



Stark County Board of DD Early Intervention Newsletter

April 2020

We won't be planning any playgroup dates, themes or outings until it is safe for us to meet again. Once the stay at home order has been lifted and people have gone back to work and school we will begin planning these activities again.

Many other activities we might pass time doing have also been ordered to close like parks, playcenters, entertainment venues, eating out, etc. and soon we will be missing activities like swimming, zoos, amusement parks, campgrounds, etc. too. I have added some extra activities to the newsletter you can do with your family to help pass the time. Fresh air and exercise are essential to our health and well-being. I created a scavenger hunt and have added a fun kid's spring yoga sequence that I found for your family to do together. You will also find a simple snack to make, a few crafts you can make from recyclables, and a sensory basket activity, as well as, a piece on toddler biting.

We hope everyone is staying safe and well at this time. If you are an essential employee thank you for making sure we have access to the things we need. Many non essential employees have been able continue to work from home while many others are now out of work. It is a tough time for everyone right now and everyone's lives have been altered. Many school districts are passing out lunches daily to children and extra food cupboards are opening at various locations to help feed families who need help with food. Your child's service coordinator and primary service provider may also know of other resources so please don't hesitate to reach out to them for guidance and assistance in finding the resources your family might need.

Bunny Tail Trail Mix

This super simple recipe is sweet, salty, adorable, and delicious! You can mix up some Bunny Tail Trail Mix really quickly! Just pour all of the ingredients into a big mixing bowl. (Try not to eat too much as your stir!) Then enjoy!! Store any Bunny Mix left in an air-tight container

Ingredients:

Mini-Marshmallows
Milk Chocolate M&M's
M&M's Mini Malted Eggs
Something salty (pretzels or Fritos)
Annie's Snicker Doodle Bunny Cookies or
any type of graham like teddy grahams



You can contact Chris or Paula with questions by sending a message through the REMIND APP
To join... text @cehmerc to 81010;
or go to: remind.com/join/cehmerc

You can also contact us through the contact information below:

Chris Ehmer
330-479-3508 (work);
ehmerc@starkdd.org

Paula Moore
330-479-3710 (work);
moorep@starkdd.org

During the Covid 19 quarantine we are working remotely from home and do not have access to our work desk phone. You can contact us through our emails or by using the Remind app.

For more information and resources on the Corona Virus you can go to the Ohio Department of Health website.

coronavirus.ohio.gov



Spring Yoga Sequence



1 RAINBOW



2 FLOWER



3 SNAKE



4 MOUSE



5 TURTLE



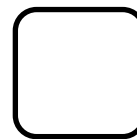
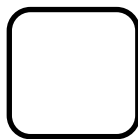
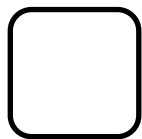
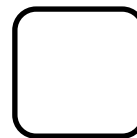
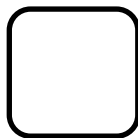
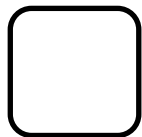
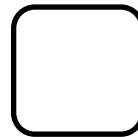
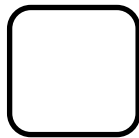
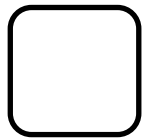
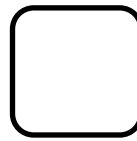
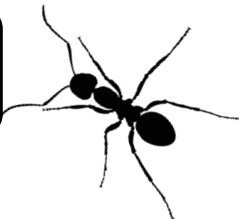
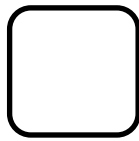
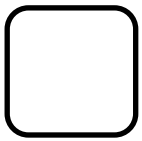
for more kids yoga, visit us at:
www.flowandgrowkidsyoga.com

Flow & Grow
KIDS YOGA

Family Scavenger Hunt

Since we are all in quarantine and warm weather has finally arrived I'm sure you are wanting to get your kids outside and active. Scavenger hunts in your back yard or on a walk through your neighborhood or at a local park are a great way to spend some time exploring the outdoors and interacting with your children. Use this colorful list and a crayon or pencil to mark what you find and get them excited to explore the outdoors.

Back Yard



Scavenger Hunt

Rainbow Blowers



These Cardboard Tube Rainbow Blowers are a wonderful way to recycle all of those toilet paper and paper towel cardboard tubes and make them into something colorful and most importantly fun! Your kids will love to huff and puff down their rainbow blowers and see all the colorful streamers blow about. They can also be used as a pretty windsocks when the kids have had enough of playing with them!

To make these you will need:

Cardboard tubes

Crepe paper or ribbon

Crayons, markers or paint

Glue or tape

First, have your child paint or color the tube. Next, cut your ribbon or crepe paper to the lengths you want then glue or tape the streamers to the inside of the tube. That's it! Now have some fun !

Spring Fun!

Mosaic Eggs

All you need is construction paper and a glue stick to make these pretty eggs. Cut an egg shape out of any color construction paper. Next choose 3-4 new colors (you will just need a small piece of each) then cut or tear them into pieces. Finally, glue the pieces of paper on the egg and display your work..



Easter Sensory Bins

Sensory bins are great opportunities for learning because children can explore different sights, textures, sounds, and even smells depending on what you use.

To make an Easter sensory bin you will fill a plastic bin or Easter basket with some Easter grass. If you put different things in each egg your little one can feel the different weights of the eggs and hear the different sounds they make. Easter eggs can take on many forms. You can fill them with beans, jelly beans, rice, or anything you want just be sure to seal them with tape or glue. Now place the eggs in the basket hiding them in the Easter grass.



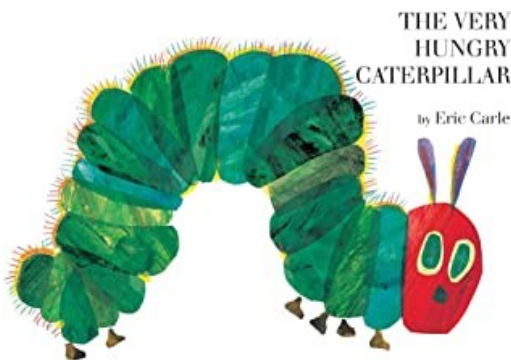
Sensory bins should be supervised.

Please never leave your child alone with small items that they could possibly choke on.

APRIL



If your toddler loves lift-the-flap books, *We're Going on An Egg Hunt* is a winner. Follow the bunnies on their egg hunt while practicing basic counting



One sunny Sunday, the caterpillar was hatched out of a tiny egg. He was very hungry. On Monday, he ate through one apple; on Tuesday, he ate through three plums--and still he was hungry. When full at last, he made a cocoon around himself and went to sleep, to wake up a few weeks later wonderfully transformed into a butterfly!



As a young girl searches her backyard for her "spring robin," she notices many signs of spring — a bee taking honey from a crocus, a yellow forsythia bush, fuzzy fiddleheads sprouting, etc. This is a perfect story for toddlers, without a word out of place.

BOOK PICKS

Bunny Rabbit

Bunny rabbit, bunny rabbit,
Hop, hop, hop.
(hop 3 times)

Bunny rabbit, bunny rabbit,
Stop, stop, stop.
(clap 3 times)



I'm The Easter Bunny

I'm the Easter Bunny, soft and white,
(point to self)

Here are my ears,
(wiggle two fingers up behind head)
And my tail so light.
(hold fist behind back)

I hide Easter eggs all over town,
(pretend to hide eggs)
Just watch me hop and hop around.
(hop)

April Songs and Fingerplays



How Does a Caterpillar Go?

How does a caterpillar go?
Dear me, does anybody know?
How does a caterpillar go?
A wriggle, wriggle all day long.
(crawl index finger up opposite arm like a caterpillar)



How does a honeybee go?
Dear me, does anybody know?
How does a honeybee go?
A buzzing, buzzing all day long.
(flap hands quickly like little bee wings)



How does a butterfly go?
Dear me, does anybody know?
How does a butterfly go?
A flutter, flutter all day long.
(spread arms and move them up and down)



HELP!!! MY TODDLER IS BITING

Biting is a very common behavior in young children, even infants experiment with biting. When your child bites someone, you might feel frustrated, angry, annoyed, embarrassed, or worried. All of these feelings are normal. Try to see biting as a way of communicating rather than just bad behavior. Many toddlers go through a “biting stage” so don’t feel you are alone. Remember not all children bite out of anger or to hurt another child. Some children bite instinctively, because they have not developed self-control and some bite in order to cope with a challenge or to fulfill a need for oral stimulation.

If your child is biting for oral stimulation offer them something they can safely bite and chew on like a cracker, pretzel, some carrot sticks, or a teether. If the bite was over a toy or treat, remove it for a short while. Be sure your behavior expectations are age-appropriate and individually appropriate for your child. Look at who they bite, when they bite and in what situations or what triggers it and try to intervene before your child bites. Give your child a firm “bear” hug when you sense he is feeling stressed, out of control and might be about to bite. This can help children feel secure, held together and in control which can be very soothing. Ask yourself what the child is gaining by biting? What is the reward... does he get your undivided attention?



A child might bite to...

- Relieve pain from teething.
- Explore cause and effect (“What happens when I bite?”).
- Experience the sensation of biting.
- Satisfy a need for oral-motor stimulation.
- Imitate other children and adults.
- Feel strong and in control. (biting gets the adult or child to do what they want)
- Get attention.
- Act in self-defense/defend (when you bite, your victim moves away)
- Communicate needs and desires, such as hunger or fatigue.
- Communicate or express difficult feelings, such as frustration, anger,

A child might bite because they...

- Lack language skills necessary for expressing important needs or strong feelings like anger, frustration, joy, love etc.
- Are overwhelmed by the sounds, light or activity level in this setting
- Are experimenting to see what will happen
- Have a need for oral stimulation
- Need more active playtime
- Are over-tired
- Are teething

How can you stop biting? Keep your own feelings in check, react swiftly, and keep your cool. Get down to their level and in a firm, matter-of-fact voice say: *“No biting. biting hurts!”* Depending on your child’s age you can comment on how the other child is feeling (cause and effect): *“You bit Matt and now he is crying. It hurts your friends when you bite them .”* Then **give your attention to the victim NOT the biter**. Be sure to acknowledge your child’s feelings, you might say, *“You are frustrated because...let’s try ...”* When your child is calm try to teach them other ways to express their needs and desires. It is important to have a plan and be consistent. Make sure all your family and caregivers are on the same page so your child doesn’t receive mixed messages. If you use time-out, now might be a good time to use it. If all other methods fail remove your child from the situation.

What doesn’t work? Yelling, shaming or harsh punishments can actually increase biting incidents. Biting back or hitting teaches your child that it’s okay to bite and hit people when they’re upset. **NEVER BITE OR HIT YOUR CHILD!** If you’ve been consistent and your child continues to bite ask for help or advice from friends, other parents or teachers. You can also talk to your pediatrician, who can also point you in the right direction.