



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.

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.



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 vice 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 EI. They are trained to help you understand a little better about what your child should be doing.

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.



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

- [Fine Motor](#)
- [Gross Motor](#)
- [Cognitive](#)
- [Communication](#)
- [Social](#)
- [Adaptive](#)



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 tasks.
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 different textures.

Click for baby sensory ideas



Click for toddler sensory ideas



Family Fun Time:

- Pick your own berries, fruits and veggies or grow your own
- Play 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 room
- Pick flowers, smell them
- Have a picnic
- Decorate walkway with chalk
- Make fresh lemonade
- Read a book
- Go to the park

Symptoms Caused by Secondhand Smoke in Children



- Pneumonia
- Ear infections
- Lung damage
- More asthma attacks
- More allergy problems

Blueberry Lemon Pudding Pops

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



Whisk cream, sugar, lemon juice, and zest. Place blueberries into your popsicle mold. Pour mixture to the top. Place mold in freezer for 6+ hours. Enjoy.

Third-hand Smoke

- Thirdhand smoke refers to the toxins from cigarette smoke that stick to soft surfaces.
- Through thirdhand smoke, people can be exposed to the same toxins found in tobacco smoke.
- Low levels of toxins can build up to dangerous levels in the body. This can cause learning problems for children.
- Thirdhand smoke can stay on unwashed surfaces for days, weeks, even months.

<http://www.cdc.ca/health/story/2009/01/06/smoking-third.html>



For health and safety, please refrain from smoking around your EI therapist, due to them having to see other families during the day that may be medically fragile.

Thank You!!

Events:

8/23-9/2 [TN Walking Horse Celebration](#)

8/26 Wartrace Annual Community yard sale

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>

Don't Let Your Smartphone or Tablet Steal Your Precious Family Time



PhotoPositivity.com