



PAIR

Preschoolers' Adjustment and
Intergenerational Risk

Thank you! PAIR Project Newsletter

Email pairproject@ku.edu or call
(816)420-7247

Dear PAIR Families,

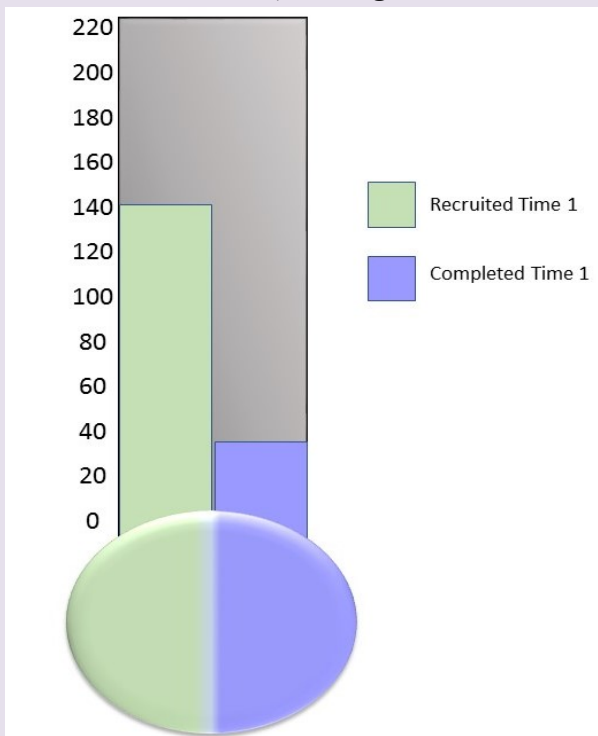
We are so excited that you are involved in our project. Thank you for completing your first appointment (time 1). Check out how many families we have recruited for the project thus far and how many have completed time 1 below! Your contribution is so important because you are helping us understand what makes children and families resilient, in spite of the challenges you may face. The information we gather from this project will help develop programs that support and promote resilience in young children! We could not do this without you. The entire PAIR team is excited to see you and your child back at your next appointment (time 2). In the meantime, we hope you enjoy this newsletter!

Sincerely,
The PAIR team



1. Create a fort out of blankets or cardboard boxes
2. Read a book together
3. Learn how to do something new using a YouTube video, like juggling
4. Write letters/draw pictures for family members
5. Create a treasure hunt for them – leave clues around the house or yard
6. Have silly races – jump like frogs, walk like crabs, hop on one foot
7. Play music and dance crazy
8. Go on a nature scavenger hunt and try to find insects and leaves
9. Make mud pies
10. Build paper airplanes and fly them

PAIR Project Progress



Start Teaching Your Kiddo to Fight Stress!

Pizza Breathing

1. Draw a large circle and have your child color in a pizza with their favorite toppings (or imagine holding a pizza in your hands)!
2. Say to your child: "Let's imagine we just got the pizza out of the oven! Breathe in through your nose to smell it." Pretend to smell the pizza while breathing in.
3. "Uh-oh, the pizza's hot! Let's blow on it to cool it off." Slowly blow on the pizza while breathing out. Repeat, breathing in and out. Teach this when your child is calm, and keep practicing when they are overwhelmed!

Video Corner

PRESCHOOL-FRIENDLY YOUTUBE CHANNELS

1. Educational:
<https://www.youtube.com/SesameStreet>
2. Fun Songs:
<https://www.youtube.com/user/yogabbagabba>
3. Cute Animals:
<https://www.youtube.com/user/houstonzoo>
4. Cartoons:
<https://www.youtube.com/cartoonnetwork>
5. World Travel, Art Projects, and Science:
<https://www.youtube.com/user/bigredhatkids>

SILLY VIDEOS FOR KIDS ON YOUTUBE

On YouTube, search for:

1. The Gummy Bear Song
2. Cat Flushing A Toilet Song
3. I Like to Move It from Madagascar 2
4. Party in My Tummy
5. Happy Hippo The Lion Sleeps Tonight

Have a Great Day Word Search – For Parents

N O T S A C S D T Z C V G A A
 A C C E P T I N G J Z N R G W
 E U H H M H C M T P O Z A L A
 T V R O U R O O L M E C T U R
 F G I M P C A A R L D R E F E
 C R O T A E U W B G E E F P C
 G R I R R T F I T N X A U L O
 D E I E I E S U E I A T L E U
 D N N R N N S D L M L I E H R
 G Q I T O D E S Y R E V R Y A
 G P X P L X L Q A I R E E P G
 S C S Z Z E P Y S F U N C P E
 G E T C E P S E R F D M N A W
 R T R U S T C J A A A R I H C
 E M P O W E R E D R B O S Z K

ACCEPTING
 AFFIRMING
 ASSERTIVE
 AWARE
 CARING
 COURAGE
 CREATIVE
 EMPOWERED
 FRIENDLY

GENTLE
 GRATEFUL
 HAPPY
 HELPFUL
 HOPEFUL
 HUMOR
 RELAXED
 RESPECT
 RESPONSIBLE

SINCERE
 SPIRITUAL
 TRUST
 WARM



Developmental Milestones for Children

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age. If you don't see these things, tell your child's doctor.

- At 6 months, most babies:
 - String vowels together when babbling (“ah,” “eh,” “oh”) and like taking turns with parent while making sounds
 - Begin to sit without support
- At 9 months, most babies:
 - Make a lot of different sounds like “mamamama” and “bababababa”
 - Stand, holding on and crawl
- At 1 year, most babies:
 - Say “mama” and “dada” and exclamations like “uh-oh!”
 - May take a few steps without holding on
- At 18 months, most babies:
 - Say several single words and point to things they want
 - Walk alone
- At 2 years, most toddlers:
 - Say sentences with 2 to 4 words
 - Begin to run

