



December 2023 Newsletter



Click picture for toddler Christmas songs



How to keep your child healthy during the cold season. During this time of year we happen to see the flu and RSV more often. Here are some tips to help your family through the season.

- Limit children's sugar intake
- keep kids hydrated
- make sure children get enough sleep
- encourage kids to relax
- change out toothbrushes
- teach kids to wash their hands
- take vitamin D
- know when to take to the doctor

### Tips on keeping kids Healthy

Too Cold to go outside, weather yucky. Here are some fun things to try to do inside to get those little bodies moving.

### Gross motor skills



### Fine motor skills

### Adaptive/self Help skills



Click pictures for video



### Cognitive Activities:

Cognitive skills provides children with the means of paying attention to thinking about the world around them. Try hiding and finding objects, sort colors and shapes, or match simple objects around the house to pictures. Think of ways you can use things that you already have at home.

### 11 Fun Activities for Babies 6-12 months

### 6 Low-Fuss cognitive Activities

Don't throw away those left over boxes from Christmas gifts, be creative and turn them into different things. The kids will love it and expand on their Imagination and pretend play skills. Here are a few creative ideas to try.



### Check out these cool ideas

Looking for something special but having a difficult time finding something for your special needs child. Here are a few suggestions posted from Amazon. And the Therapy Shoppe

### The Ultimate Special Needs Shop

### Therapy Shoppe



### Holiday Activities:

Kids love the holidays just as much as you do. Let them help you with some of the fun. Placing soft ornaments on the bottom of the tree, sticking bows on the presents or using the cookie cutters for pressing out cookies, then let them help ice the cookies.



Feeling under the weather try Teddy Bear Juice.

1/2 cup apple juice, 1/2 cup hot water, 1 teaspoon lemon juice and 1 teaspoon honey (if over age one). Mix and serve warm.

### Events:

Dec. 2nd Lincoln County Breakfast with Santa. At Lincoln County High school 8-11 am all tickets \$5. Tickets at the door or at Bank of Lincoln County.

## 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>

