



Pete and P.J. like to scrub-a-dub-dub.



Wishy washy, wishy washy, wishy washy, WHEE!



Pete and P.J. like to play “Peek-a-boo...I See You.”



Wishy washy, wishy washy, wishy washy, WHEE!





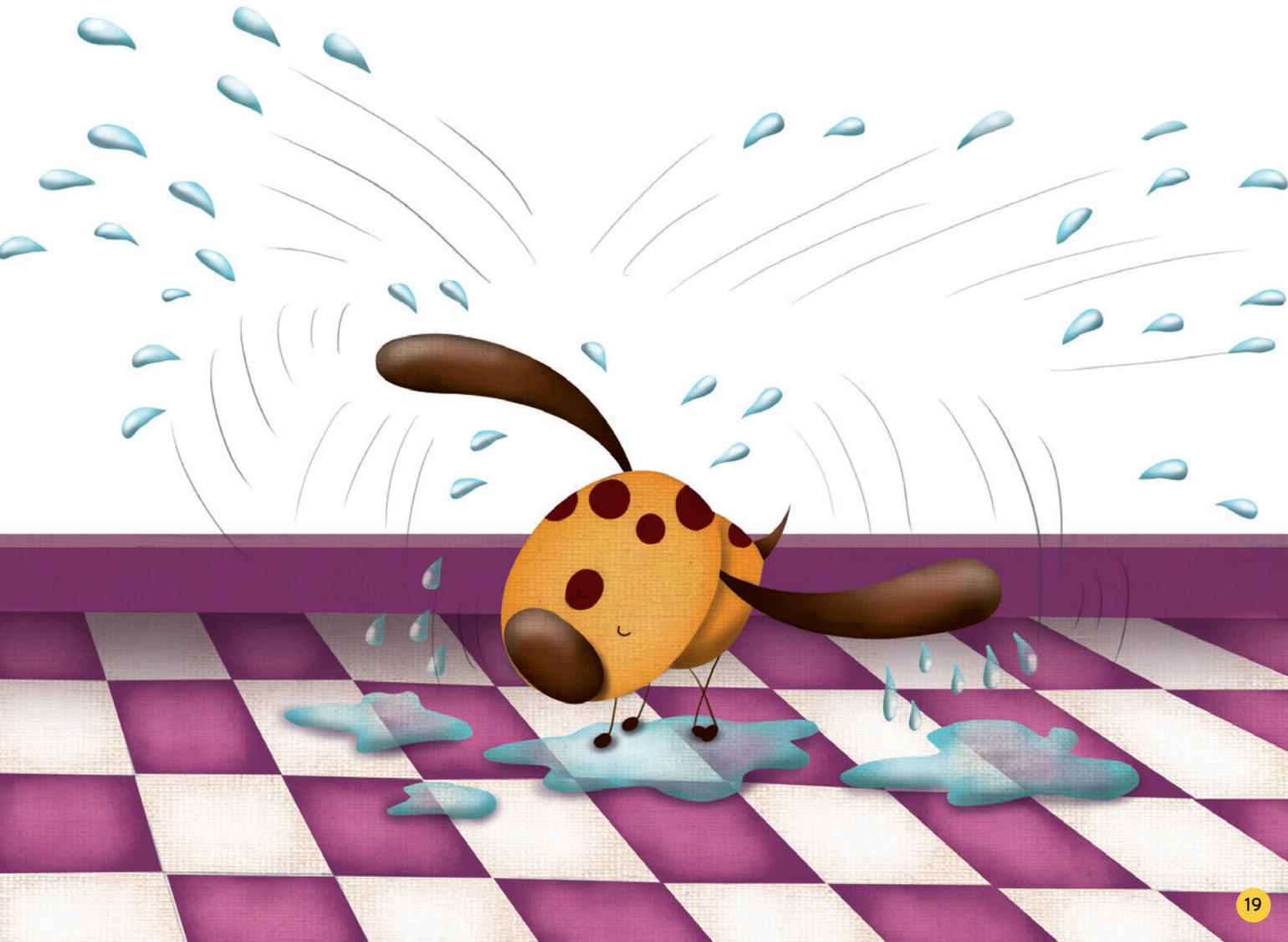
Pete and P.J. like to sail their boats.



Wishy washy, wishy washy, wishy washy, WHEE!



All Done!





We believe in every child's unique potential. Kindermusik combines the power and joy of music and movement to create transformative learning experiences. Join us as we unleash the potential and sense of wonder found in every child.

kindermusik.com

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