



Stark County Board of DD Early Intervention Newsletter

January 2021

Join us for Virtual POLAR FUN

Tuesdays @ 10AM



January 12th
Story time with Chris & Paula
*Polar Bear, Polar Bear,
What Do You Hear?*

Join us to find out what animals Polar Bear hears as we read the story. After the story we will pretend to be the animals by using an action and making the sounds of each animal. Print out the story mat and cards you will find at the end of the newsletter to tell and retell the story with us.

January 19th
Polar Bear Craft time with Miss Paula

Today we will have fun making these awesome polar bears with shaving cream and glue!



Today you will need a sheet of paper (not white), glue, cheap shaving cream, a paintbrush, and your choice of items to make the eyes, nose, and ears (ideas...googly eyes, pompoms, buttons, cotton rounds, circles cut from paper, etc).

January 26th
Ivory Snow Sensory Play with Miss Chris

Did you know you could make snow for sensory play from a bar of Ivory Soap? This is a really neat science experiment that turns into sensory fun!



Today you will need a bar of Ivory Soap (other brands do not work!), a plate, and your microwave oven. You may also want a small container and some water to extend the sensory experience.

POLAR BEAR TREAT



Make a cup of hot cocoa with marshmallows and this YUMMY polar bear snack that you can make a variety of ways depending on if you want to make it a healthy and tasty snack or just a yummy treat.

- You will need a small single serving dish to fill with your choice of the **WHITE** base.
- **FACE:** your choice of a **WHITE** base for the polar bear head. Some ideas are vanilla yogurt, vanilla ice cream, vanilla pudding, or cottage cheese.
- **EARS:** can be made using banana slices, vanilla wafers or any plain round cracker or cookie.
- **NOSE:** can be made using any round cookie, cracker or piece of chocolate and topping it with a blueberry, raisin, or chocolate chip.
- **EYES:** can be made from chocolate chips, blue berries, raisins, or any small round treat.

To make, you will fill your dish with your choice of the white base then add ears, nose, and eyes to create your polar bear treat. Grab a spoon and enjoy!



happy new year!

Polar Family Fun

Polar Fun Activities

Indoor polar fun activities you can do at home:

- Make icebergs by scattering paper, blankets or clothing across the floor.

Practice moving from one iceberg to the next without falling in the icy cold water (the floor).

Practice jumping skills by jumping from iceberg to iceberg (caution paper is slippery)

- Make a den using blankets or boxes then climb inside.

Watch a winter movie from the den.

Enjoy a winter story about polar animals.

Take a nap.

- Make snowballs out of clean socks.

Have a snowball fight indoors.

Stack plastic cups to make icebergs then, practice your aim. Try to knock them down by hitting them with a snowball.

- Play FREEZE, when the music stops everyone freezes (great for practicing listening skills!)

- Play the Artic Animal Actions game—give the name of an arctic animal like an arctic hare (hop), polar bear (walk with hands and feet on floor), penguin (waddle), etc. great for gross motor practice.

Ivory Soap Snow Sensory Play



This is a super fun science experiment that can turn into a fun sensory playtime too! **Prepare to be AMAZED!!** All you need is a bar of IVORY SOAP (this is the only brand that works) and your microwave. I'd suggest putting the soap on a plate or you'll end up with residue in your microwave.

First, cut a bar of soap in half and put it on small plate.

Put the plate in the microwave and turn it on for one minute. Watch with your child to see what happens (you won't want to miss this part!) You'll be able to see when it stops expanding, that's when it's done!

Now it's time to play with it!! To be on the safe side, let the soap explosion cool off for a few minutes before letting your child play with it. It should be completely cool to the touch in about 2-3 minutes. **Definitely check the temperature before letting any little hands play though!** It will feel soft and flaky!

After they've played with it for a little while add water to it and turn it into a silky soapy mx.

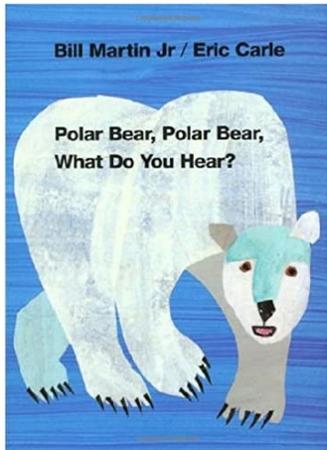
Don't waste the soap mixture when your child is done playing in it. Save it to use in the bathtub at bath time. If you leave it sit overnight it will form a goopy mixture for bath time sensory play and your child will get clean while playing in the tub.

Fork Painting

Paint a polar bear with a fork!

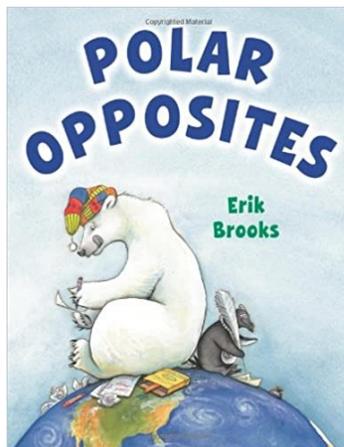
First squirt some white paint in the center of your paper. Have your child use the fork to drag the paint out towards the edges of the paper. Cut eyes and ears from paper and glue them on the paper to create a polar bear (or lay them on the wet paint and let it dry).



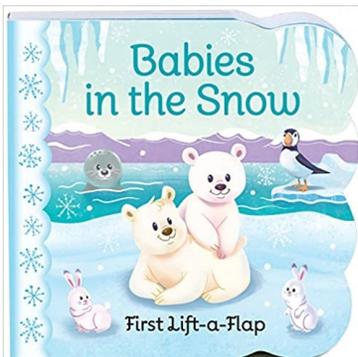


Children will chant the rhythmic words and make the sounds the animals make while pretending to be the zoo animals featured in the book. Bill Martin Jr. and Eric Carle collaborate again to write this book similar to their first classic *Brown Bear, Brown Bear, What Do You See?*

Alex is a BIG polar bear.
Zina is a tiny penguin.
Alex lives in the Arctic.
Zina lives in the Antarctic.
Alex and Zina are polar opposites! They live on opposite sides of the world. Their personalities are very different, too. But they find a way to meet in the middle to become two unusual best friends.



BOOKS TO READ IN JANUARY



Introduce your baby or toddler to arctic animals including polar bears, whales, caribou, walrus-es, seals, and more in this adorable lift-a-flap board book. Simple sentences reinforce future language structure while grasping and lifting the sturdy flaps helps develop fine motor skills. A perfect first book!

January Songs and Fingerplays

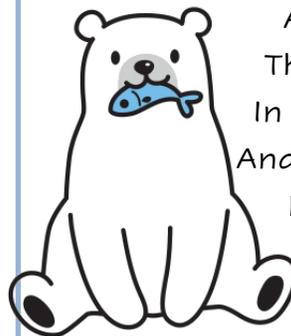
Three Pudgy Polar Bears

Three Pudgy Polar Bears,
chillin' on the ice
One dove in,
it felt so very nice
Two Pudgy Polar Bears,
chillin' on the ice
Another one dove in,
it felt so very nice
One Pudgy Polar Bear,
chillin' on the ice
He dove in
and there are no more polar bears
chillin' on the ice.



Little Polar Bear

Little polar bear,
White as snow.
Sat on the ice,
Near the cold water's flow.
"I am hungry", he said,
And he made a wish.
Then he stuck his paw,
In the cold water's flow.
And when he pulled it out.
He pulled out a fish!



Flu Information for Parents

What is the flu?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu viruses cause illness, hospital stays and deaths in the United States each year.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in kids who are healthy, it can be especially dangerous for young children and children of any age who have certain long-term health problems.

What are the symptoms of the flu?

Symptoms of the flu can include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

Protect your child

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

Ask your health care provider which flu vaccine is right for your child.

- Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.
- Children 6 months through 8 years of age may need either 1 or 2 doses of vaccine.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. Parents, siblings, and people who care for infants should be vaccinated instead.

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, cover your cough and sneezes, wash your hands often with soap and water, do not touch your eyes, nose, and mouth, and clean and disinfect surfaces and objects that may be contaminated with flu viruses.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor right away 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 at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.
- If your child becomes sick with flu illness, CDC recommends that they stay home 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.

Is there medicine to treat the flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. These drugs can be given to children and pregnant women.



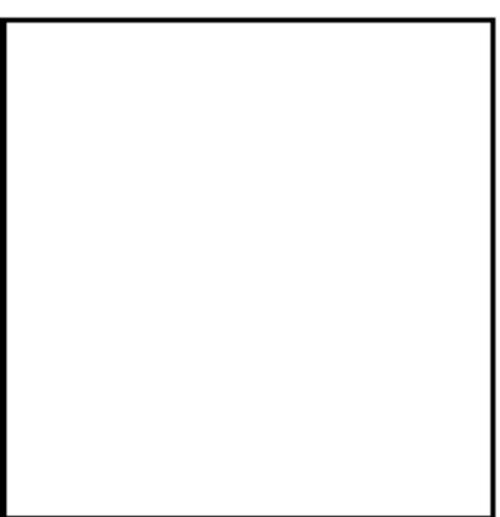
For more information, visit
www.cdc.gov/flu/protect/children
or call 800-CDC-INFO



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

Polar bear, polar bear, what do you hear?

I hear a _____



_____ in my ear.



Lion roaring



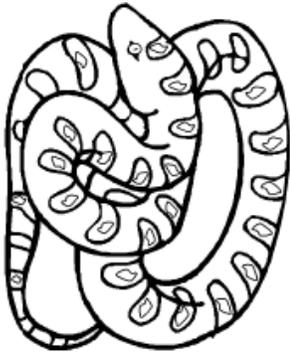
Hippopotamus snorting



Flamingo fluting



Zebra braying



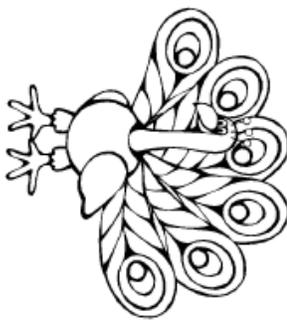
Boa constrictor hissing



Elephant trumpeting



Leopard snarling



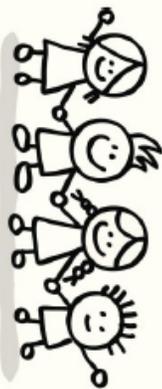
Peacock yelping



Walrus bellowing



Zookeeper whistling



Children