



Stark County Board of DD Early Intervention Newsletter

February 2021

Join us this month for Frolicking Penguin Fun!



February 2nd

Story time with Chris & Paula

Five Little Penguins Sliding on the Ice

Join us to see what kind of mischief the five little penguins are getting into.

Print out the penguin puppets at the end of the newsletter to sing and tell the story with us.



February 9th

Craft time with Miss Paula

Penguin Valentine

Today we will make penguin Valentines to give to family and friends.

You will find the pattern on the last page of the newsletter.

You will need glue, black, white, and orange paper or crayons to color the pieces.

February 16th

Sensory Play with Miss Chris
Shaving Cream Finger Skating

Enjoy slipping and sliding like a penguin in the snow with your fingers.

Today you will need a piece of foil taped to the table or surface you will be using, shaving cream, and your fingers.

Optional- Have some ice cubes on hand to slip and slide around too. You can also fill a small container with shaving cream and add polar animals, cars, or little people to play with too.



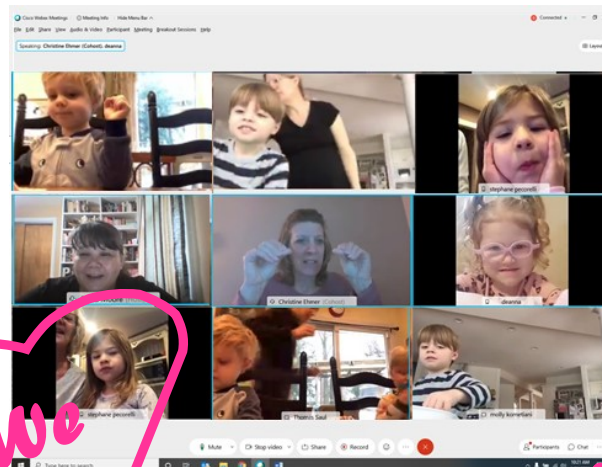
February 23rd

Penguin Snack & Play

Let's pretend we are penguins!

We will waddle, huddle, slip and slide and do the penguin dance then, we will make and enjoy a penguin snack!

You will need chocolate sandwich cookies and goldfish crackers.



We
Virtual Playgroup
Virtual Playgroup
Every Tuesday @ 10AM

February is
Children's Dental Health Month

You might wonder...when should I start cleaning my baby's teeth? According to the American Dental Association this should begin within the first few days after birth. For infants, wipe their gums with a clean gauze pad. Once teeth start to come in, brush them gently with a child size toothbrush and a small amount of infant/toddler toothpaste two times a day. Did you know infants and toddlers can get cavities? Tooth decay in infants and toddlers is called baby bottle tooth decay and early childhood cavities. To prevent cavities- only put formula or breast milk in bottles and don't put your child to bed with a bottle. Encourage them to drink from a cup by their first birthday, and encourage healthy eating habits. Be sure to schedule a visit to the dentist for your child by age 2 or sooner.



February Family Fun!!

Ideas for indoor winter play...

Too cold to go outside and play? Here are some ideas you can do indoors.



- Pretend to be a penguin-
 - Penguin sliding-use paper plates to make penguin feet to waddle and slide around on.
 - Put a ball or balloon between your legs and waddle across the room without dropping it. Who can get to the other side of the room first?
 - Waddle around without dropping the "egg". Create an egg by using a plastic egg, balled up socks, or a bean bag; place it on top of your feet like a daddy penguin and waddle across the room.
- Build a tent or fort out of blankets and sheets.
- Have an indoor snowball fight (use rolled socks, Styrofoam balls or peanuts, or cotton balls).
- Play "FREEZE"...play some music and dance and move to it; when the music stops everyone freezes.
- Put some snow in a container and bring it indoors, add some props (carrot, raisins, sticks, hat, gloves, scarf, etc....), and let the fun begin.
- No snow? Use shaving cream and squirt it on a table let your children create a snow scene in it. Add some people, cars, trucks, and houses to recreate real scenes.
- * Make a frosty scene by mixing together equal parts Epsom salts and water. Let your child paint the mixture onto a dark piece of paper as it dries you can watch the crystals form.

PENGUIN BREAKFAST BAGEL



Half of a Bagel
Cream Cheese
Dark Grapes (cut in half) or blueberries
Orange Slices
Raisins or chocolate chips

Directions:

Spread cream cheese on your bagel half and place it on a plate. If using grapes cut them in half. Place the grapes or blueberries around the top and sides. Use raisins or chocolate chips for the eyes and orange slices to make the beak and feet.

Torn Paper Penguin



Give your child strips of black and white construction paper or tissue paper. Have them tear the strips into small pieces (great for fine motor skills). Help them glue the black paper pieces onto another piece of paper then glue on the white pieces for the belly. Add eyes, beak, and feet.

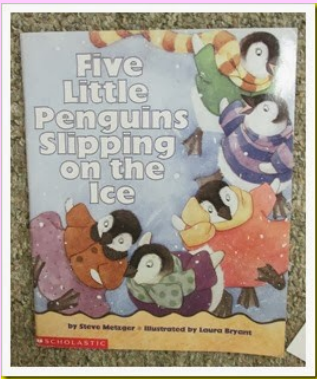
Shaving Cream Sensory Play

- Try shaving cream on FOIL! Tape pieces of foil to the table and squirt some shaving cream on it. Have your child pretend to ice skate with their fingers on the foil.



- Try shaving cream and ice cubes. Squirt shaving cream on a cookie sheet and add ice cubes. Slide the ice cubes through the shaving cream.
- Squirt shaving cream in a small plastic container and add polar animals, little people, or snowmen.

BOOKS TO READ IN FEBRUARY



Slip and slide with silly penguins in this rollicking new version of the popular counting rhyme!

Five little penguins slipping on the ice. One fell down--oh no! Now there are only four penguins left! What will Mother penguin do?

This wintry take on the popular "Five Little Monkeys" song will have every child singing along!

B-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".



A teacher introduces her energetic class to a new winter activity each day until soon a wintry chaos reigns. As the teacher's gifts add up the days get colder, the classroom is transformed into wintry chaos. Are all the winter surprises still inside?

Children fall in love with books because of the memories created when they snuggle up and read with someone they love.

-Raising Readers



Snowman

By: Nicolette Lennert

Snowman, snowman
Round and white
I wonder what
you do at night.
Snowman, snowman
Let's have fun
Before you melt
In the morning sun!



February Songs and Fingerplays



Five Little Penguins

Five little penguins sliding on the snow,
One hurt his leg and said, "oh no!"
Mamma called the doctor and the doctor said,
"Put that penguin straight to bed!"



Four little penguins jumping in the snow,
One hurt his arm and said, "oh no!"
Mamma called the doctor and the doctor said,
"Put that penguin straight to bed!"



Three little penguins climbing up a cliff,
One fell down and hurt his hip,
Mamma called the doctor and the doctor said,
"Put that penguin straight to bed!"

Two little penguins running on the ice,
One fell down, and bumped his head twice,
Mamma called the doctor and the doctor said,
"Put that penguin straight to bed!"



One lonely penguin playing on the ice,
He struck a tree and hurt his pretty eyes,
Mamma called the doctor and asked him for advice,
"No more penguins playing, on snow or on ice!"



Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



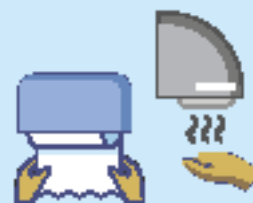
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS

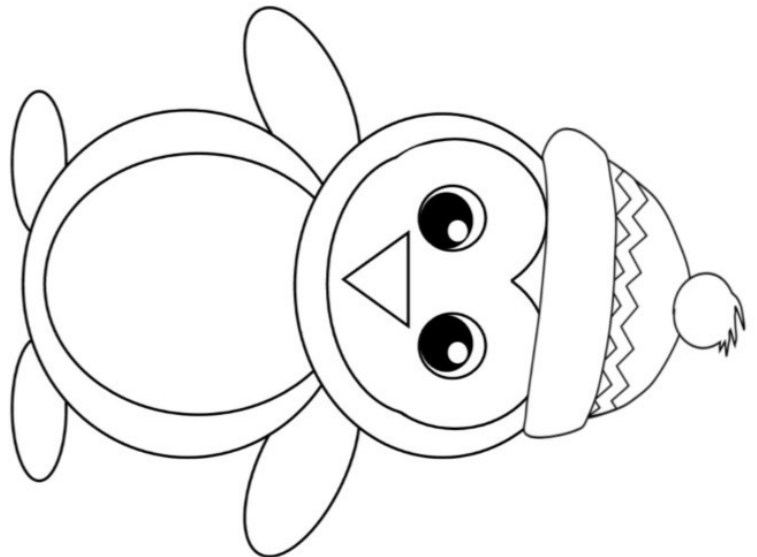
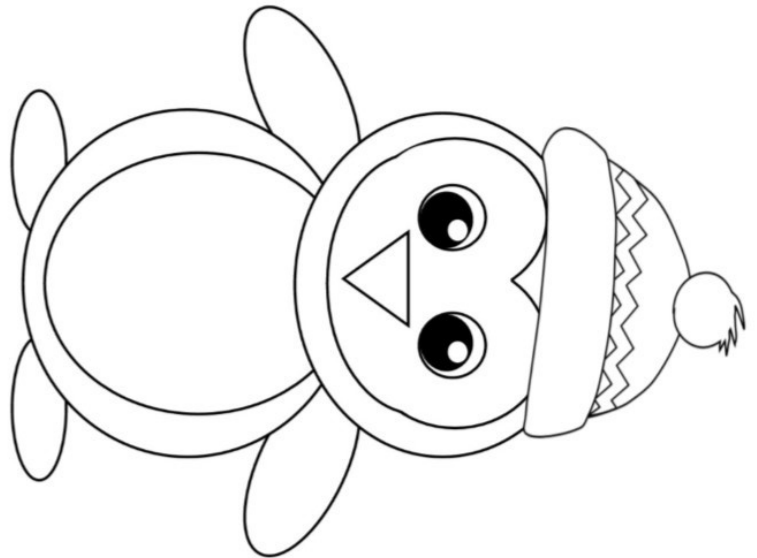
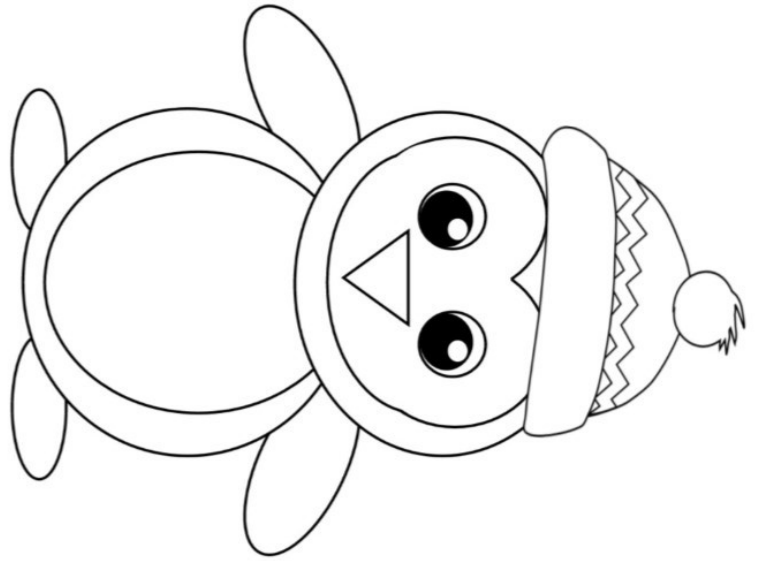


www.cdc.gov/handwashing

This material was developed by CDC. The Life Is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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Heart Penguin Craft

Trace and cut 1 oval in black or any color you want your penguin body. You could cut it out in white and color it too if you do not have colored paper.

Trace and cut 3 small hearts in orange or any color you want your penguin's beak and feet.

Trace and cut 1 heart in white or any color you want your penguin face.



You can cut out these eyes or use googly eyes, buttons, etc.