

Attention: Keeping your appointment with your EI is very important. If not able to make it, please notify your EI ASAP to reschedule, if needed.

If running a fever, vomiting, and/or diarrhea, PLEASE cancel your child's visits with all therapies. You can always schedule a make-up visit. This way all therapist do not spread to other kids that may be more medically fragile.

How to dress kids for the cold winter:

Down, fleece, and wool all work well to insulate your kids and will add warmth without the bulk so kids can still run, jump, and throw snowballs. Several thin layers will keep kids dry and warm. Always remember warm boots, gloves/mittens, and a hat is recommended.

Stay safe and healthy in the winter

Healthy start to the new year:

Being mentally well means that you mind is in order and functioning in your best interest. You are able to think, feel, and act in ways that create a positive impact on your physical and social well being.

Mental Wellness Month

15 tips for a healthier you



Click picture for guided meditation

Gross Motor activities for the winter

Gross motor skills are important to enable children to perform every day functions, such as walking, running, climbing, catching, and throwing, as well as, self care skills like getting dressed, climbing in and out of the car, or in and out of the bed. We tend to stay indoors more during the winter months due to being too cold and wet, so we need to think of fun things to do on cold winter days. Click the link above for some fun activities.

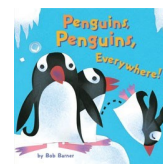
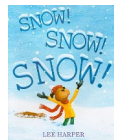
More winter Activities for little ones

Fine motor winter activities

Fine motor skills are the movements and coordination of the small muscles of the body, that involve the fingers and the hands. Fine motor skills are important for supporting independence with dressing, eating, and other skills for daily life activities.



Curl up with a good book on cold winter days.



Snow Cream:



When it starts to snow, place a bowl outside to collect snow. Bring inside and add sugar, vanilla extract, and stir in evaporated milk to desired consistency.

Bring the snow inside to play:



This works great for sensory. You can either leave a container outside to collect the snow or take one out and fill half way up. Bring inside and add a toy, car, spoon, small shovels, cups, and bowls for pouring and anything else that your child plays with. Have fun playing!

Events: Check your local libraries for story time.

11th and 25th at 10:30 [Bedford Library Story Time.](#)

[Family with hearing concerns—training](#)

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>

