



# Minding the Baby®

Yale Child Study Center  
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## You are invited!

March 2014

### It's time for our Yearly Minding the Baby® Reunion!

- Where? The CT Children's Museum in New Haven
- When? Thursday, April 3, 2014
- What time? Any time between 2:30 and 4:30 pm
- Why? Play with your child and catch up with us!

*Pssst...we really want to see you and your child!!* 😊



## Setting Limits For Your Children

Parents have so many jobs! They are teachers, chefs, activity leaders, nurses, and many more things!

As a parent, sometimes you need to be strong, letting your children know that you will protect them.

Sometimes you have to be strong enough to support them as they try new things.

Sometimes you need to listen. Sometimes you need to talk.

When children are upset, parents can help them to handle those BIG feelings.

*"I am your parent. I can take care of you. I can keep you safe."*

Sometimes you also need to set **limits**. You can help your child **explore**. And you can help your child with big feelings that can be hard to control.

When you set a limit or boundary for children, you are letting them know what you expect and what is okay or not okay.

Here's another way to think about how limits can help us all feel safe....



If there is a fence around a playground, children know they can play as far as the fence. They don't need to stay at the center of the playground, but they are not allowed outside of the fence. This makes parents and children feel safe. There are clear **"boundaries"** about how far they can go to play and they know where it is safe to play.

It is our job as parents and grown-ups to let children know how far they can go. You can be clear and kind while setting limits. You might say:

- "You can look at my book, but you can't tear out the pages."
- "You can tell me you are angry, but you may not hit me or your sister."
- "You can have dessert after you eat a healthy dinner."

It can be hard to keep rules and limits, but they are important. Over time, children learn what their parents are going to say before they even say it. They also learn to set limits for themselves as they think about making a choice. **Your words come to mind!**

Adapted from *The Circle of Security*®: Cooper, Hoffman, Marvin, & Powell (1998). [www.circleofsecurity.net](http://www.circleofsecurity.net)

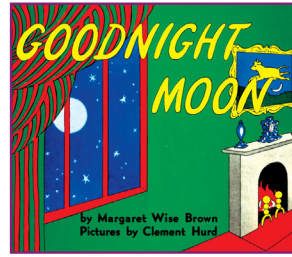


Turn over for more info about the MTB reunion on April 3rd!

## It's Reunion Time!

Join us for two hours when your children can...

- touch everything
- hear mostly "yes" instead of "no"
- run around safely and explore
- have special time with you in a place made for kids



Hope to see you there!

The Children's Building will be open for us on Thursday April 3rd.

- Drop by for free between 2:30 and 4:30 pm.
- Have a snack and take home a small gift for your child!
- Family members are welcome too!



## How To Get There

The MTB reunion will be at the CT Children's Museum (The Children's Building) on Thursday, April 3rd. The Children's Building is on 22 Wall Street in New Haven, on the corner of Orange Street and Wall Street.

**Directions from the Green:** From Church Street, turn RIGHT onto ELM STREET. Turn LEFT onto STATE STREET/US-5 N. Turn LEFT onto WALL ST. The CT Children's Building is on the corner of Orange Street & Wall Street.

**By Bus:** Take Bus M. **By Trolley:** Get off at the stop at the corner of Orange and Wall Streets.

**For FREE Parking:** Park in the Pro Park lot on Orange Street next to the museum. Bring your ticket to the reunion and the parking fee will be paid by the museum.

## What To Do There

Build with blocks, learn about gravity with ramps, decorate a chalkboard house...

Play with cars and people, make faces in a mirror, learn sign language...

Make a musical mobile with bells, play the xylophone and drum, listen to a rain stick...

See live bees in their hive, match foot prints to animals, listen to bird songs...

Read *Good Night Moon*, find the toy mouse & red balloon, pretend to be the bunny in the story...

*Have fun with your child in a place made just for kids!*

**Questions?** Just call or text us...*we can't wait to see you!*

Denise: 203-430-0975

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Tanika: 203-589-0553

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**Co-Directors:** Lois Sadler, Nancy Close, Arietta Slade, & Linda Mayes

**Home Visitors:** Denise Webb, Tanika Simpson, Bennie Finch, & Rosie Price

**Researchers:** Patricia Miller & Andrea Miller

**Project Director:** Crista Marchesseault



*Happy Spring from Minding the Baby®!*