

## BUSY BEES

Crafty ideas to keep your bees busy

### PUFFY PAINT WITH GLUE AND SHAVING CREAM

Puffy paint is fun for kids because they can use their hands or brushes to apply it to things. It feels smooth and puffy when applying and looks the same once it has dried. You can keep the paint white or add a few drops of colored paint or food coloring to change the color.

#### Supplies:

Shaving cream  
White glue  
Food coloring

#### Make It:

1. Squirt equal parts of shaving cream and glue into a bowl.
2. Stir together with a spoon until the paint is stiff. When you take the spoon out of the bowl and hold it upside down the paint should stay on the spoon.
3. Add color if you like... a few drops should do.
4. Paint with the paint using your fingers, paintbrushes or spoons. The more messy it is, the more fun! Allow the paint to dry overnight before touching it. Enjoy your puffy masterpiece!



## MIRACLE GROW

Fun winter snacks to make  
with your child

Don't be stuck inside this winter – go outside and collect some snow with your child to make these two tasty treats!

### SNOW ICE CREAM!

When it starts to snow, place a large, clean bowl outside to collect the flakes. When full, stir in 1 c. sugar and 1 Tbsp. vanilla to taste, then stir in just enough milk (up to 2 c.) for the desired consistency. Serve at once.



### SNOW CANDY

#### Ingredients:

1 c. real maple syrup  
1/4 c. salted butter  
Fresh snow, vanilla ice cream or shaved ice

#### Make it:

1. Heat the syrup and butter in a medium saucepan over medium-high heat, stirring to avoid a boil over. (Heating syrup is strictly a parent's job if doing this with kids.)
2. The mixture is ready 6-7 minutes after it boils (220 to 234 degrees on a candy thermometer). It should stiffen when dripped onto a plate.
3. Remove from heat and cool for 2 minutes before pouring over the snow, ice cream or ice. It cools so quickly that kids can taste it right away.



## THE DIRT PILE

Sensory activities for your curious toddler

### Foaming Dough Recipe: Magic Foaming Snowman

#### Supplies:

- 2 c. baking soda
- 2 Tbsp. salt
- 1 tsp. dish soap
- Vinegar (in a cup or squirt bottle)
- Water
- Baking dish or container
- Waterproof snowman accessories (beads or brads for eyes, craft foam for a nose, craft foam hot glued together to make a hat, small twigs for arms)
- Food coloring optional

#### Make it:

1. In a bowl or other container, measure out baking soda and add salt.
2. Mix thoroughly (little hands are very good at this). Add soap and mix it into the dough well. The dough should look crumbly.
3. Next add 8 Tbsp. of water. If your dough will form a ball, you're all set. If it's still too dry and crumbly, add water 1 Tbsp. at a time until you have a dough that molds into a ball. It will not feel like play-dough - it's more smooshy and crumbly than that, but it should form into and hold a ball.
4. Make and decorate your snowman.
5. Once you're ready to transform him into a mound of icy cold foam, add your vinegar! Create the most foam by adding a lot of vinegar at once. In the place of the snowman, there's now a giant pile of icy cold frothy foam to play in! Once he's completely demolished, search with your hands through the icy foam to rescue all his bits and pieces so you can make yet another snowman, of course!
6. If you'd like to add color to your snowman, you definitely can. Add food coloring or liquid watercolors to the baking soda in the very first step and mix well before following the recipe as usual.



*Please always supervise your infant/child at play. Please stay within arms reach and never leave infants/children unattended.*



### Melting Snowman Craft

#### Supplies:

- White paper
- Cotton ball
- Pipe cleaner
- Ribbon or strip of fabric
- Felt

#### Make it:

Cut out a circle of white paper. Glue a cotton ball in the center as the snowman's head. Above the cotton ball, glue a piece of ribbon or a strip of fabric for his scarf. To the sides of the cotton ball, glue pieces of pipe cleaner for his arms. Below the cotton ball, glue a couple of black felt (or paper) circles for his buttons. On the cotton ball, glue on felt (or paper) eyes, carrot nose and a mouth (I used a red piece of pipe cleaner for the mouth). These look cute displayed on a table top.

### Winter Sensory Bin

Fill a basin or plastic storage container with cotton "snow" balls. Styrofoam craft balls or pom poms are also nice textures to add if you have them on hand. Small toys can be hidden in the mix for hide and seek fun, and add spoons, measuring cups and small cups or bowls to encourage scooping and pouring skills and pretend play.



## THE EARLY BIRD

Local events for you and your child

1/18: Movie: *Turbo* - 1p - Altoona Public Library

2/22: Movie: *Monsters University* - 1p - Altoona Public Library

3/22: *Pinocchio* - Shows at 3p and 7p - Mishler Theatre

Saturdays/Sundays: Public Roller Skating from 1-4p  
Martinsburg Memorial Park

Tuesdays: Free soft play - Noon-4p - Slinky Action Zone

Tuesdays/Thursdays: Toddler Time - 9:30a or 10:30a  
Altoona Public Library

Fridays/Saturdays: Quaint Corner Children's Museum open  
10a-5p - 2000 Union Ave., Altoona - \$3 (2yrs & up)



## PARENT TIPS & TOOLS

Ideas for helping toddlers manage behavior

Starting off another “New Year” as parents and caregivers, let’s take a moment to be thankful for these precious children in our lives! AND let’s also remind ourselves of the great responsibility we have in raising these children: keeping them safe, teaching them right from wrong, aiding them in acquiring skills for a lifetime and most importantly, nurturing and loving them within an ongoing relationship.

So...

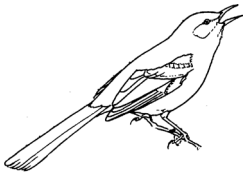
- Remember to breathe!
- Laugh as often with them as you can.
- Be clear and simple in your directives.
- Help them learn what to do instead of the action that got them into trouble.
- Teach boundaries for safety.
- Know that consistency and predictability are good.
- Praise positive behavior.
- Celebrate the small steps of progress.
- Teach positive behavior by example.
- Be intentional, making the routine a time of interaction – don’t just get it done.
- Use time out and consequences gently as a teaching tool, not as a punishment.
- Try to be patient and forgiving.
- Always reconnect with warmth and acceptance after an upsetting interaction.
- Never go to bed mad.
- Start the new day with a clean slate.
- Remember that nobody is perfect – not you and not your child.
- Remember your child’s personality, life experiences and temperament all play into his or her reactions and behavior.
- Hug often.
- Remember that time passes quickly and too soon our children will be grown.
- And did I mention???? Always reconnect with warmth and acceptance after an upsetting interaction.



## SOCIAL BUTTERFLIES

Fun winter ideas to help you bond with your child

- Have fun in the snow by sled riding or building a snowman. Practice naming the parts of the body of the snowman. You can talk about winter vocabulary like cold, ice, snow and wind.
- Baking cookies together with the family is always a fun way to fill a snowy winter day. Name the different cookie cutters, decorate them and have fun eating the cookies along with some hot chocolate. It’s always fun to have your child give you bites of a nice warm cookie and you can offer yours to your child for a nice “sharing” experience!
- Sing songs with your child while adding movements to the songs such as clapping, gesturing or pointing. Frosty the Snowman is a great song for winter!
- Cozy up with a warm blanket this winter:
  - Put your child on the blanket for a blanket ride or play peek-a-boo with the blanket.
  - Swing your child in the blanket and practice requesting “more”.
  - Roll up your child in the blanket like a hot dog roll.
  - Play fort by placing the blanket over a table or some chairs and practice using “in” and “out” as you crawl in and out of your blanket “fort”.



## MOCKING BIRDS

Indoor and outdoor snow activities to promote language development:

Help your children be creative with the snow this winter! If you aren't a parent who likes to play in the cold snow with your child, bring it inside! Use a large pot or bowl to gather some snow and allow your child to play! Some neat ideas for using snow indoors (and outdoors) all while learning new words are:

**1. Use Mr. and Mrs. Potato Head pieces.**

Make a potato-sized snowball and use the pieces from Mr. Potato Head and push them into the snow. You can make little snow people all while talking about body parts. You can talk to your child about "big" and "little" while rolling the snowballs. Count how many snow people you have made. You can make "girl" snow people and "boy" snow people. You can talk to your child about how "cold" the snow is and say "brrr!" and have them try to repeat those words.



- 2. Snow painting!** Take small Dixie cups or paper cups and mix water with a little bit of food coloring. Use the medicine eye droppers you get with your child's Tylenol, etc. and allow your child to make patterns with their "paint" in the snow. Talk about the different colors and have them try to say them. Paint with them and have them tell you what they want you to draw.
- 3.** If you are willing to go out in the cold, *the above two activities can also be done outside.* You may want to put their "paint" you made from #2 into a spray bottle and have them spray the colors on the snow.
- 4. Children love to help shovel the snow.** If you don't have a child-size shovel, give them a soup ladle or a large kitchen spoon for them to dig into the snow with you. Encourage them to say words like "dig", "scoop" or "heavy" when shoveling the snow. Encourage them to make snowballs and throw them at you, into the snow or at a tree. Use words like "big ball" or "throw" or "got you!" while having a snowball fight.

If you decide to do the indoor snow activities, make sure you put a towel down and do the snow activities in an area that you don't mind getting wet as the snow melts. The good thing is once the snow melts you just take the water and throw it back outside! Easy clean up!



## WIGGLE WORMS

Fun motor activities to get your little ones moving

It's time to bundle up and go outside to play in the snow!

If your baby is not yet sitting well on his own, you can safely pull them in a sled with a high back and safety straps.

Crawlers need to have snow pants and waterproof gloves to protect them from the cold and snow. Let them down to crawl in the snow. It's okay if they taste a little, too!

Pre-walkers may need a hand held or they can help push a large snowball when building a snowman!

Walking toddlers will get quite a workout just walking around with their bulky snow suits and heavy boots, especially if you let them help pull a sled up a hill!

Making snow angels is fun and great exercise too! It's like doing jumping jacks on your back and great for coordination.

Now it's time for some hot chocolate!

