

EI WATERING CAN

Little Sprinkles to Help
Your Child Grow

Spring 2013



SOCIAL BUTTERFLIES

Incorporating social skills into daily routines

WIGGLE WORMS

Ideas to get your child moving



Spring showers and sunshine bring out the wiggle worms. It's time to go outside!

- Practice rolling, belly time and sitting while on a blanket in the grass.
- Pull up and stand along porch furniture and benches to cruise and play.
- Take a hand or two and go for a walk.
- Independent walkers can chase the butterflies, walk on the grass and hills, play ball and climb on playground equipment.

Don't forget to stop and smell the flowers – squatting to pick them up is great exercise and fun!



Enjoy the spring weather by going for a walk with your child. Stop and look at the buds on the trees or the flowers starting to bloom. You could even play I SPY with focusing on color words. For example, "I spy with my little eye something red." Maybe it's a flower you could stop and smell! Listen to and comment on the sounds like the birds chirping or the bees buzzing.

"Dressing" is a special time when you can interact and socialize with your child every day:

- *Let your child help.*
"Hold your arms up."
- *Offer choices to give opportunities for communication.*
"Do you want to put your shirt on first or your pants?"
- *Offer positive words and give hugs when your child is successful or even just tries to help.*
"You did it; you got your sock on your foot." This shows them that you value their effort and kids will be more likely to try to dress themselves!
- *Make dressing even more interactive by talking about "yours and mine".*

Point out your child's clothing. "This is your sock...where is Mommy's sock?" It's also fun to tease..."Is this Daddy's bib? No...That's your bib!"



HNA NEWS

Our Early Intervention team would like to congratulate our Physical Therapist Gina and her husband on the birth of their daughter Samara! She joined her brother Gavin on Dec. 21st.

Visit the Home Nursing Early Intervention table at the Week of the Young Child Event on April 20th from 11a-2p and make a fun craft!



THE EARLY BIRD

Local events for you and your toddler

- Tuesdays at 10a
Thursdays at 6:30p
Saturdays at 11a
Story Time at Barnes & Nobel Bookstore, Logan Town Centre
- 1st & 3rd Sundays from 1-5p
The Promise House,
1314 12th St., Altoona
Free activities for children on the Autism Spectrum and their siblings/families
- 4/2: *Martha Speaks*
Mishler Theatre
- 4/5: Y Night from 5-7p
YMCA, 1111 Hewit St.,
Hollidaysburg
\$3 for Y members/\$5 for public
- 4/17, 5/2, 5/16, 5/27, 6/26
Altoona Curve baseball home games
- 4/18-4/19: Blair County Arts Festival at PSU Altoona
- 4/20: Week of the Young Child Celebration from 11a-2p
Adler Gym, PSU Altoona
Free event of activities, crafts, fun and information centered around families and their young children
- 4/25: Parent Discussion Night
"Why does my child act this way?" from 5-7:30p
Lily Pond Child Dev. Center
2713 W. Chestnut Ave., Altoona
- 4/5: YMCA Healthy Kids Day
10a-1p
1111 Hewit St., Hollidaysburg
- 5/10: YMCA Children's Center Festival from 5p-dusk
1111 Hewit St., Hollidaysburg
Free admission



MOCKING BIRDS

Teaching language in everyday routines

Daily routines are a great way to teach your child to follow directions, understand words and use words to get what they want. Routines are predictable and repetitive, making them one of the best ways for parents to teach their child language. Below are a couple of daily routines and some easy ideas to incorporate language within them.

Diaper and potty routine:

- Point to your child's body parts as you undress them. If the child is able to, have them point also and say the body parts along with you.
- Sing the song "HEAD, SHOULDERS, KNEES and TOES" as you have them on the changing table or floor.
- Tell your child the steps it takes to do the routine. "Let's pull your pants down then you can sit on the potty" or "I'm going to take off your diaper and use a wipe to clean you up." It gives them an understanding of what comes next in the routine.
- Point to the items you use and name them. If the child is able to, have them say the words back to you ("diaper, wipes, lotion, powder...").
- Sing songs and be silly as they lie to get their diaper changed or sit on the potty. It's a perfect opportunity to interact with your child while they are lying or sitting still face-to-face with you.

Bathtime:

- Talk about the steps it takes to get ready for a bath. "Plug the drain, turn on the warm water, fill up the tub, add the soap, get the washcloth and towel..."
- Add little cups or toys to the water so you can use words like "scoop, dump or splash" or name the toys the child likes to play with.
- Use plastic animals during bathtime – say the animal sounds or name them to make them "jump" into the water.
- Play with foam bath pieces. Have your child name them as you stick them to the tub or have him find the one you ask for as they float in the water.
- Read a waterproof bath book.
- Talk about body parts as you wash. Ask your child "What should I wash next?" and have them point or tell you.



These are just a couple of examples of things you can try with your child in routines. Kids love silliness, repetitive words, songs and gestures. Try making up your own song for your routine that you and your child make your own. Talking to your child throughout his or her day and encouraging them to respond is the key!



THE DIRT PILE

Fun sensory play to help your child grow

Children learn through all types of sensory input – sight, sound, taste, touch, smell and movement. It is helpful to a child's development to do fun activities involving a variety of senses. This Spring, here are some fun activities to try!

- Sing songs about Spring time ("Itsy Bitsy Spider", "You Are My Sunshine", "Mr. Sun", etc.). Encourage your child to dance, do hand motions to the words or sing with you.
- Children often enjoy twirling a scarf or bandana as they listen to music. You can each have one, and your child can copy motions that you do, and you can copy moves they come up with as well.
- Cut a piece of paper into a flower or butterfly shape and let your little one finger paint it.
- Fill a large plastic tub with Easter grass or shredded paper and hide small toys in it and let your child find them.
- Take a nature walk. Listen to the bird's songs. Smell the flowers. Touch different textures: leaves, rocks, soil, flowers, grass, bark.
- Let your child plant flowers with you – Don't be afraid to get dirty!
- Make crayon rubbings with leaves.
- Play in a water or sand table. You can also play in a tub of pasta, beans or rice by scooping, dumping, burying and uncovering toys or hands.
- Have a picnic on a blanket outside (or inside). Make some fun healthy snacks. Try different fruits and vegetables.
- Make ants on a log – celery with peanut butter (or cream cheese), raisins on top.
- Blow bubbles. Let your child pop them and also try to blow some himself.
- Put a celery stalk or a daisy in water with food coloring added. Over the next couple of hours, look at it with your child and as it changes color, explain that the plant is drinking the water.
- Draw on the sidewalk or driveway with chalk.

Be creative and have fun!



Busy
BEES

Fun crafts to keep your
bees busy

SALT DOUGH HANDPRINT KEEPSAKES

This is a fun craft for you and your toddler and a great way to preserve the memory of those tiny hands! These make good Mother's Day and Father's Day gifts, and it would be fun to make these every year to see how big your child's handprint gets from year to year!

Supplies:

- 1 c. salt
- 2 c. flour
- 1 c. warm water

Make It:

1. Help your child dump the ingredients into a big bowl. Let him get messy and help with the mixing! Mix together until it is play dough consistency.
2. Roll the dough out flat and make your child's handprint in the dough.
3. Use a straw to poke a hole in the top so you can hang it with a string.
4. Let it air dry for three days. Once the handprint is dry, it can be decorated. Give your child some paints and a paintbrush and let him make it a truly unique keepsake!



MIRACLE GROW

Fun and easy
food ideas

TIPS FOR A STRESS- FREE MEALTIME

Set a Good Example:

Sit down with your child at meal and snack times and be a positive role model.

One Favorite Food:

Serve one of the nutritious foods that you know that your child will eat. Even if they refuse to eat the rest of the foods, they will probably eat their favorite food.

The Choice Is Theirs:

Toddlers and preschoolers require fewer calories than when they were younger and therefore eat less. Give your toddler smaller portions than their older siblings and if they want more to eat, they have an opportunity to practice manners and communication by asking "more" and saying "Please and thank-you."

10 Times the Fun:

Some children may need to see a food 10 times before they try it. Kids want to be like Mom or Dad, so let them see you enjoying the foods you would like them to try.

Stick to Your Guns:

With your child's preferences in mind, decide what to serve and stick to your choice. Making something else for your begging child will produce short-order cooks and not parents.

Safety Rules:

Make child sit while eating. Eat only when an adult is present and cut foods into small bite-size pieces.



GARDEN TIPS & TOOLS

Ideas for helping toddlers manage behavior

Many, if not most, parents find themselves struggling with the challenging behavior of their young child at some point in time. The good news is that there are effective strategies that you can use to create positive solutions for your family.

- *Keep your expectations realistic.*
Know your child's abilities and limitations. When you expect too much or too little from your child, you'll both experience frustration!
- *Plan ahead.*
Anticipate what your child may need for support. Plan for the worst.
- *Clearly state your expectations in advance.*
Give clear, specific instruction.
- *Offer limited, reasonable choices.*
Help your child learn to make simple choices and learn consequences, too, as you spell it all out.
- *Use when...then statements.*
Say what your child needs to do so that they can then do their desired activity.
- *Catch your child being good.*
Your attention and praise will make that wonderful behavior happen again and again.
- *Stay calm.*
Despite what your child is or is not doing, you can choose to remain collected and ignore or respond to the behavior in an effective manner.
- *Use peaceful times to teach.*
In the middle of a difficult situation with strong emotions, a child cannot learn "what to do instead".
- *And remember: re-establish the love between the two of you after an upset with a hug.*

