

EI WATERING CAN

Little Sprinkles to Help
Your Child Grow

Summer 2013



THE DIRT PILE

Fun sensory play to help your child grow



BUSY BEES

Fun crafts to keep your bees busy

EDIBLE FINGER PAINTS

This is a fun activity for you and your toddler to do outside (it might be a little messy) or inside on a rainy day. Get creative and have fun!

Supplies:

2 c. flour	2 c. cold water
1/2 c. sugar	Food coloring
2 t. salt	Small bowls
2 c. hot water	Lots of paper

Make It:

1. Slowly mix the flour, sugar and salt into a bowl.
2. Stir in the cold water.
3. Once it is mixed, stir in the hot water.
4. Divide the mixture into separate dishes, and add 2-3 drops of food coloring per dish.
5. You are ready to paint!



Summer is a great time of year for sensory play! This time of year, children get to play outside blowing bubbles, going swimming, playing in the sand and playing on the playground. Play involving a variety of sensations is not only fun, it's good for a child's development!

Sensory play can be calming, improve a child's body awareness, increase attention span, improve motor skills and even help a child develop healthy eating habits. Below are some ideas for outdoor "messy" play. If your child doesn't want to touch different textures, give them a tool to use instead of their hands. And if they have trouble and don't like an activity, that's fine. Don't force it, and try again another time. *Please use your best judgment when allowing young children to engage in water play and ensure close supervision at all times. Food coloring and other colored ingredients may stain clothes or hands so dress appropriately.*

Sandbox play

Being covered in sand stimulates the body's tactile system and can increase alertness or can calm your child. You can use wet sand to increase the weight of the sand to increase awareness of body parts. Name the body parts as you cover and uncover each one.

Playing with Mud

Mixing soil and some water creates a frugal and messy play experience for kids. They can experiment with the amount of water to mix in, scoop, dig and even make mud pies.



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Painting with Shaving Cream

Add some food coloring to shaving cream and paint with brushes or even hands for fun messy play.



WIGGLE WORMS

Ideas to get your child moving

It's that time of year for your wiggle worms to squirm into the pool and turn into water bugs!

The properties of water make pool play a great environment for exercise and fun! First, if your child has high or low muscle tone, you need to consider the temperature of the water to make sure he/she is comfortable to play.

A few simple fun water activities that will also help your child's motor development:

- Sit on the edge or hold your child vertical for kicking.
- Hold your child on his back so he can bend his knees and push off the wall of the pool or walk forward or backward as he kicks a ball or plays motor boat around the pool.
- Hold your child on his belly so he can move his arms and legs like crawling.
- Sit your child on a kickboard as you move through the water to strengthen his sitting muscles.
- Use a bench, stairs or the floor of the pool for standing, walking, jumping, running and balance activities. Change the water depth for more or less of a challenge.
- Blow bubbles in the water or balls across the water for oral motor play.

Splash away little water bugs and have fun!



MOCKING BIRDS

Teaching language in everyday routines

Language can be practiced during almost any daily routine and in the summertime there are lots of new places to practice language like at the park or zoo or while swimming or on a walk in the woods! Here are some simple ways to incorporate language throughout your day:

- **Outside summer play time** – Use words like “up”/“down” on slides and swings. Encourage your child to tell you “push”, “swing” or “go”. Put animal toys in the sandbox and cover them up – “Bye, cow”. Hide the animals in the sand and say “Hi, cow” when you find it! Label all the summer sights when you are going for a walk. Use simple language to label: “flower”, “rock”, “blue bird”, etc. Practice action words in the pool like “jump”, “kick”, “splash” and “throw”.
- **Reading books** – If your toddler has a short attention span, don't worry about reading the story. Have your child point to pictures you ask him to find or have him name pictures you point to.



- **Laundry time** – Have your child name items of clothing as you pull them out of the dryer. Practice sorting by color or by its owner – “Who's shirt is this? It's Daddy's shirt.” Model pronouns “yours” and “my” too – “This sock is yours; this sock is mine!”
- **Coloring** – Make a craft activity into a speech/language activity! Tell your child what to color for a fun listening game. “Color the car”, “color the baby's eyes”, etc. Add sounds while scribbling on a paper – “ooo” as you make circles, “dot-dot” as you make dots, etc. In the summer it's fun to color summer things like flowers and butterflies!

HNA NEWS



Congratulations to Child Development Specialist, *Dennis Holland*, for 25 years of service to the Agency!



GARDEN TIPS & TOOLS

Ideas for helping toddlers manage behavior

Young children CAN learn to cooperate with requests if they are developmentally appropriate requests and you teach them how.

Teach your child how to do simple chores.

- State clearly and simply what you want him to do. "Put your napkin in the trash can." NOT "Where does that go?" Help by showing. "You need a little help."
- Be excited when she attempts it!

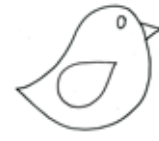
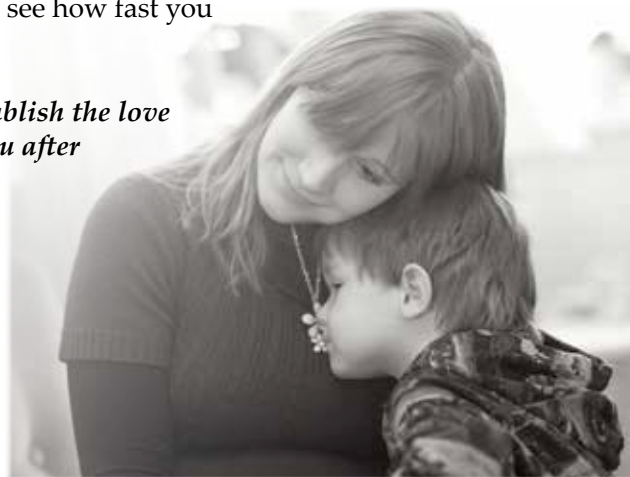
Why does your child sometimes refuse to cooperate?

- Some children need warnings. "It will be bedtime in five minutes...three minutes...one minute."
- Sometimes your child is simply thinking about something else and doesn't hear the request.
- Your child might not understand your request and need clarification or simpler steps.
- Children sometimes refuse the request to get bigger attention – like yelling and screaming.

What can you do when children refuse to follow instructions?

- Move closer to your child and get down at his level and restate the request.
- Remain calm and use a firm voice.
- Compromise. "I see you want to keep playing. You can play five more minutes then you must clean up."
- Acknowledge emotional responses. "You are telling me you are angry because you have to clean up. Once you are calm, I will help you clean up."
- Use "when ...then" or "first we...then you can..." statements such as "When you clean up, you can play with your new soap crayons in the bath."
- Make it fun. "Let's see how fast you can do it!"

And remember: re-establish the love between the two of you after an upset with a hug.



THE EARLY BIRD

Kid-friendly things to do this summer

Tuesdays: Slinky Action Zone
Free soft play from 11a-3p

6/5-8/23: Lakemont Park
Dollar Days
Wed, Thurs, Friday
\$5 ride and slide

8/4: Delgrosso Park at 4p
Altoona Corvette Car Show
and free country concert

9/1-9/7: Cambria County Fair

9/2: Labor Day
Lakemont Park
Free ride and slide

9/7-9/8: Lakemont Park Festival
\$5 ride pass + craft/food vendors

9/8: Delgrosso Park
Grandparents' Day
Grandparents ride free!
Altoona Corvette Car Show
and free country concert

9/28-9/29: Delgrosso Park
Harvestfest
\$5 admission

If I had my child to raise all over again,

*I'd build self-esteem first,
and the house later.*

*I'd finger-paint more,
and point the finger less.*

*I would do less correcting
and more connecting.*

*I'd take my eyes off my watch,
and watch with my eyes.*

*I'd take more hikes and fly more kites.
I'd stop playing serious,
and seriously play.*

*I would run through more fields
and gaze at more stars.*

I'd do more hugging and less tugging.

- Diane Loomans, from "If I Had My Child To Raise Over Again"



MIRACLE GROW

Fun and easy food ideas

STRAWBERRY SPARKLES

There's no better time than now, during the height of picking season, to celebrate the great taste of fresh strawberries. It takes only a couple of minutes to turn a pint of them into a festive, mouthwatering treat for the whole family and your toddler will love to dip and eat these tasty treats.

Ingredients:

- 1 pint fresh strawberries
- 1/4 c. colored sugar
- 4 oz. softened cream cheese
- 2 t. confectioners sugar
- 4 t. milk
- 1/2 t. vanilla extract

How to make them:

1. Wash the whole berries and pat them dry with a paper towel. Fill a shallow bowl with colored sugar (you can buy this at the grocery store or mix your own by stirring two drops of food coloring into 1/4 c. of sugar).
2. In a mixing bowl, blend the cream cheese, confectioners sugar, milk and vanilla extract with a fork until smooth and creamy. Add more milk if needed to achieve the desired consistency.
3. Holding the berries by their stems, your kids can dip them into the cream cheese mixture, roll them in the sugar and enjoy.



SOCIAL BUTTERFLIES

Incorporating social skills into daily routines

Water is always more fun with your parents and some friends!

Fill a cup with water and pour it into a bucket with a group of friends all at the same time while singing a song: (sung to the tune of "Skip to My Lou")

*Fill your cup and fill the bucket;
Fill your cup and fill the bucket;
Fill your cup and fill the bucket,
All the way to the top.*

Point out when the bucket is "full" and lift the bucket overhead and encourage the children to put their "empty" cups under the stream of water to refill them while singing:

*It's raining, it's pouring,
The old man is snoring.
He went to bed and bonked his head
And didn't get up in the morning.*

Cooling Off

Let your child help you make lemonade while encouraging vocabulary such as "scoop", "pour", "dump", "cup", etc. Take turns scooping and stirring, then enjoy outside or on a picnic.

Picnic

Go on a picnic (your own backyard is a great place!), and take your favorite foods with you. You can name each food while putting it on the blanket and encourage your child to sign or say each one. And if it rains, you could go on a pretend picnic, pitch a blanket on the living room floor and use some pretend play foods.

