



April 2024 Newsletter



Getting the most out of your DT visits!

Children learn best in their natural environments and best with familiar people, while they are doing meaningful, everyday things like getting dressed, playing, eating, or other chores around the house. So please continue to do whatever is planned while your EI is visiting. Your visits are also very important to not only us, but to you as a family. If need to miss a visit, please reschedule another time with your EI. We love to see great attendance from you.

FGRBI for families



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 place them out of sight and reach of children.

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



Working, Learning Together!

TRY THIS: Practice organizing blocks by size! Try building a block tower with large blocks on the bottom and little blocks on top!

Gather a container of Lego's or blocks and have Mom or dad control of all the blocks. Place one on floor and hand one to child and say, "your turn, on top." Continue to go back and forth, taking turns. If another parent or siblings joins, everyone gets a turn to put a block on top of tower. Make sure you use their name- Mommy's turn, Daddy's turn, and so on. Not only are we building together but learning to trust others by taking turns.

This is a good time to talk about the colors, shape and counting the blocks, too.

Blueberry Yogurt Freeze bites

Ingredients:

- 1/2 cup blueberries
- 1 cup plain yogurt



Line baking sheet with parchment paper. Then pour yogurt in a medium bowl. Next, use toothpick to dip berries into yogurt and place on parchment paper. Freeze for one hour.



Here is some information about smoking around your little ones. Even when you feel they are not inhaling it, they really are.

2nd hand smoke

3rd hand smoke



Events:

Bedford Library story time April 10th and 24th at 10:30

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>
- <https://invoices.org/programs/statewide-family-support-network/>

Able To:

Achieving a better life experience. Savings program designed to help residents with disabilities put aside money to pay for qualified expenses.

