



January 2022 Newsletter



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

Hopefully this Newsletter will help define motor skills and language skills more in depth and how we can use everyday routines and activities to help promote these areas of development in our little ones at home.

Motor Skills and why it is so important:

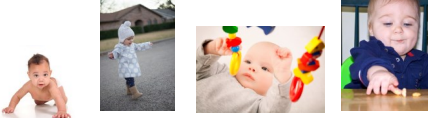
Having good motor control helps little ones explore the world around them, which can also help with many other areas of development. I'm sure you have heard your EI or other therapist talk about gross motor and fine motor skills. It can sound a little confusing at first, however, once you understand the difference between the two, then it will be easier to focus on the skills better.

Gross motor development involves the larger, stronger muscle groups of the body. It's these muscles that enable a baby to hold his head up, to sit, crawl, and eventually walk and climb.

Fine motor development involves the smaller muscles, such as those in the hand and wrist.

Gross motor and Fine motor skills are very important. So it's very important to ensure that your little one is meeting their milestones.

Click below for some awesome tips to help with your little one.



Difference between Receptive Language and Expressive Language.

Receptive language refers to how your child understands language. Expressive refers to how your child uses words to express self.

There are two major types of language disorders: receptive and expressive. A receptive delay happens when your child has a difficulty understanding language. An expressive delay happens when your child has difficulty communicating verbally. Frequently, a cause for a language delay cannot be identified. Other times, it can be a symptom of an underlying developmental delay or disorder.

A must see video: [Teaching Expressive Language in Everyday Routines](#)



Click below for some awesome tips to help with your little one.

How to incorporate motor and language together:



It sounds hard to do both but when shown how to do it, it will actually come more easily. For example, building with blocks is a great fine motor activity. But did you know it is also a great time for language skills? You can talk about how high, or if they fall down you can add ('uh-oh' or 'boom'), counting, colors and so many other words you can add while working on grasping, letting go, stacking on top or lining the blocks up.

[6 ways to develop language through physical development.](#)

Cooking with your little one is a great way to work on motor skills as well as language skills and a great way to bond with each other.

[10 ways to help in the kitchen!](#)

[Helping with pizza](#)

[Helping with making a cake](#)



Visual Supports:

Click pictures for video:

First/Then boards:



Providing a child with visual means of introducing new task, activities, or events in a way the child understands and may be more motivated to complete.

Picture cards:



Enables a child to communicate effectively with other people to make wants and needs known.

Very useful for children who are non-verbal, have limited or unclear speech.

Events:

Tullahoma Gymnastics and Cheer

Every Friday 10-12 pm is open for ages 7 and under for \$10. Click on link above for more information.

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>

