

WE'VE GOT MAIL!

Parents of infants and toddlers share how they nurture their children's holistic development through everyday adventures.



BAG OF FUN

We showed you how to make a paper plate bag in the Oct-Dec 2023 issue. Here are some of you with your cute totes!



JULES AND CAMILLE,
5 and 3




SAANVIKA AND SHIVESH,
8 and 5




JAYYVIS AND JAYYDEN,
3 and 4



Boost babies' self-esteem by praising and acknowledging their efforts

 Our baby Cara likes to grasp objects around her and touch different textures and shapes. We let her do so, as it strengthens hand muscles and coordination and stimulates her sensory receptors. Holding familiar items also gives her comfort and security, thus easing her separation anxiety and promoting emotional well-being. For example, Cara likes to hold her milk bottle cap and pass it from one hand to the other. She smiles whenever she does it. We praise and acknowledge her efforts, and this positive reinforcement boosts her self-esteem.


HO YING YING, mother of a girl, aged 10 months

 Every day is full of love, play and discovery for our twin girls. We create a nurturing environment with cuddles and routines that make them feel safe and emotionally supported. We use fun toys, puzzles and brain games to get them thinking. We take them on exciting learning adventures where they explore colours, shapes and textures. We also visit places such as the National Library, where we read stories and take part in play programmes with them. This helps our daughters learn new words, so they can better express their feelings.



Reading to children nurtures self-expression and a sense of discovery

DIVYA JAWAHAR, mother of two, both aged 2

 We believe spending time outdoors engages the senses in a richer way and teaches us to face things that are unfamiliar or uncomfortable. Hence, we bring our son Jordan out to interact with nature and animals as much as we can. Recently, we took him kayaking. Jordan is naturally reserved and refused to get on the kayak at first. But he eventually warmed



The great outdoors is a fantastic teacher for the young and curious

up and even wanted to help with paddling. Such outdoor play opportunities have helped Jordan step out of his comfort zone and overcome his fears.

LAU ENG KEE, father of a boy, aged 1½

DIVERSITY AND INCLUSIVITY

Parents, tell us how you teach your child about understanding and appreciating differences among people. Share specific examples of how your child has displayed empathy and respect for others. Attach a photo with your anecdote and your submission may appear in the next issue of *Beanstalk!*

Submit your story by **23 February 2024** at go.gov.sg/beanstalk-mailbag or scan this QR code.



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