

# HALTON HILLS PARENTING MAGAZINE

**The Independent  
& Free Press**

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The Independent & Free Press is published every  
Wednesday and Friday at 280 Guelph St., Unit 29,  
Georgetown Ont., L7G 4B1. It is one of the newspa-  
pers published by Metroland Printing, Publishing &  
Distributing Ltd.

Halton Hills Parenting Magazine is  
published in conjunction with  
Barbara Burrows Parenting in May,  
June, August, October, November  
and April.

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## Tip for Babies – “Brainy baby games”

**W**illiam and Martha Sears, in their new book  
“The Successful Child” talk about a game  
babies (2 weeks to 2 months) love to play,  
and it won’t cost you a dime. These are facial games.

When your baby is quiet and alert, hold her  
about 8 to 10 inches away from your face  
(or what seems the best focusing distance)  
and slowly stick out your tongue, as far as  
you can. When your baby starts moving her  
tongue, or sometimes will even protrude it,  
you know you’ve registered a hit. Try the  
same game by opening your mouth wide, or  
changing the contour of your lips.

Facial expressions are contagious. You may find  
yourself yawning after watching your baby to the  
same.

Did you know that your baby can tell you when she  
has had enough game playing? She will turn away  
from you. Make sure you respect her need to rest and  
end the game when she gives the signal. Playing with  
her in a way that brings her pleasure, and knowing

when she has had enough is a wonderful way of build-  
ing a positive relationship between the two of you –  
and the better the relationship, the easier your baby  
will be to manage.

**Facial  
expressions  
are  
contagious.**



## Tip for Kids – Forewarning

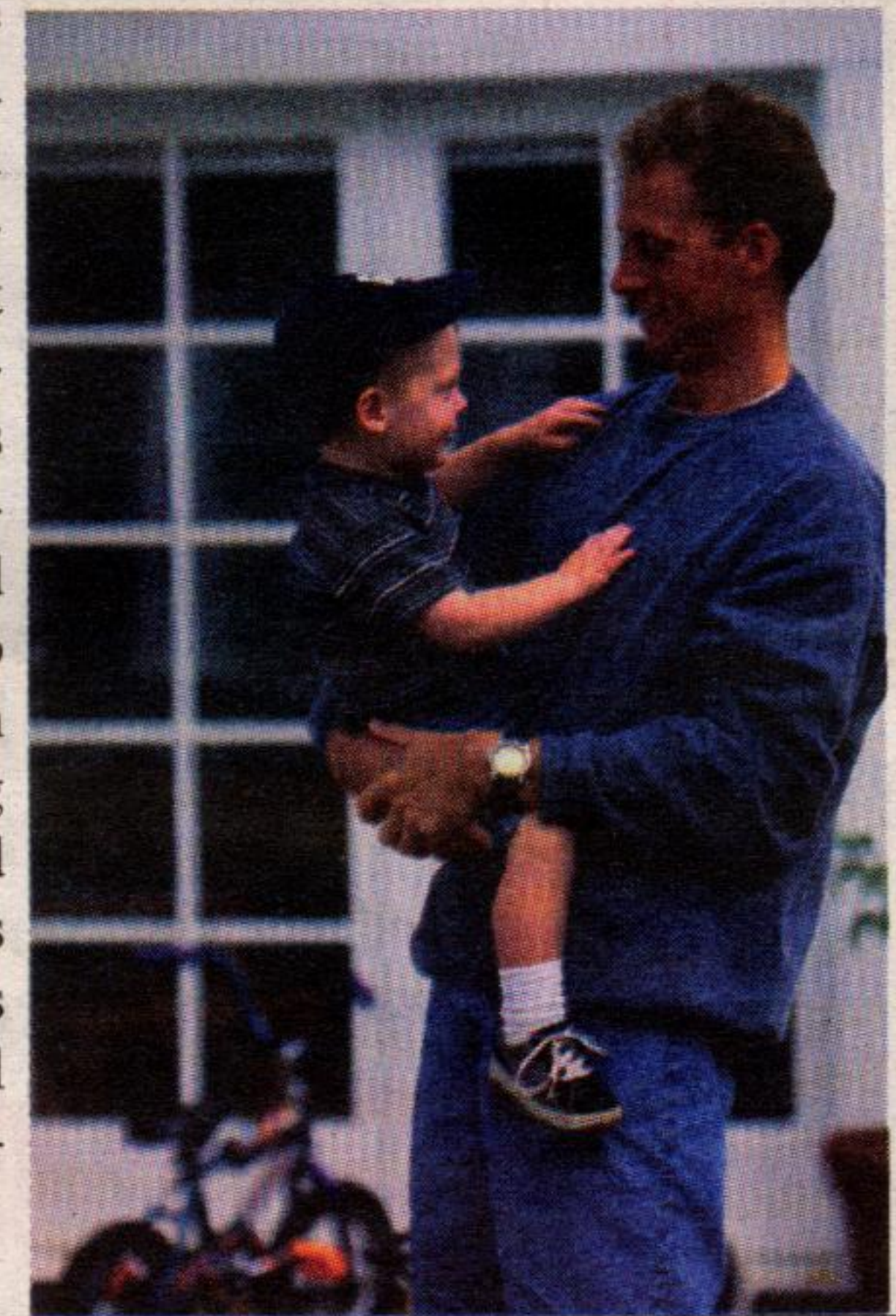
**C**hildren wake up each day with an expectations and  
plans as to how they will spend their day. These  
ideas may conflict with what parents have in mind,  
or of errands or jobs around the house the need to be done.

Mary Sheedy Kurcinka reminds us that adults can man-  
age better and feel much better about changes that impact  
on them when given ample time to adjust their own think-  
ing and the same is true for children.

Giving children forewarning requires some creative  
thought. They often have limited abili-  
ties to understand time. Todd and Kelly,  
parents in Kurcinka’s parent education  
classes, talked about their decision to  
have the whole family involved in a  
spring clean-up on the weekend. They  
talked with their children on Wednesday,  
and gave them the choice. Shall we get  
up early and work from 10 – 12, or do  
you prefer sleeping in and working from  
1-3 PM? The kids weren’t especially happy, but chose to  
work in the afternoon, and everyone knew ahead of time  
that this was expected. Another example was of a child  
who expected her father home from a business trip. Her

mother said he would be home by 7, then realized her  
daughter didn’t understand time. She added, “when you  
are having your bath”. This gave a frame of reference her  
daughter could understand.

Ms. Kurcinka sums up this idea by reminding us how  
many intrusions there  
are in a child’s idea  
of how his day will  
proceed. She sug-  
gests that  
effective fore-  
warnings  
include allow-  
ing your child  
enough time to  
prepare for an  
upcoming  
transition and  
using words  
and concepts  
that your child will  
be able to compre-  
hend.



**RESTAURANT HOURS:  
6 AM - 12 AM -  
EVERYDAY.**

**The Kids will love our**



**& YOU will love our**  **PRICING**

**LOOKING FORWARD TO SEEING ALL OUR CUSTOMERS!!!  
Dave & Lucy Beatty, Owners**

