



Stark County Board of DD Early Intervention Newsletter

January 2020

BUMPER BOWLING

PARK CENTER LANES

7313 Whipple Ave NW
Canton, OH 44720
330-499-0555

RSVP by 1/13/2020

**Tuesday, January 14th
10-11:30 AM**

**Cost \$1.50; includes shoes.
We will bowl 1 game only.**



Join us for bumper bowling! We will use the smallest weight balls, bumpers will be up and ramps are provided to help the children get their ball down the lane. We are always amazed to see how strong and independent children can be when they want to do something by themselves. We've even witnessed new walkers toddle to the ramp with the ball and send their ball down the lane and get a STRIKE!

Please have your child wear tennis shoes if your child wears smaller than a size 10.

It's that time of year again!

Here's what you need to know to stay up to date when weather conditions are questionable.

Calamity Day Procedures for Early Intervention

If we are operating on a 2 hour delay-

EI services scheduled AFTER 10 AM will continue; those scheduled before 10 AM will not be delivered;

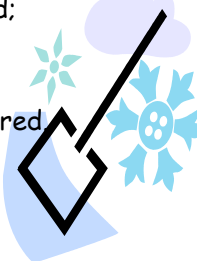
Code One or Two-

Early Intervention Services will not be delivered

Playgroups or outings:

Will be cancelled if any of the above occur!

*To see if we are under one of the above **watch for a REMIND message** or check our website www.starkdd.org/alertsandclosings, WHBC 1480-AM radio, or WEWS-5 television for up to date information on closings or delays. Closings will be listed as Stark County Board of Developmental Disabilities.



MEGA MESSY PLAY!!

Sippo Lake Park- Exploration Gateway

5712 12th St. NW
Canton, OH 44708

**Tuesday February 11th
9:30am-11:30am**

This program is free.
Ages 1 to 5.

Play, create, investigate and explore! We invite you and your little ones to meet us at this mega messy sensory play drop-in program.

Get down and dirty! Expect your kid(s) WILL get messy and/or wet! Dress appropriately for messy play and you might want to bring a change of clothes just in case. This program is very popular with moms and dads since the mess is left there and the clean up is passed on to someone else.



Community events are not sponsored by Stark County Board of DD. They are scheduled for the sole purpose of introducing families to events/activities available in our area/community. All Field trips, activities, and playgroups are open to the public. Parents are responsible for the safety and well-being of their children during any events you attend.

You can contact Chris or Paula with questions by sending a message through the REMIND APP if you have joined.

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

January Family Fun

SNOW PAINT

Do you have a child at home that needs to get outside and burn off some energy? Don't panic, here is a fun outdoor activity for you to try when there is snow! DIY Snow Paint is easy to make!

Supplies needed:

spray or squeeze bottles
food dye
water



To create your DIY Snow Paint, remove the tops of the bottles and fill them with water. Add enough dye (liquid or gel) to get the color vibrant and bright! Screw the lid back on the bottle, and give it a good shake.

To use your DIY Snow Paint, simply hold the nozzle of the bottle a few inches from the snow and spray or squirt. You can adjust the nozzle to create a finer mist, or a more concentrated spray. You can mix colors, draw pictures, or even write out a friendly message to the neighbors.

DIY Snow Paint is not only a fun activity, but an easy way to keep your kids busy during the cold winter days!

RICE KRISPIES SNOWMAN

Ingredients:

1 box of Rice Krispies
(approximately 16 oz.)
1 bag of white marshmallows
2 Tbsp. butter
white melting chocolate
sour strip candy
Rolos candy
Peppermint patties (small)
Orange gum drops
mini chocolate chips



SNOWMAN SLAM!!

This simple game is fun for the whole family, and only takes a few simple materials to make it. You can make up the rules of how many snowballs, turns or how far away to stand to toss "the snowballs" to knock down the snowmen. Such a simple concept, but so much FUN!

Materials

White cups
Craft foam or construction paper
White socks or snowballs
Glue
Scissors

Here's what to do...

Cut snowman face shapes out of paper or foam. Decorate six white cups using the paper or foam shapes by gluing them on the cup. Tightly ball up white socks for snow balls (you could even crumple paper for a snowball). That's it! Now it is time to PLAY!



Melt 2 tablespoons of butter in a large pot then add the bag of marshmallows and stir until melted. Next, add 3/4 of the box of cereal until coated well; if it is too sticky add more cereal. Lightly grease your hands and roll the cereal mix into two different sized balls. Place balls on parchment paper until ready to assemble. Make the scarves by cutting strips of sour strip candy (or something similar) into thirds then, snip the ends of the strips to create a fringe. Make the top hats by using melted white chocolate to glue a Rolo candy on top of a Peppermint patty.

Assembly: Use the melted white chocolate to assemble. Sandwich a scarf between two of the rice krispie balls and add the hat to the top then refrigerate. Once set, add chocolate chip eyes and buttons and a little carrot nose (snip a small piece of gum drop). Refrigerate again before serving.



The Flu:

A Guide for Parents



Influenza (also known as flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 26,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years and children of any age with certain long-term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at high risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at high risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

Is flu vaccine safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

- **Flu vaccine can prevent your child from dying from flu.** A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face

- Ribs pulling in with each breath
- Chest pain
- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

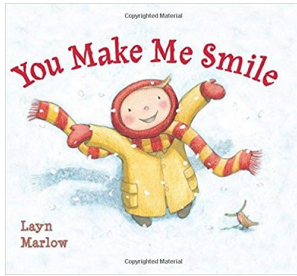
Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.



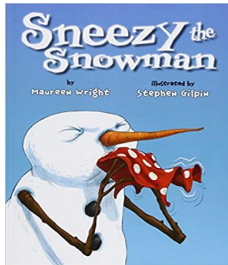
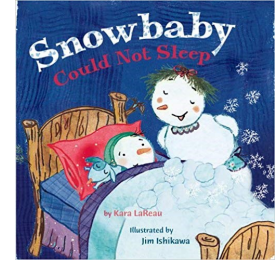
U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO



Today has something special in store—the first snow! The day begins with gray skies and a chill in the air, but soon soft blankets of white cover everything in sight. Soft illustrations with a simple narrative and stunning illustrations follow a rosy-cheeked girl through the steps of building a snowman.

A little Snowbaby simply cannot get to sleep. He counts snowflakes, his Snowmama gets him extra snow because he was too hot and still he can't sleep. What finally gives him enough comfort is when his parents make him his very own Snowpuppy to snuggle all night long.



B-R-R-R-R! AH-CHOO! Sneezy the Snowman is cold, cold, cold. To warm up, he drinks cocoa, sits in a hot tub, stands near a warm fire—and melts! But the children know just what to do to build him up again—and make him feel "just right".

January Songs and Fingerplays

Snowflakes

sung to "Twinkle, Twinkle, Little Star"

Snowflakes, snowflakes, dance around,
(dance)

Snowflakes, snowflakes, touch the ground.
(touch the ground)

Snowflakes, snowflakes, in the air.
(wave hands above head)

Snowflakes, snowflakes, everywhere.
(sweep arms out)

Snowflakes, snowflakes, dance around,
(dance)

Snowflakes, snowflakes, touch the ground.
(touch the ground)

The Snowman

Roll the snow into some balls.
(pretend to roll)

Make a snowman, oh so tall.
(reach up)

Place a hat upon his head.
(touch head)

Give him buttons that are red.
(tap chest with pointer finger 3 times)

Use some coal to make his eyes.
(touch eyes)

You can do it if you try!
(cheer)

Next, he needs a carrot nose.
(touch nose)

Where will we get one of those?
(shrug)

Make a mouth and he'll be done.
(touch mouth)

Making snowmen is such fun!
(clap)

Merry Snowflakes

Merry little snowflakes
falling to the ground,

(fingers flutter like falling snow)

They're landing on the treetops,
covering our town.

(fingers flutter)

They softly fall on noses
(touch nose)

And make our hair look white.
(touch hair)

They seem to call,
'Come out and play!'

('come here' motion)

As they fall
throughout the night.

(fingers flutter like falling snow)



Toddler Playgroups!

Join us on Friday mornings from 10-11:30AM at Eastgate Early Childhood and Family Center to explore, play and meet other families. "Welcome to the Arctic" is the theme in January and February! Playgroups are intended for children birth to age 5 years old. There are always lots of fun activities you and your child can discover and enjoy together. You are always welcome to bring family and friends along to join you! Here is a sneak peek at the winter activities...

JANUARY

"WELCOME TO THE ARCTIC"



January 3rd
NO PLAYGROUP
HOLIDAY BREAK

January 10th

POLAR BEAR WHERE DID YOU GO?

Brrrrr....the arctic air is cold!!! Polar bear, polar bear where did you go? I can't find you anywhere in this cold and blustery snow! Come frolic in the snow with Arctic animals and make your own polar bear to hide and find.

January 17th
NO PLAYGROUP
TODAY



January 24th
FROSTY THE SNOWMAN

Frosty the Snowman, was a jolly happy soul, With a corn cob pipe and a button nose, and two eyes made of coal. Frosty can dance and play in every room today! Create your own snowman with Miss Paula. Before you leave be sure to join us for a snowman building snack.

January 31st
WHERE'S WALRUS?

Can you find where walrus is hiding at playgroup?



...Where's Walrus?

February

"WELCOME TO THE ARCTIC"



February 7th
L. O. V. E.

We love the snow! Come play in the snow with the Arctic animals then warm-up at our pretend hot chocolate stand. Make special Valentine's for someone you love today .

February 14th
NO PLAYGROUP
TODAY



February 21st
SNOW OWLS

Snow owls are arctic animals covered in brilliant white feathers, which helps them blend into their arctic surroundings. Can you find our Arctic owl? You can make a textured snow owl of your own today.

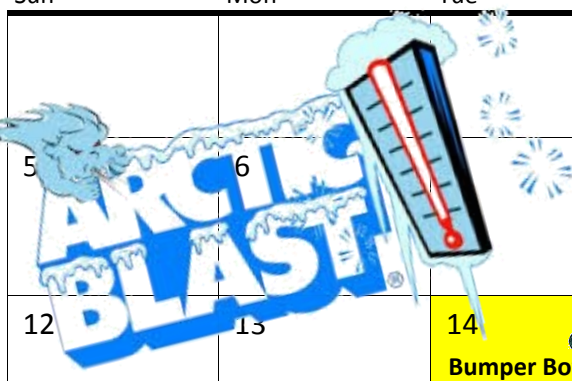

February 28th
WHERE'S THE FOX?

Fox are nocturnal animals so you won't find one at playgroup today but, you can make one.


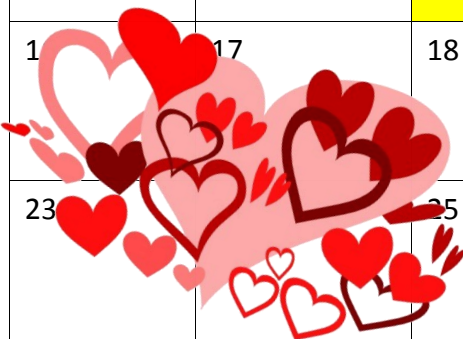
Did you know the fox has a powerful sense of smell? This is how they find food sources in the winter time. Fox are canines but they don't bark they communicate with their posture, yelps and what sounds like human screams.



January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 NO Toddler Playgroup	4
5 	6		8	9	10 Toddler Playgroup @ Eastgate 10-11:30 AM	11
12	13	14 Bumper Bowling 10-11:30AM Cost \$1.50 	15	16	17 NO Toddler Playgroup	18
19	20	21	22	23	24 Toddler Playgroup @ Eastgate 10-11:30 AM	25
26	27	28	29	30	31 Toddler Playgroup @ Eastgate 10-11:30 AM	

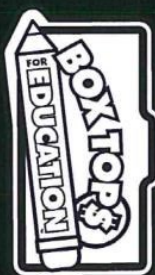
February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 Toddler Playgroup @ Eastgate 10-11:30 AM	8
9	10	11 Mega Messy Play 9:30-11:30AM FREE	12	13	14 NO Toddler Playgroup Valentine's Day 	15
16 	17	18	19	20	21 Toddler Playgroup @ Eastgate 10-11:30 AM	22
23	24	25	26	27	28 Toddler Playgroup @ Eastgate 10-11:30 AM	29

January 2020

HOORAY FOR SNOW DAYS!

HOORAY PARA LOS DÍAS DE NIEVE!



Paste in a flurry of BoxTops for Early Intervention!
Pegar en una ráfaga de BoxTops para Early Intervention!

Name _____
Nombre _____

