

August 2023 Newsletter

In this newsletter, we hope that you will find valuable information that you can use with your little one, as well as, for yourself. We are always looking for resources to help us along the way. Saying that, this is the time of year where public schools start up again and several little ones will transition over to the school system. It is a bittersweet moment, not only for the family, but for your EI, as well. Whether your family has been with our program for several years or even just for a few months, we have watched your little one blossom.

Developmental Milestones

Are you not sure what your child should be doing at a certain age? Questioning yourself because your friend's little girl is doing something but your little one isn't or vise versa? It can be worrisome, at times. Here is a quick check list to see what your child should be doing. You can also ask your El. They are trained to help you understand a little better about what your child should be doing.

Need some developmental activities for your little ones? Click on each link for some fun at home activities.

Fine Motor **Gross Motor** Communication Social **Adaptive**



Family Fun Time:

Pick your own berries, fruits and veggies or grow your own outside in the rain (splash in puddles, make mud pies, smell the rain)

Make smores together
Camp out in the back yard

Catch lightening bugs

Let kids help with cooking by mixing, pouring, scooping and tasting to create own pizzas

Take a family nap together in the living roo

Pick flowers, smell them

Have a picnic

Decorate walkway with chalk

Make fresh lemonade

Read a book Go to the park









Transitioning:

The primary purpose of a transition meeting is to develop a plan for transitioning your child from early intervention services to the school system or other services your child might receive. This meeting is initiated by your TEIS Service Coordinator and should be held 3 to 9 months before your child's third birthday. Click on the underlined topic for a wealth of information about the whole process

Here are some books that might help your little one to transition. Also, don't forget to sign your child up for the Dolly Parton Imagination Library. You will get a free book every month. They also have books in Spanish and in Braille, upon request.









5 Reasons Why Sensory Play is Beneficial:

- 1. Research shows that sensory play builds nerve connections in the brain's pathways, which lead to the child's ability to complete more complex learning task.
- 2. Sensory play supports language development, cognitive growth, fine
- and gross motor skills, problem solving skills, and social interactions 3. This type of play aid in developing and enhancing memory.
- 4. Sensory play is great for calming an anxious or frustrated child.
- 5. Help children learn sensory attributes such as hot/cold, wet/dry, hard/ rough

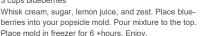
There are many sensory activities to use, such as: Play doh, water beads, bubbles, dish soap foam, cooked spaghetti, shaving cream, sand, water, flour, oatmeal, ice, squishy gel bags, finger painting, make a sensory tub as well. Don't forget to add other things to smell, taste, and diffe ent textures





Blueberry Lemon Pudding Pops

- cup heavy cream 1 cup milk
- 1/2 cup lemon juice
- 3 tsp lemon zest
- 3 cups blueberries



Third-hand Smoke



8/23-9/2 TN Walking Horse Celebration.

8/26 Wartrace Annual

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

