



April 2022 Newsletter

In this newsletter, you will find some helpful tips on relating how to manage tantrums, along with getting the most out of your DT sessions, and springtime activities along with safety.



Getting the most out of your DT visits!

The main thing is that your EI wants to be able to see what you are doing during your visit. As parents, most of use tend to use our phones. For the most part it will be easier if you are able to be hands free, this way you are able to interact and not worry about where the camera is. Try to think ahead of time. Do you want the visit to be in the kitchen, bedroom, living room, or play room? Where in the room will be the best option to set the phone? No holder, no problem. If on the floor, you could place it against furniture or in your shoe. If on table, lean up against a cup or object that can hold up the weight. Also, think about the use of a laptop, if you would rather do visits that way.

Tips for families on Tele-intervention

Springtime Activities

Spring is finally here. YAY! Time to get outside and enjoy the weather. Hopefully you can find lots of things to do in your very own yard or take a day at the park and enjoy the rays of the sun. As a kid, we loved to play in the mud and make mud pies, help water the garden and explore Mother Earth. Here are a few fun things to do with your little one.

Outdoor Activities all free ideas to enjoy.

Toddler nature fun activities

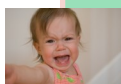
Click on picture for video



Tantrums and how to handle them

Several of my visits this month, parents have mentioned that their child is having a tantrum. They are crying, falling out in floor, throwing, hitting, pulling hair. As a parent it can be very frustrating. Just try to remember your little one is learning how to deal with emotions. If they are not able to use his/her words, they get even more frustrated. The best thing is to get on their level and attempt to talk in a calm voice. Tell them that you understand that they are upset. Sometimes they are so upset, you may need to ignore and tell them, when you are all done, come get me, or come back over to play.

Really great information, check out! Click picture.



Signs of Autism

One of the most important things you can do, as a parent, is to learn the early signs of autism and become familiar with the typical developmental milestones that your child should be reaching. Early signs vary widely, most will be more obvious around the age of two or three. Just know that all children with autism may not show all the signs and this is why a professional evaluation is crucial. - Autism Speaks.

Autism Speaks

Autism and how ABA works

Vanderbilt TRIAD

Children's Center for Autism

Child Spring Safety

While we are outside, exploring and having fun, we also need to think about child safety. Whether your little one is only a few months old, a toddler, or even school age, we all need to take some precautions.

Mowing the Yard safety– Yes it may be fun to have little one ride, however it is not safe.

Gun Safety– Please be aware of where guns are at all times and out of sight and reach of children.

Spring Sensory Bins/containers

Babies and toddlers love to explore and learn through hands-on tactile play that engages their senses. You can buy material at local dollar stores, art stores, or use items from outside that you collect on your nature walk. Name each item for your little one, talk about the way it feels, looks, and smells.



Easter Activities



Click picture for video

Events:

Easter Egg Hunts around Middle TN. Or check your local listings as well.

April 9th, 10am Frazier McEwen Park Tullahoma

April 15th, 11-4 Lucky Ladd Farms

Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>

