



# Developmental News To You



December 2021 Newsletter

In this newsletter, you will find some DIY projects to make at home and some fun activities. There are so many toys out there but they are so expensive, or your little one would rather play with the empty box anyway. We are sure your little one will love some of these homemade activities and I'm sure your pocket will as well.



## Gross Motor Activities:

Gross motor skills are important to enable little ones to perform every day functions, such as walking, running, climbing, and even throwing or catching a ball.

Make your own obstacle course inside or outside. Use things you already have at home. Think of things they can walk on, go under, over and all crawl through. Make it fun.

## Energy Burning Activities

### Self Help Activities:

Self-help skills encourage young children to start taking responsibility for themselves. It's good to let them practice feeding and dressing self as much as possible.

Just a reminder little ones will make a mess, they don't have full control of body movements yet. So please be patient and let them try to do things on their own.

### Practical Life for Toddlers

### Social Activities:

Yes...even toddler and infants reap the cognitive and emotional benefits of interacting with others. The right socially interactive environment will help children develop strong language skills, creativity, social intelligence and confidence.

Try to find play groups, story time at the library, or even play at the park. Let them see that there are other little ones just like them. Encourage them to play with others.

### Events:

Dec. 4th Lincoln County Breakfast with Santa: 7:30-11:00. At the Hub 210 Elk Ave N (Will also have an Online Auction) Check it out!!!

Dec. 18th Bedford Library Holiday story time at 10:30. Please check your local libraries for activities.

## 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>

Centerstone Early Childhood Services

Prenatal through the Preschool years.