

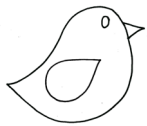


EARLY INTERVENTION  
1.866.706.6857

# EI WATERING CAN

Little Sprinkles to Help  
Your Child Grow

Spring 2014



## THE EARLY BIRD

Local events for you and your child

- 3/29-4/19: See the Easter Bunny  
Logan Valley Mall!
- 4/4: Mommy and Me Session  
Holidaysburg YMCA
- 4/11-4/17: Jaffa Shrine Circus
- 4/12: Egg Hunt to Benefit Miracle Network at 2p  
Baker Mansion \$5 donation
- Week of the Young Child Celebration from 11a - 2p  
Penn State Altoona Adler Gym  
Come see the HNA booth to make a fun spring  
craft and lots of other free activities!
- 4/19: Busy as a Beaver - Beaver Pond Walk at 10a  
Canoe Creek
- Egg Hunt at 11a - Bellwood Park
- 4/26: Earth Day Celebration from 10a-2p  
Logan Valley Mall
- Healthy Kids Day from 10a-1p  
Holidaysburg YMCA
- 5/2: Mommy and Me Session  
Holidaysburg YMCA
- 5/9: Children's Festival from 5p - dusk  
Holidaysburg YMCA
- 5/26: Memorial Day Parade in Juniata
- 5/26: Memorial Day Kick-off - Free Ride and Slide  
Lakemont Park
- 5/26 - 6/1: Delgrosso Children's Miracle Network  
Celebration Weekend
- 6/15: Fathers Ride for Free  
Lakemont Park



## SOCIAL BUTTERFLIES

Fun social activities for parents and their  
kids to help them fly into spring!

Have fun coloring Easter eggs naming all of the colors as you put them in and out. Hold up each egg to see if your child can tell you the color.

Have an Easter Egg Hunt with your child indoors and/or outdoors. Kids will love to share what they have found with you. Another fun game is to hide small toys in plastic eggs. After you hide and find them, your child can open them and tell you what is inside!

April Shower Day activities: On those rainy days, pick some simple games you and your toddler can play together. Games could include Ring Around the Rosie, Peek-a-boo or Hide and Go Seek. You could also take an opportunity to put on your boots and jump in some puddles to encourage your child to follow your lead and use words like "Wow, Jump, More".

Make spring gardening fun by having your toddler help to plant some vegetable or flower seeds in a container. Have your child water it each day and talk about what a plant needs to grow (air, water, sunlight). The best part is eventually being able to eat what you and your child planted together!

Explore the great outdoors by going for a walk with your toddler and talking about what you see. You can label and show your child things like trees, flowers and butterflies. Be sure to label anything your child finds and shows to you, too!





## THE DIRT PILE

Sensory activities for your curious toddler

Children learn so much from sensory play and it's wonderful when activities incorporate exciting textures to feel, interesting sounds, various colors and shapes to look at, and active body movements. Here are some ideas for fun, Spring play!

### Sidewalk Paint

*Supplies:*

- 1 part cornstarch (1 c.)
- 1 part water (1 c.)
- Food coloring
- Sponge brushes

*Make it:*

Mix cornstarch and water. Add food coloring and mix. \*I used a muffin tin for extra large muffins to hold the paint. One cup of cornstarch and one cup of water filled them about half way. The paint stretched further than I thought. I also included a sponge brush for each color--just simpler.

Be sure to use a lot of the paint on the brush for the best color. We'll definitely be doing this again, it's inexpensive, easy peasy and creative--my kind of fun!

### Homemade Non-Toxic Bubbles

*Supplies:*

- 1/4 c. natural dishwashing detergent (I use Seventh Generation)
- 3/4 c. water
- 5 drops of glycerin (from a health food store or band-aid aisle of Walmart)

*Make it:*

Mix together in a small bowl or add to a mason jar and shake gently. Start blowing bubbles to your heart's (or your little one's heart's) content. You can also make this the night before and let it sit out for even better bubbles. I also like the idea of keeping homemade bubble solution at the ready, instead of having to mix up a new batch every few days! You can recycle a cleaned-out plastic milk jug, or a gallon jug with a faucet spout works great for bubble refills.



### Spring Sensory Bin

Plastic or paper Easter/Spring grass is easy to find this time of year, and it makes for a fun and different play texture! Place the grass in a plastic bin and hide a variety of toys in it for your child to find – plastic eggs, small toys such as animals, bugs, cars, pom-poms, cups or bowls for filling, and tools such as a spoon or tongs. Another option to try instead of grass would be to use rice, pasta, or pinto beans. These are nice sensory materials for children to play in. They are also helpful for practicing scooping and pouring skills. Place some rice or beans into a plastic egg and tape shut to make a shaker toy. Please supervise children with these items for safe play.

### Giant Long-Lasting Bubbles

This is the recipe to use if you want to make industrial strength, un-poppable creations. You can even stack them together and make bubble sculptures!

*Supplies:*

- 6 c. water
- 1 c. light corn syrup
- 2 c. Joy dishwashing soap (Use only 1 1/3 c. if using an ultra concentrated dishwashing liquid.)

*Make it:*

1. In a large bowl (at least 3 quarts) stir water and corn syrup until combined.
2. Add dishwashing liquid and stir very gently until well mixed.
3. (Try not to make any bubbles.) Dip (don't stir) bubble wands into bubble liquid and blow bubbles.

You can use a store-bought bubble wand. The giant ones that come in a long tube of bubbles would be nice for large bubbles. To make a simple wand for giant bubbles, cut the bottom off of a water bottle. Dip into the solution and blow air through the top! They can also be fashioned out of wire coat hangers if you like to craft!





## BUSY BEES

Crafty ideas to keep your bees busy

### MOTHER'S DAY AND FATHER'S DAY

As a parent I always enjoyed homemade crafts especially ones with their handprints. I look back at them today and cannot believe they were once that little.

You can make a picture with your child's handprints facing down and then put the saying "Best Mom or Dad Hands Down" and then the year. This then can be placed in a picture frame.

You can also use hand and foot prints for a card to spell out "love".

- Write the "l".
- Use the child's handprint in place of "o".
- Use the feet to form "v".
- Write the "e".



Look for washable, non-toxic acrylic paint at your local craft store to complete these cute and personal projects!



## MOCKING BIRDS

Spring/Summer Language Activities

This time of year plastic Easter eggs (to open and fill) are easily available, cheap and very fun for lots of toddler activities even after Easter is over. Toddlers love to fill and dump and open and close, so plastic eggs will allow for hours of fun!

1. Hide five or ten eggs depending on the age of your child and help your toddler find them. Talk about where you found them "beside the chair" or "under the sofa". This will also be good practice for going to actual Easter egg hunts in the community.
2. Find items around your home that might fit inside. Make sure they aren't a choking risk but small enough to fit inside. Talk about what you are hiding in the eggs, name them and have your child repeat, talk about what they do, color, size, etc.
3. Use an egg carton to sort them by color and put them in/out. Practice counting the eggs up to 12.
4. Use them in the bath tub, wading pool, or sandbox to fill, dump, throw in the water. etc. Put "outside" items in like leaves, grass, rocks or flowers, name those items and talk about "heavy" or "light".



## MIRACLE GROW

Fun winter snacks to make with your child

With spring just around the corner, why not treat your kids to a fun, spring-themed snack that's healthy too?

### BUTTERFLY BITES

*Ingredients:*

- 3 celery legs
- 1 tbsp low-fat cream cheese or peanut butter
- 6 mini-loop pretzels
- 3 raisins

*Make it:*

1. Cut each celery leg in half (so the pieces are about three to four inches long).
2. Cut a small sliver off each side of each part of the celery to serve as the antennae.
3. Place the cream cheese or nut butter into a small Ziploc bag with the corner snipped. Pipe the spread into the groove of each celery piece.
4. Place a pair of mini pretzels together with the round ends up, into the cream cheese or peanut butter to make wings.
5. Cut each raisin in half and place two pieces on one end of each piece of celery for eyes.
6. Take the small pieces of celery and insert them above the eyes to look like antennae.



### PUDDING PEEPS

*Ingredients:*

- Box of instant pudding
- Whipped cream
- Marshmallow Peeps

*Make it:*

1. Make pudding as directed on the box. Make sure to let your child open the box, dump in the powder and mix the milk and pudding with a spoon.
2. Spoon pudding into individual cups or bowls. Allow to cool until pudding is firm. Put whipped cream on top of the pudding to make a nice fluffy nest for your peeps.
3. Let your child place a peep on top of the pudding nest and enjoy!



## PARENT TIPS & TOOLS

Ideas for helping toddlers manage behavior

### SUPPORT YOUR CHILD'S RELATIONSHIP-BUILDING SKILLS

Relationship-building describes the process of making emotional connections with others, based on trust and intimacy, starting from birth. Through relationships, children discover who they are and learn to understand others. When young children experience people helping, understanding and enjoying them, they approach life with openness and enthusiasm and grow to be responsive and caring people.

Babies are born with the drive to relate and connect with others and continue to develop the social skills necessary to form strong, healthy relationships throughout their lives. A newborn gazes into her mother's eyes as she breastfeeds. Her mother smiles warmly. The baby is learning that he is loved and can trust others to care for him and treat him well. A six-month old laughs as her father plays peek-a-boo with a napkin. She is discovering that spending time together is both satisfying and fun. A 20-month-old wants to cut his snack and is corrected for handling a sharp knife. He protests and his grandmother gets a dull butter knife and guides his hand to cut the melon. He is learning his interests are important and his feelings are understood. A 30-month-old sees her brother fall off his bike and she runs to rub his back like their mother does. She is learning to understand and empathize with another's feelings and experiences.

- ***Allow for some unstructured, uninterrupted time with your child each day.***  
Follow his lead. Don't multi-task. Do your chores later, include your child in simple ways.
- ***Let your child know you are interested in her play or activities.***  
Be sincere. Comment. Join in. Praise. Ask questions.
- ***Encourage children to express their feelings.***  
Teach acceptable ways to vent frustration and anger. Label feelings/emotions. Feelings are not bad in themselves - only bad in the hurtful ways we express them.
- ***Respect and recognize your child's feelings.***  
Accepting his feelings, without minimizing them or making fun, increases the chances he will share more with you in the future.
- ***Play games that explore feelings.***  
Try playing with puppets, drawing pictures or pretending with dolls or stuffed animals.
- ***Provide opportunities for your child to develop relationships with other same age children.***  
Children need help and practice to learn to share, take turns, resolve conflicts and to feel the joy of friendship. Being present during play dates at this age is important!
- ***Limit TV and other "screen time".***  
Television, computers and electronic games take time away from children being with others, and actively learning, hands-on about the world around them.



### WIGGLE WORMS

Fun motor activities to get your little ones moving

Spring is in the air and in our kids' shoes! Let's get out and encourage those little bodies to move!

For our youngest wiggle worms, going outside on a warm sunny day to roll around on a blanket is good for the body and the mind!

New walkers will enjoy the challenge of walking on different surfaces like grass, sidewalks and mud. This will really increase their balance.

Toddlers love to explore nature by taking a walk, pulling their toys in a wagon and jumping in puddles!

On a dry day, check out a new playground (or an old favorite) and encourage climbing, swinging, walking on a balance beam with help and creeping through tunnels.

Pre-school age kids should be learning to ride a tricycle. Sometimes securing their little feet to the pedals helps to get them started at first.