



Stark County Board of DD

Early Intervention Newsletter

December 2021

Virtual Playgroup

Christmas Trees are the theme this month.

Join us on Tuesdays @ 10AM...



December 7th
Craft Time Fun
Fork Painting Christmas Trees

Join us to paint in a different way. Instead of a paintbrush we will be using a fork to paint a Christmas tree. All you need is a fork, green paint and a piece of paper. If you don't have any paint at home check the next page to find a recipe to make homemade paint with just a few simple ingredients. If you want to add decorations to your tree you can use paint, pompoms, glitter, buttons, or whatever you have around the house.

December 14th
Kids in the Kitchen
Christmas Tree Snack

This is a snack everyone will enjoy making. You will need a sugar cone (you could also use a graham cracker), green icing (homemade or store bought), and several kinds of small candies for the decorations like Skittles, M & M's, candy sprinkles, or string licorice for garland, etc.



Kindness Elves

Everyone needs a little kindness. Try this fun activity that teaches kindness. It can be used in conjunction with Elf on the Shelf or as an alternative. Each day, place your Kindness Elf in a new location around your home. The elf will leave a little note telling the family what act of kindness they should do that day; for example, an activity could be helping someone, donating gently used clothes or donating a brand-new toy to a holiday toy drive. You can make your own elf or purchase an inexpensive elf at Dollar Tree. A single act of kindness can make a significant impact on someone's day. Think how different the world would be if everyone just took a few minutes to do something kind for someone else.



Happy Holidays!

There will be no playgroup on December 21st and December 28th.



Family Fun Ideas

Fork Painting Christmas Trees

You don't need a paint brush to paint, try using a fork instead!

To make these cute trees you will need:

Green paint
Plastic fork
Paper



To create your tree, squeeze some green paint onto a paper plate (you can use a few shades of green to add depth if you want). Next, dip your fork into the green paint. There are a few options for how to paint your trees; you can press and stamp, or drag the fork flat across the paper. Another option is to paint a tree shape and then scrape off the paint with the tines of the fork.

If you want to decorate your tree you can use different colors of paint and a Q-tip, fingertip, or something similar to make the ornaments. You could also use buttons, small pom poms, sequins, glitter, etc.

Christmas Tree Snack

No baking involved in making this snack and your children will love creating them too.

You will need:

Sugar cones
Green icing (or make your own)
Variety of candies & sprinkles



Give your child a small plate to work on, icing, and a butter knife. Direct your child spread a little icing on a plate then give them a sugar cone. Tell them to turn the sugar cone upside down and place the open end into the icing on the plate. Your child will need to completely cover the cone with green frosting. Now it's time to decorate the trees! Set up your bowls with the different candies and sprinkles you plan to use so they are easy for your child to reach. Let your child add the candies to the icing where ever they choose (they will probably eat some as they work on decorating too). Here are some ideas for candy decorations: M&M's, Skittles, Dots, string licorice (for garland), sprinkles, Snow Caps, whatever you want. When they are done decorating, (they may want to make several) they can enjoy their Christmas tree snack.

Homemade Paint



You will need:

1 cup water
1 cup flour
Food coloring
Bowls and spoons

Put water into a large bowl. Slowly add the flour, while your child stirs it. Once it's all mixed together, divide it into smaller bowls and add food coloring. Now you are ready to paint.

Homemade Gift Idea

Here is a quick and inexpensive gift your child can make to give to a loved one.

You will need:

A block of wood
Paint
Ribbon



Give your child a wood block and have them paint the four sides and top of the block of wood one color and let it dry. You can quickly dry the paint using a hairdryer.

Next they can add details like dots, squiggles, etc. to the block.

Dry the new paint, then add a ribbon by turning the block upside down and wrapping it with the ribbon so that you will tie your bow on the top. Write your child's name, the year and/or their age on the bottom. If you wish you can add sprigs of pine, or small ornaments on the top with the ribbon too. Pre-cut and sanded blocks of wood are available in craft departments at some stores (Walmart, Target, Dollar Tree) and also at craft stores (Michaels, Joann fabric) to purchase if you don't have any scrap blocks of wood at home.



Happy Holidays!

HOLIDAY STRESS EFFECTS EVERYONE

Tips To Help Your Family Get Through the Holidays

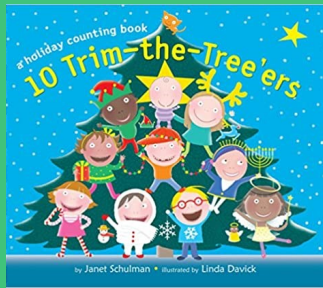


It is hard to find a good balance when you are trying to make holiday memories with your family. So often we are running here or there to visit family and friends, or making holiday preparations because we think we “need to.” It is easy to get overwhelmed during this time of year and sometimes we forget that children can get overwhelmed with all of the hustle and bustle too. Additionally, often what seemed like a fun plan is quickly replaced with the reality of managing some of our children’s less than desirable behaviors. Parents can find themselves feeling frustrated, angry, and resentful as their children seem to fall apart right when we most wish, and need, them to hold it together. Here are some tips to help you and your family manage the holiday season...

- Keep routines the same by keeping your child’s usual bedtimes, and mealtimes when you can.
- Share plans, schedule changes, and out of the ordinary events early in the day, not as it is about to or is happening to keep things predictable.
- Make sure you are taking care of yourself both physically and mentally. Your emotional well-being can affect your child’s. Children watch how we cope with stress and learn from our example.
- Focus on one task at a time, and pay attention to how you, and your child are feeling. Remember you can always stop or take a break if needed.
- Try to balance the hustle and bustle of shopping, baking, wrapping gifts, decorating and family get togethers so it doesn’t become overwhelming.
- Be tuned in to your child’s temperament. If you see they are starting to feel anxious, find a quiet place where they can regroup.
- Opt out of some events, don’t fall into the trap of needing to do it all. Know when to say “no”...constant excitement around the holidays can create chaos for the entire family!
- Kids need to be reminded of your expectations prior to heading to an activity and they may need to be reminded again during the activity. Just make sure your expectations for your child’s behavior are not set too high for their age and development.
- Don’t feel pressured to over-spend on gifts; instead, help your child to make homemade gifts that will be treasured by loved ones for years to come.



BOOKS TO READ...

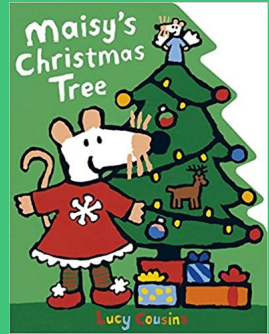


One shiny golden star at the very tip top. Two strings of flashing lights that just won't stop. Count your way through the holidays with the ten little neighbors trimming the tree in their building's lobby.

Alfred is a young tree who has big hopes of being picked each year to be a tree for the family he 'inherits' but, he is always overlooked. As the years pass, Alfred becomes disappointed that he has not been picked yet. His friend, Mr. Phipps, urges him to be patient waiting for that perfect family. Does Alfred get his wish?



Today Maisy and her pals are decorating the Christmas tree! There are lights to string, ornaments to hang, candy canes to put up, and an angel to place at the very top. After wrapping presents, it's time to sing Christmas carols around the tree. Merry Christmas to Maisy and all her friends!



Songs and Fingerplays...

The Lights on the Tree

(Tune: The Wheels on the Bus)

The lights on the tree go blink, blink, blink,
Blink, blink, blink, blink, blink, blink.

The lights on the tree go blink, blink, blink.
All Christmas Day.

Continue with the following verses...

The presents at the house go rattle,
rattle, rattle, etc.

The mom at the house goes
bake, bake, bake, etc.

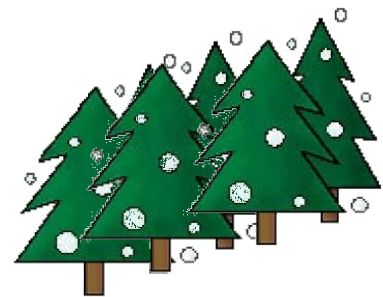
The dad at the house goes
snore, snore, snore, etc.

The grandma at the house goes
hug, hug, hug, etc.

The grandpa at the house goes
kiss, kiss, kiss, etc.

Little Christmas Tree

I'm a little Christmas tree,
Pretty as can be,
Standing in the window for all to see.
Watch my lights twinkling,
Oh, so bright. With my decorations,
I'm a lovely sight!



5 Little Christmas Trees

Five little Christmas trees
Standing all alone
Their hearts were very sad
'Cause they hadn't found a home.
Then chop went the axe
And down fell the tree
And off they went with a happy family!

(Continue with 4 Christmas trees, 3, 2, & 1 then finish with...)

No little Christmas Trees
Standing all alone
Their hearts were very happy
'Cause they all found a home!!!

