



Stark County Board of DD

Early Intervention Newsletter

Virtual Playgroup

January 2022

Snowmen are the theme this month.

Join us on Tuesdays @ 10AM...

Happy Holidays!

There will be no playgroup on January 4th.

January 11th
Craft Time Fun
Oh no! A Melted Snowman

Can snowmen get cold? Maybe. What happens if



you bring the snowman into the house? Well, he melts of course! Today we are going to create a melted snowman. It won't be messy like bringing a real snowman in the house to melt. This one is made out of paper. You will need a glue stick, scissors (you can also tear it), and blue, white, orange, and black paper to make this with us.



This snack has endless options of food items to use to create it. We can't wait to see what you decide to use. Check out the ideas on the next page.

What will you use to make your yours?

January 25th
Sensory Play
Melted Snowman Slime



This snow slime is perfect for creating melting snowmen and you only need four ingredients to make it. We will use the recipe on pg. 3. Add a few props for your melted snowman. What will you use for your snowman's arms, eyes, hat, and nose? A small bowl or ball is perfect to let your slime melt over.

Too cold to go outside and play?

Here are some ideas you can do indoors...



- * Build a tent or fort out of blankets and sheets.
- * Have an indoor snowball fight (use rolled socks, Styrofoam balls, or cotton balls).
- * Play "FREEZE"...play some music to dance and move to; when the music stops everyone freezes.
- * Create mazes- use crepe paper or yarn and tape to design mazes for you and your children to work your way through.
- * Make an obstacle course out of toys, cushions, pillows, etc.
- * Bring out some empty boxes and have fun building or creating something out of them.
- * Pretend to ice skate with wax paper skates or your socks, ski using cardboard tubes, or pull your child on a sled indoors.
- * Make fake snow using 2 cups of baking soda and 1/2 a cup of conditioner. This snow is moldable and smells nice too. Add items to build a snow man or add some containers to make caves and some animals too.

Family Fun Ideas

Snowman Snack



Try this creative snack or lunch with your child. There are so many different foods you could use to create one or two or you could even make a snow family.

Choose what food items you will use to make it. The food items you can use to create them with is endless but, here are a few ideas to get you started...

First, you will need two round food items or something you can cut into a circle shape for the body. You can use a cookie cutter or small cup to do this. Try using white cheese or bread or you could use round crackers, cookies, bagels, English muffins, lunchmeat., etc.

Don't worry if the circles aren't white you could always make it white by spreading cream cheese, icing, vanilla pudding, vanilla yogurt, etc. on top of the circles.

For the arms you could use- pretzels, veggie straws, celery sticks, carrot sticks, etc.

The nose can be made with orange cheese, carrot tip, candy corn, a bugle, etc.

Eyes and buttons could be made from blueberries, M & M's, chocolate chips, black olives, raisins, skittles, etc.

The mouth can be made from raisins, M & M's, red pepper, black or red licorice, etc.

For the scarf you could use a fruit strip/roll, jelly, lettuce, etc.

The hat can be made from fruit strips, tootsie rolls, lunch meat cheese, etc.

They are so fun to make and eat!



Melted Snowman Shape Craft

Items needed:

Paper
Glue stick
Scissors
Blue, white, orange and black (paper can also be torn)



First, cut or tear the white paper into squares.

Next, rub the glue stick all over the blue paper.

Now, place your white squares all over the paper anyway you want to. No Snowman will look the same.

Cut or tear 2 brown rectangles for the arms, 1 orange triangle for the nose, 2 larger black circles for the eyes, 5-6 small black circles for the mouth (you can also use a hole punch to make the small circles.)

The snowman is melted so his eyes, nose, arms, and mouth pieces can be anywhere you want. You can make it look like a snowman face or just place the pieces anywhere. This is a great art project for young children because there is no expectation for it to look just like a snowman. It is open ended and gives your child the opportunity to express themselves and show you what they think a melted snowman would look like. It also builds finger muscles and strength whether you are using scissors or tearing the paper.



Melted Snowman Slime

This easy slime recipe only takes a few minutes to make and will bring hours of fun!

Ingredients:

1- 6 oz Bottle of Elmer's Glue or 3/4 cup of glue

1/2 teaspoon Baking Soda

1 1/2 TBSP of Contact Lens Solution – that contains Boric Acid and Sodium Borate.

1/4 cup of water (optional)



Pour your glue into a bowl. Add a 1/2 teaspoon of baking soda and mix it in thoroughly. You can also add up to 1/4 cup of water if you want a more stretchy slime. Slowly add in the contact lens solution a little at a time (you might not need all of it) and mix to make sure you do not add too much. Knead and mix thoroughly before adding more so your slime will not get too hard. It will be sticky to start but the more you knead it the less sticky it will become.



Here is another fun idea for a snack...



All you need is a clear cup and a black and orange marker.

Draw a snowman face on the cup with the markers. Now fill it with a white snack food.

Here are some ideas to fill the snowman with...vanilla pudding,

vanilla yogurt, vanilla ice cream, vanilla milkshake, cottage cheese, milk, mini marshmallows, and popcorn.

What else could you fill it with?

Alternative– use a white cup to draw the face on it and you can fill it with anything you want.

You can even have your child help to draw on the face or glue on pieces of black paper for the eyes and mouth and orange paper for the nose.

If you want to get fancy you could even add a scarf!

Snow Painting



This is a fun activity that can be done indoors in a container or you could take it outside if it's not too cold.

You can use watercolor paints or just add food coloring to water. If you are

making your own paint colors add water to a cup or bottle and add food coloring until it is the desired color.

Painting can be done with a paintbrush, squirt or spray bottle.

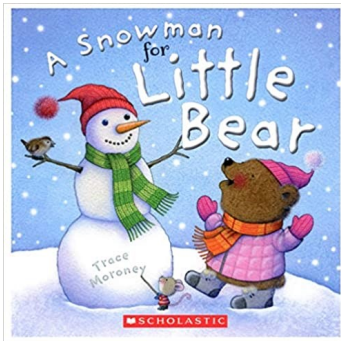
If you decide to do it indoors you will need a container filled with snow.

Once you have your paint and snow let your child explore coloring the snow with a paintbrush, squirt or spray



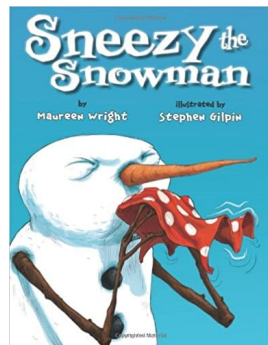
BOOKS TO READ...

Build a snowman, color by color, with this delightful, cumulative story. Each page adds a new article of clothing to the snowman. A fun way to practice colors.



It's the first snowfall of winter, and Little Bear can't wait to go outside. It's a perfect day to catch snowflakes and make snow angels, but when Little Bear wants to build a snowman, she needs a little help from her friends.

Did you know that sometimes even snowman can get chilly? Sneezy the Snowman is very cold and on a particularly blustery day, he just can't stop shivering! He tries multiple solutions to try to heat up, but each one ends with a puddle.



A very first winter book with different textures to touch and feel on every page. A fun book for babies and toddlers!

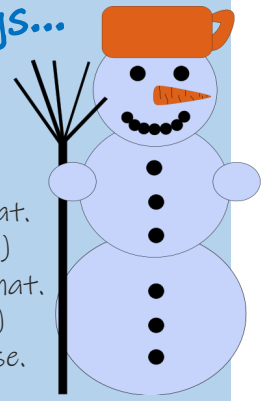
Read with your child daily.

Songs and Fingerplays...

I'm a Friendly Snowman

(Tune: I'm a Little Teapot)

I'm a friendly snowman big and fat.
(Stretch arms out to the sides.)
Here is my tummy and here is my hat.
(Point to the tummy and head.)
I'm a happy fellow, here's my nose.
(Smile and point to nose)
I'm all snow from my head to my toes.
(Point to head and to toes.)
I have two bright eyes so I can see.
(Point to eyes.)
All the snow falling down on me.
(Wiggle fingers downward.)
When the weather's cold I'm strong and tall. (Stand up tall.)
But when it's warm I get very small.
(Crouch down low.)



S Is for snowman

S is for snowman
Round and fat,
Sitting outside,
wearing a hat.
I brought him inside,
And sat him on the mat.
And before very long,
The snowman was flat.



Five Little Snowmen

Tune: 5 Little Monkeys

Five little snowmen riding on a sled,
One fell off and bumped his head.
I called Frosty and Frosty said,
No more snowmen sliding on that sled!
Four little snowmen...
Three little snowmen...
Two little snowmen...
One little snowmen...

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 higher 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 increased 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.

*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.

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 people.



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

#FIGHT FLU



U.S. Department of
Health and Human Services
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