



THE DIRT PILE

Fun sensory play to help your child grow

Art recipes are not only fun, but also a great learning tool. Art can help develop motor skills, stimulate the senses and give a child fun opportunities to interact with you! With the season in mind, here are some art recipes to try – one for each month. Enjoy!

October:

Pumpkin-Scented Bath Paint

Ingredients:

- shaving cream
- orange food coloring
- pumpkin pie spice
- black sheet of craft foam (optional)



Make it:

Mix a few drops of orange food coloring with shaving cream in a bowl. Then sprinkle in some pumpkin pie spice and mix. Let your child fingerprint with it on the walls of the tub. Cut craft foam into eyes, nose and mouth. Your child can then place these over the foam paint to create a jack-o-lantern. Once bath time is over, wash the paint right down the drain. The food coloring should not stain the bath. However, if you have problems with staining, fill a spray bottle with bleach and spritz it on the stain to clean.

November:

Harvest-Scented Finger Paints

Ingredients:

- 1/2 c. cornstarch
- 4 T. sugar
- 2 c. water
- food coloring
- fall spices such as cinammon, pumpkin pie spice, ginger, apple cider mix, a tablespoon of brewed orange spice tea

Make it:

Mix the cornstarch, sugar and water in a pot and cook over medium heat, stirring constantly until it starts to thicken. Distribute into 4-5 bowls, one for each color. Stir a few drops of food coloring into each to make different colors. Add in a different fall spice to each paint such as apple cider mix to red, pumpkin pie spice to orange, cinnamon to brown, ginger to yellow, and orange spice tea to brown. When cooled to a safe temperature for little fingers, give your child some paper and encourage him or her to paint a fall or Thanksgiving masterpiece.



December:

Gingerbread Cloud Dough



Ingredients:

- 8 c. flour
- 1 c. oil (olive or vegetable)
- ground cinnamon
- ginger spice

Make it:

Fill a large bowl or container with flour. Add the oil and mix with hands. Then, just add in cinnamon and ginger – as much or as little as you wish. Place the dough on a tray so that it can be flattened. You and your child can pretend to make cookies with the cookie cutters. You can also use a gingerbread cookie cutter to make a gingerbread man or woman for your child to decorate using craft materials like buttons, yarn and beads. Choose materials appropriate for your child. For example, small beads and buttons may not be good for a child who puts things in their mouth often. Also, supervise with cookie cutters for safety.



MIRACLE GROW

Fun and easy food ideas

PUMPKIN BREAD

Children are often more likely to try new foods if they help make them. Here is a classic fall recipe that gives kids the opportunity to stir, dump, count and learn action words like “mix, dump and pour”. You can even work on the muscles in your child’s mouth by letting them blow the hot bread or lick their fingers! Think how proud they will be showing off and sharing their bread at Thanksgiving dinner!

Ingredients:

2 c. all-purpose flour	1 c. packed brown sugar
2 t. baking powder	1/3 c. shortening
1/2 t. salt	2 eggs
1/2 t. pumpkin pie spice	1 c. canned pumpkin
1/4 t. baking soda	1/4 c. milk

Make it:

1. Grease bottom of large loaf pan. Preheat oven to 350 degrees.
2. In a large bowl, use a wooden spoon to stir together flour, baking powder, salt, pumpkin pie spice and baking soda.
3. In a separate bowl, use a wooden spoon to beat brown sugar and shortening until mixed. Add one egg and beat well. Add the other egg and beat well. Stir in pumpkin and milk.
4. Stir in flour mixture until smooth. Do not stir too much. Spread evenly in greased loaf pan.
5. Bake for 1 hour. Remove pan from oven, put on cooling rack. Turn loaf onto cooling rack after 10 minutes. Enjoy!!



SOCIAL BUTTERFLIES

Incorporating social skills into daily routines

Fall is a perfect time to enjoy the crisp autumn air and spend some fun, interactive time with your little ones! Try these fun holiday and “any day” activities to strengthen your bond with your child:

- Have fun decorating a pumpkin using a marker to create a face and then wipe it off and create another over and over talking about the faces you make and the feelings that go with it!
- Show your toddler how to make happy, sad, funny or scary “monster” faces in front of the mirror. Using fun Halloween masks would be fun for this, too – just be sure your child is not afraid of masks before you try it.
- Take a nature walk in your yard. Be sure to bring along a bag to collect fall treasures or leaves and pinecones. Sort fall leaves by the color or type and pinecones by size.
- Read a book about Thanksgiving with your child (your library will have lots of great seasonal choices) and then go through a photo album looking at pictures and name family members shown in the pictures who might be at your Thanksgiving celebration!
- Have a fruit cocktail for a snack and help your child name the fruits that are in it or even match up fruits that are the same!
- Around Christmas time, go through your house and name the different colors you see in all of the colorful decorations.



GARDEN TIPS & TOOLS

Ideas for helping toddlers manage behavior

LOVE, LEARNING AND ROUTINES...

For most of us, our lives involve a sense of patterns – routines we perform almost every day, like getting dressed, preparing meals or picking up the mail. Routines are also important to our babies, toddlers and preschoolers. As parents, we may not fully realize the role these routines that we create play in a young child's development.

- Routines help our children learn self-control. Consistent routines, activities that happen at about the same time and in about the same way each day provide comfort and a sense of safety to young children. Whether it is time to play, have a snack, take a nap or wait for a loved one to return, knowing what will happen next gives children security and emotional stability. It helps them learn to trust that caring adults will provide what they need. When children feel this sense of trust and safety, they are free to play, explore and learn.
- Routines can bring parent and child closer together and prevent power struggles. Stable routines allow babies and toddlers to anticipate what will happen next, giving children confidence and a sense of control. Routines can also limit the amount of “no’s” and behavior corrections you need to give a toddler throughout the day, since your child can better predict what should happen next.
- Routines guide positive behavior and safety. Routines are like instructions—they guide children's actions toward a specific goal, ensuring children's health and safety and helping children learn positive, responsible behavior.

A SAMPLE SCHEDULE

Need help establishing a routine for your toddler? Borrow this blueprint -- then adjust it to your own needs.

6:45 a.m. Wake up, play in bed
 7:30 a.m. Breakfast
 8:00 a.m. Get dressed, brush teeth
 8:30 a.m. Read books and play
 10:30 a.m. Morning snack
 11:00 a.m. Arts and crafts
 11:30 a.m. Listen to music
 12:00 p.m. Lunch and cleanup
 12:30 p.m. Naptime
 2:30 p.m. Afternoon snack
 3:00 p.m. Outdoor play/walk
 5:30 p.m. Dinner
 6:00 p.m. Playtime and cleanup
 7:00 p.m. Have a bath/brush teeth
 7:30 p.m. Pajamas, story time, lullabies
 8:15 p.m. Bedtime

Routines offer the chance to build self-confidence, curiosity, social skills, self-control, communication skills and more. Time is not as important as flow of the day...predictability! And remember to emotionally connect with your child throughout your daily routines! Taken from Zero to Three @ zerotothree.org

HNA NEWS

Congratulations to our Speech Therapist Becky Burns on the birth of her daughter! Camryn Elizabeth arrived on Sept. 23 and weighed in at 7 pounds, 13 ounces!



THE EARLY BIRD

Kid-friendly things to do this fall and winter

- 10/19: Hollidaysburg Pumpkin Festival from 10a-4p
Downtown Hollidaysburg
- 10/26: Hollidaysburg Halloween Parade at 6p
- 10/26: Logan Valley Mall Trick-or-Treat from 10a-noon
for kids 10 and under
- 10/26: Tyrone Halloween Parade
- 10/29: Hollidaysburg Safe Trick-or-Treat from 5-7p
Hollidaysburg Senior High
- 10/30: Safe Trick-or-Treat from 6-8p
Jaffa Shrine
- 10/31: Hollidaysburg/Altoona Trick-or-Treat Night from 6-8p
- 11/11: Veterans Day Parade from 10-11a
Downtown Altoona
- 11/22-24: Winterfest in the Cove
Martinsburg
- 11/23: Martinsburg Christmas Parade at 10:15a
- 11/24: Winterfest Parade at noon
Downtown Hollidaysburg
- 11/29: Light Up Night/Soup Sampling and Santa Land from 5-7:30p
Downtown Hollidaysburg
- 12/5: Spirit of Christmas Parade, Tree Lighting and Fireworks from 6-8p
Downtown Altoona
- 12/15: Jaffa Shrine Kids Christmas Party at 2p
Call 949-6205 to sign up





BUSY BEES

Fun crafts to keep your bees busy

APPLESAUCE CINNAMON ORNAMENTS

Making applesauce cinnamon ornaments is a perfect holiday activity that is fun for parents and kids alike! This craft is a great sensory activity since it involves lots of hands on squishing and rolling and the smell alerts the senses! They are easy to make and their aroma lasts long after the holidays are over!

Supplies:

3 c. applesauce
3 c. cinnamon

Make It:

1. Mix applesauce and cinnamon together until they form a stiff dough. Flatten the dough to a thickness of about 1/4 inch.
2. Use cookie cutters to cut out holiday shapes. Use a drinking straw to punch a small hole in the top of each ornament if your plan to hang them on your Christmas tree.
3. Place them on a cookie sheet and let them air dry. Once one side is dry, turn ornaments over to let other side dry.
4. Once dry, string a ribbon through the hole and knot it. Now they are ready to display on your tree and enjoy the aroma!



MOCKING BIRDS & WIGGLE WORMS



Communication practice is so much more fun when you are on the move!

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 kid-dos outside. Here are some ideas for outdoor movement and communication fun for the whole family:

- Raking leaves is great aerobic exercise and challenges the coordination of the little ones. After you make a pile, count "1-2-3" and have your toddler yell "go!" before you jump in!
- Take a nature walk. Label fall treasures for your child – "leaf, nut, pinecone". If your child is learning to combine words, use two-word phrases – "orange leaf, little nut, prickly pinecone".
- Apple picking is fun with a delicious finale! Reaching overhead, squatting and carrying things is good practice for new walkers and climbing ladders (and trees) with help is great for the bigger kids. Practice words like "pick, in, out, bite and crunch" while you pick and enjoy your apples!
- Drawing with sidewalk chalk is a great fall fine motor activity – pair your strokes with sounds like "whee, oh, dot-dot and ssss..." to encourage your child to imitate sounds.
- Create a backyard obstacle course using things you already own, like ropes, tubes and hula hoops: great for agility and coordination. It is also a great time to teach preposition words like "over – under and in-out"!
- 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. Draw a face on your pumpkin with a marker while labeling "eyes, nose and teeth". Make sure to find the facial body parts on your child and his new pumpkin friend!

