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*Send this mailer to a friend or relative to tell them about the **FREE** online newsletters for parents and caregivers of newborns and toddlers.*

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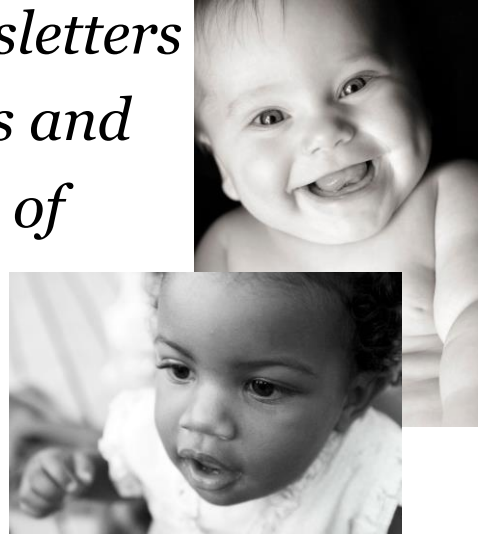
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University of New Hampshire  
Cooperative Extension

*Just In Time  
Parenting*

***Free** Newsletters  
for parents and  
caregivers of  
newborns  
and  
toddlers*



***View Online or Receive by Email***

## How does your child grow?

Find out by reading **Just In Time Parenting** (previously called **Cradle Crier** and **Toddler Tales**), a **FREE** newsletter for parents and caregivers of newborns and toddlers. This newsletter gives information about your child as he or she grows, as well as many useful tips to help encourage and support your child's development. Find answers to questions like:

- ♥ How to play with your baby or toddler
- ♥ When to begin disciplining
- ♥ How to stimulate your child's thinking
- ♥ Guidelines on feeding
- ♥ Physical and emotional development
- ♥ How to choose child care

and much, much more.

The **Just In Time Parenting** newsletter is written and regularly updated by a team of American university researchers and educators (who are also parents!). The series includes 3 trimester issues for parents to be, monthly issues for children ages 1-12 months, then every other month issues for children ages 1 to 5 years. The newsletter is also available in Spanish. ([Crianza Justo a Tiempo](#))



### “Helping You Put Knowledge and Research to Work”

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.  
University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.



**Just In Time Parenting** is a Cooperative Extension publication. The newsletters can be viewed online, or you can sign-up to receive email notifications as each issue connects with your child's monthly age. And of course, you can always print copies of the issues to read or pass along to someone else.

**To view issues pre-natal through 5 years, in English and in Spanish, go to:** <http://www.extension.org/pages/22110/just-in-time-parenting-e-newsletters>

**To begin receiving email notifications to match the date of your child's monthly age, go to:** <http://bit.ly/JITPsubscribe>

**\*Note:** In order to view or print the newsletters, you will need a free program such as [Adobe Reader](#).

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In addition to **Just In Time Parenting**, **UNH Cooperative Extension** and the national **eXtension.org** websites offer current and engaging, research-based information, articles, and events in countless areas including: youth, families, money management, food safety, gardening, 4-H, agriculture, livestock, sustainability, civic engagement, natural resources, pest control, forestry and wildlife, marine and coastal ecosystems, just to name a few.

**To learn more, visit**

**UNH Cooperative Extension at:** <http://extension.unh.edu/>

**National eXtension site at:** <http://www.extension.org/>

**If you have any questions, locate and contact your county Cooperative Extension office at:** <http://extension.unh.edu/Counties>