

Dance Around All babies need plenty of cuddling time to help them feel secure and build emotional attachments to the important people in their lives. Try dancing around with baby to foster bonding and to respond to your baby's needs. If she's in a playful mood, do a gentle, silly jig together to get her laughing. If your baby's tired or upset, she might prefer a slow dance around the room to help her calm down with motion.

Clappy Clap When your baby's in a happy mood, clap her hands together, narrating what you're doing. Eventually she'll love getting your attention by making this sound all on her own.

Where's Your Nose? Want to work on developing language skills and make baby giggle at the same time? Then this silly, simple baby game is perfect for you. To help boost your baby's development, ask, "Where's your nose?" in a singsong voice. Then gently touch your baby's nose as you say, "There's your nose!" with great delight. Repeating this game and playing it with different parts of baby's body or nearby objects will help your baby start to learn the meaning of different words.

Fabric Fun with Baby When baby is little, the world is a vast sea of new sensory experiences. The best development games provide ways for your infant to explore his environment safely. Watch how your baby plays when you give him pieces of fabric with different textures -- such as burlap, corduroy, satin, and velvet -- to handle. The variety of textures will intrigue and interest him. At the same time, holding pieces of fabric and waving them around will help build muscle strength and coordination.

Shake, Rattle, and Roll There's a reason baby rattles are so popular. Not only do they help baby develop, but they're great fun to play with, too. When baby is little, try shaking her rattle as she watches you. You can then move it out of her sight and continue to rattle it after you're sure you have her attention. Pretty soon, she'll turn her head in an attempt to find the source of the rattling.



For more baby games go to:
<https://www.pampers.com/en-us/baby/activities/article/baby-games>

Contact us

Administration Office

3-406 Edmonton Street

Phone: 204.772.9091

Fax: 204.774.2161

Hours: 9am – 4pm

(Closed Weekends)

Community Resource Centre

Drop-in & Outreach Services

3-406 Edmonton Street

Phone: 204.775.9934 ext.: 106

Fax: 204.774.2161

Email: communitydropin@thrivewpg.com

Hours: 9am – 4pm (Off-site Tuesdays &

Closed Weekends)

Counselling & Wellness Programs

3-406 Edmonton Street

Phone: 204.772.9091 plus extension number

Fax: 204.774.2161

Hours: 9am – 4pm (Closed Weekends)

All areas closed from noon to 1:00 pm

Early Learning Centre and Childcare Centre

Childcare/Education/Play

100-475 Sargent Avenue

Phone: 204.779.5093

Fax: 204.774.2161

Email: karenbryce@thrivewpg.com

Hours: 9am – 4pm

For more information about our free services and programs visit our website at:
thrivewpg.com
thrivewpg.com



Thrive
Community Support Circle

406 Edmonton Street
3rd Floor



Layette Service



@THRIVEwpg



[thrivewpg.com](https://www.instagram.com/thrivewpg)

Dear New Parent:

We thought you would like to know something about the Layette you are receiving.

Women's groups from around the city and province have donated all the items to Thrive Community Support Circle Inc. Sweater sets, blankets and other items have been handmade and representing several hours of wonderful and careful work.

The Layette comes with many kind and loving wishes that your needs as a new parent(s) and the needs of your baby will be met. Please let us know if there is anything more we can help you with. We're here to answer questions, provide support, and make referrals, anything that will help you and baby succeed as a loving family.

The **Drop-in** offers a variety of family support programs including:

- ◆ Food kits (one per month)
- ◆ Hygiene items (one per month)
- ◆ Hot meal & Coffee (as available)
- ◆ Safer sex supplies
- ◆ Pregnancy tests
- ◆ Health nurse (Monday afternoons)
- ◆ Baby supplies / Layette service
- ◆ Local phone, computer and fax access
- ◆ Printing and copying
- ◆ Referrals & resources for other agencies
- ◆ Parenting classes
- ◆ Advocacy Support
- ◆ Clothing giveaways (appointment only)
- ◆ Outreach - Tuesday AM & Friday PM
- ◆ Volunteering

Inside each Layette bag, you will receive:

- 2 receiving blankets
- 1 blanket
- 1 3-month onesie
- 1 3/6-month onesie
- 1 3-month sleeper
- 1 3/6-month sleeper
- 6 newborn diapers
- 2 bibs
- 2 washcloths
- 1 outfit with socks and hat

Other accessories, if available, i.e., a toy, lotion, wipes

Note: Items may vary depending on donations.



What's the matter with baby?

1. Crying doesn't stop/baby sucks on finger ...
reason: Baby is hungry

2. Uncomfortable cry/unhappy/squirms ...
reason: Baby is wet

3. Painful cry/squirms...
reason: Baby needs to burp • place baby in a sitting position on your knee making sure that baby is secure, then proceed to rub baby's back gently.

NOTE: Breastfed babies do get gas as well.

Additional Possible Problems:

4. Painful cry/scrunches knees to chest ...
reason: Baby is full of gas • lie baby on the back and kick baby's legs alternately, or; gently raise baby's right knee to chest, alternate, etc. Gripe water or the occasional use of Oval can relieve colic or upset stomach. • Consult your baby's doctor.

5. Baby feels warm on the back of neck, and forehead.
reason: Baby is feeling ill * Considered to be normal average temperature:
Rectal temp. (37.5° C / 99.6° F) caution with glass thermometers
Oral temp. (36.5° C / 98.6° F) not recommended
Underarm (35.5° C / 97.6° F) therm. Must be free of clothing (When using a thermometer rectally it is recommended that Vaseline be used on the tip.)

Concern: Temperatures over (Birth to 1 month = 38.1° C / 100.6° F this suggests an infection, dehydration, or overdressing. If the temperature exists call the baby's doctor. Keep body temperature cool by removing layers of clothing. (For Infant Tylenol & sponge baths consult your baby's doctor). DO NOT: Cover the baby with wet clothes or towels. It will only trap heat in. *GIVE LOTS OF CLEAR FLUIDS

6. Baby is fussing / unhappy cry
reason: Baby wants comforting *wrap baby snugly in a blanket "swaddling" * rock baby * walk baby * give: a soother, blanket, teddy * listen to quiet soothing music * sing, etc. Baby was used to listening to your heartbeat and voice for nearly ten months.

7. Fussing / light sobbing
reason: Baby may be restless or bored *play with different toys and different scenery.

8. Rubs eyes/yawns/sobbing etc.
reason: Baby's tired

Fun Baby Games that can boost your child's skills and development don't need to be complicated. In fact, they shouldn't be. You may even find that many of the best games you can play with your child to help them learn about the world around them are what you already do naturally.

To help you and your baby get the most out of playtime, make sure that you recognize signs your little one is sending that indicate when it's time to play. These signals might include:

Watching you or other people with interest * Reaching out for you * Smiling * It's also important to recognize when your infant has had enough baby games and needs a break. These signs might include: Crying * Spitting up * Looking away *To help your baby have fun, bond with you, and learn about the world, try playing the following 10 development games. You may also want to come up with your own variations or combine games when you sense the baby is ready for an additional challenge.

Peek-a-Boo with Baby One of the best baby games to play with infants is also one of the easiest. Simply hide your face behind your hands and then move your hands away while you say, "Peek-A-Boo!"

Until babies are around 9 months old, they don't realize that you're still there when your face is covered. So your child will be fascinated by your disappearing and reappearing act. This baby game may even help your child become more comfortable in the world when she realizes that you'll come back even when you "go away."

After your child begins to understand the game more, he may try to "find" you by reaching for your hands when you hide. Try playing this development-boosting game to make tasks like changing diapers and getting dressed more fun for you and your baby.

Mommy See, Mommy Do Just as you can read baby's signals to know when to play baby games, you can take your lead on how to play from your little bundle of joy. For example, if your baby is vocalizing with "coos" and "ga-gas," try imitating your baby's sounds. That will help your baby develop a foundation for conversation skills. Likewise, when a baby smiles, smile back. This will help your baby develop self-confidence as he realizes that you're having fun and enjoying his company.