



Reminder: March 10th

In this newsletter, you will find some helpful tips for getting outside and things to do for spring break, if stuck at home. You'll learn the importance of social and emotional development. As well as, find some fun St. Patrick's Day and Easter activities, including some healthy snacks. Hope you enjoy! Make sure to click on all underlined topics for more information.

**Stuck at home for Spring Break:** No big deal, here are some fun activities to do while at home.

**Camp it out:** Create your own campground in the backyard.

**Splash Splash:** Bust out the hose and make a splash zone.

**Flower Power:** Plan a little garden.

**Meet mother nature:** Head outside, go for a walk and explore the world.

**Get your groove on:** Turn up the music and dance your heart out.

**A place of their own:** Get sheets, pillows, a few chairs and ta-da you have a fort.

**See it, do it:** Let the kids direct the day and be ready to play with them.

**Free as a bird:** Visit a playground/park and explore.

**A fairy/pirate:** Dress up and play using your imagination. Go all out and get into character.

**Ants go marching:** Pack a lunch, find a nice shady spot and have a picnic and enjoy the day.

### Outdoor Adventures:

Bring the outdoors to life by introducing your little one to the natural world. What makes them giggle/squeal? Which textures do they like and don't like? Explore the woods together and discover a whole new playground through touch.

Let little fingers grasp and hold enticing textures. Gently run the items over hands, arms and feet. Describe how each one feels: smooth/prickly, soft/rough, and wet/dry.

### Outdoor play for babies

#### Shamrock Shake:

- 1 banana
- 6 oz. Greek yogurt
- 1/2 cup milk
- 1 teaspoon vanilla extract
- 1 handful of spinach
- 1 tsp. chopped chocolate



And ingredients to blender, blend until thick

Fun and Easy St. Patrick's Day Activities with your little ones. Click on picture for activities.



### Social-Emotional Development:

As children grow into the preschool years, they will start to learn to take turns, share toys and other items, play near each other, and talk with peers, as well as, share their feelings with them. It is very important for your child to be able to play around and with other peers their age to have social interaction with others. It's ok to keep them at home and not go to a day care or preschool, however, try to find a time and place where they can have that interaction. Some great places are at church, friend play groups, the park, and even the library.



Click picture for video

### Baby Development

### Preschool Age Development

## Happy Easter

### 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.

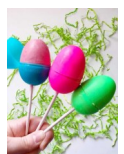


Click picture for video

### Easter Activities

#### Easter Egg Smoothie Popsicles:

Save those plastic eggs and make a cool treat



Click picture for recipe:

## 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>

#### Events:

**Daffodil Day** – March 16th Bell Buckle