



EARLY INTERVENTION  
1.866.706.6857

# EI WATERING CAN

Little Sprinkles to Help Your Child Grow

Fall 2014



## THE EARLY BIRD

Fall activities perfect for you and your young child

- 10/5 & 10/12: Fall Festival from 11a-4p  
Leighty Farm Market
- 10/18: Touch a Truck from 10a-1p  
Altoona Curve Parking Lot
- 10/25: Hollidaysburg Halloween Parade at 4p
- 10/30: Blair Co. Trick-or-Treat at 6p
- 11/21-1/4: Holiday Lights on the Lake from 6-10p at Lakemont Park
- 11/23 Winterfest Parade at 2p  
Hollidaysburg
- 11/28: Light Up Night, Santa Land, Soup Sampling from 5-7:30p  
Downtown Hollidaysburg
- 12/4: Altoona Spirit of Christmas Parade/Tree Lighting & Fireworks from 6-8p



## BUSY BEES

Crafty ideas to keep your bees busy

### HAND SNOWMAN

Poem:

These aren't just five little snowmen  
As anyone can see  
I made them with my hand  
Which is a part of me  
Each year when you trim the tree  
You will look back and recall Christmas  
of (2014)  
When my hand was just this small

Supplies:

- Plain ball/globe ornament
- White acrylic paint
- Sponge brush
- Permanent makers

Directions:

Use a sponge brush to apply acrylic paint to your child's hand. (No worries - paint washes right off with soap and water).

Then keeping fingers spread, place handprint on ornament. It is ok if paint smudges a bit. This will help form the curves of the snowmen.

Once the paint dries add hats, eyes, etc. with paint or permanent markers.

Print the poem and tie to ornament with a ribbon.



## MIRACLE GROW

### FALL TRAIL MIX

The perfect snack to take along on those fall nature walks! Your kids will love helping to throw in and mix these simple ingredients.

Ingredients:

- 1 bag of popcorn
- 1 c. peanuts
- 1 c. pretzels
- 2/3 c. Cheerios (or other cereal)
- 1/2 c. candy corn
- 1/2 c. m&m's

Make it:

Throw all of the ingredients into a bowl and mix really well.





# PARENT TIPS & TOOLS

Ideas for helping toddlers manage behavior

## SHOPPING WITH A TODDLER

Shopping with a toddler can be crazy and with the holidays coming up, you will want to know what to do! Here are a number of different ways you may be able to make your shopping trips more manageable:

- Pick a time when the store is less busy.
- Use predictable steps for your shopping routine. Make a routine of how a shopping trip will take place every time.
- Whenever possible, take someone along.
- Distract your child by spinning him in the cart, with him securely strapped in, every aisle or so and just ignore the other adults there who think you are just too accommodating.
- Be the tour guide- showing off all the different foods and labeling as you point them out.
- Be the teacher- naming colors, talking about tastes and textures and categories.
- Be a social director- encouraging your child to greet people you know by name, getting to know the bakery clerk's name, etc.
- More practically speaking, make your initial trips short and sweet, in for 2-3 items and out, with lots of praise for a happy kid shopper.
- Start out from home with a plan- a favorite toy or blanket in hand and perhaps a picture list of the few items you'll be getting.
- Always make sure the child stays in the cart. A safely seated child has a much calmer parent. A running child has a running parent!
- Let your child be as involved as possible, like reaching a safe and within-his-reach item and drop a non-breakable item into your cart (but not on top of a breakable item).
- When your child wants something, let your "no" mean "no" and continue on until she requests something you can live with getting her. Then when she points to yet another item, trade her first choice that she has for this second desire. Continue this trade-off throughout the shopping excursion and you will have only one final purchase by check out.
- Talk to your child a lot as you walk and push the cart. (Don't forget to spin the cart every so often!)

- A trip to the playground first before shopping may be a help.
- A promise to go to McDonald's or Pizza Hut after may help some children, but it may backfire and consume the child with impatience over the anticipated event.

To actually teach a children how to behave as you shop, it is best to plan consecutive, short trips that have a better chance of being successful. It is best to go knowing it is a lesson and not a trip to get something you need. You will be able to up and leave the store at the first sign or a temper tantrum. Yes, leave the cart sitting there, (and the desired item in the child's hand put back into the cart you are leaving), snatch your little one up and walk out the door. Once calm, you can explain that we can't shop unless you are quiet and happy. The next trip in that day or the day after, you can remind your child of what just happened and encourage positive behaviors.

Teach and your child will learn. Have fun together in any routine and activity. Love them through the frustrating times. Happy Shopping!!





## WIGGLE WORMS

Fall activities to get your kids moving!

It's that time of year again when the colors are beautiful, the air is fresh and the leaves bountiful. Take advantage of the mild weather and get those kiddos outside. Here are some ideas for outdoor movement fun for the whole family:

- Raking leaves is great aerobic exercise and challenges the coordination of the little ones.
- Jumping in leaf piles is not only good for your leg muscles, but great fun for all ages.
- Take a nature walk- work on stepping over obstacles and touching lots of fall textures like leaves, corn stalks and pumpkins.
- Apple picking is fun with a delicious finale: reaching overhead, squatting and carrying things is good practice for new walkers. Climbing ladders (and trees) with help is great for the bigger kids!
- Drawing with sidewalk chalk is a great fine motor activity- draw pumpkins, hand outline turkeys and snowmen to talk about the upcoming holidays!
- Create a backyard obstacle course using things you already own, like ropes, tubes and hula hoops: great for agility and coordination.
- Pumpkin picking: find an appropriate size pumpkin for your little one and let them carry it to the car to challenge their strength and balance.



## MOCKING BIRDS

Songs and nursery rhymes to make your little mocking birds sing!

Singing songs and reciting nursery rhymes are excellent ways to promote speech and language skills. Many times you are repeating the same words or phrases over and over throughout the song, and anything that has a rhythm or tune interests children much more. Add hand motions or dancing to make it even more fun. Color apples, pumpkins, jack-o-lanterns or turkeys, cut and glue them to a popsicle stick to make puppets that go along with your songs or rhymes. The possibilities are endless! Here are a few "Fall Themed" songs and rhymes to try with your little ones that will have them singing in no time.

### TWO LITTLE APPLES

Two little apples, high in the tree.

One for you and one for me.

I shook that tree as hard as I could

And down came the apples, umm they were good!

### PUMPKIN, PUMPKIN

Pumpkin, pumpkin sitting on the wall.

Pumpkin, pumpkin tip and fall.

Pumpkin, pumpkin rolling down the street.

Pumpkin, pumpkin stop to trick-or-treat!

### A TURKEY IS A FUNNY BIRD

A turkey is a funny bird.

Its head goes wobble, wobble.

It knows just one funny word –

Gobble, gobble, gobble!

Songs and rhymes found on [www.preschoolexpress.com](http://www.preschoolexpress.com)





## THE DIRT PILE

Fun and messy ideas to put you in the holiday spirit!

### Fall-Scented Microwave Puffy Paint

#### Supplies:

All Purpose Flour  
Dash of salt (around a teaspoon)  
Water  
Food coloring (optional)  
Spices: pumpkin pie spice, cinnamon, apple cider drink mix, vanilla



Slowly add water to your flour and salt mixture (1 c. flour to around 1 c. water makes enough puffy paint for one child in one sitting). Aim for a thick batter like muffins or pancakes. It should pour but not be runny. There is a fair amount of forgiveness in this recipe - if it's too watery, it will still work; it will just be less puffy. Here's the most important part: whisk or mix until your mixture is free of lumps so it doesn't clog your squeeze bottles. If you don't have a whisk, use a fork and allow the mixture to sit for a few minutes between stirring. This paint is most fun with squeeze bottles, but if you don't have them, put the paint in a ziploc bag with a small corner snipped off. You can also use it as finger paint or paint with brush. Let your child create a work of art on paper!

Once your child has finished, microwave the picture for about 30 seconds. Small amounts of paint need less time to cook (usually around 15 seconds) and large quantities may need a minute or more in the microwave. Once it's done cooking, the steam and paint are HOT. It is best to open the microwave and let the picture cool for five minutes. When it's time to remove from the microwave, the adult should make sure there are no hot spots before handing the finished project to the child. As the paint dries, it will pull up the edges of your paper. It is most successful to use cardstock paper or the thin cardboard from cereal (and other) boxes.



### Pumpkin Pie Clay

#### Supplies:

Canned Pumpkin  
Cornstarch  
Pumpkin Pie Spice

When making fall pumpkin recipes, you may have leftover canned pumpkin that will go to waste. With this recipe, you choose your quantity of pumpkin. Stir the pumpkin until it's smooth. Add enough pumpkin pie spice that it smells delicious. Slowly add cornstarch and stir. Once the dough starts drying out, you'll want to switch to kneading. You want the dough to roll into a ball, but it should not stick to your hands. If it is sticking to your hands, add a bit

more cornstarch. If it is so dry that it won't form a ball and is crumbling instead, add a small amount of water. The amount of cornstarch will vary depending on the brand and quantity of canned pumpkin you use. Now, let your child enjoy molding and shaping it!

The dough will keep for 2-3 days sealed in the fridge. When you go to reuse it after a day or so, you may find that it needs a small amount of water added to it. Wet your hands and knead the dough a bit, and then, you can put it in the microwave for 15 seconds because it is chilly from being in the fridge.



## SOCIAL BUTTERFLIES

Fun activities you and your toddler will both enjoy

- Go for a walk with your toddler and look at the leaves that are changing color on the trees and the ones on the ground. Talk about their colors and their shapes. Pick up 2 and compare. Which one is bigger? Which one is smaller? What color?
- Take a bag and go on a nature walk to collect leaves. When you get home, help your child sort the leaves by their colors and shapes.
- Carve a pumpkin together and have your toddler make a face on the pumpkin with a dry erase marker or a magic marker. Erase and create many different expressions saying if they are happy, sad, scared or mad.
- You can practice naming your body parts and the parts of your face using a pumpkin or skeleton.
- Sing about "Old MacDonald" having a turkey on his farm and teach your child how to "gobble-gobble"!
- Count apples and talk with your child while making applesauce letting them mash the apples and stir. Then enjoy your accomplishment!!!