



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

Fine Motor Activities:

Fine motor skills will help with hand-eye coordination, develop finger control, and help learn how to manipulate objects.

Make your own blocks from small boxes: pop tart, cereal, fruit snack, bar soap, Kleenex, and many more. You can use duct tape to decorate or wrapping paper, fill them with items to make them weigh more, such as rocks, rice, beans and so on.

50 Cool DIY Toys for Fine Motor

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

Language Activities

Language skills will help your child to be able to communicate and express feelings. It also helps support your child's thinking ability and helps them develop and maintain relationships. Language development lays the foundation for the reading and writing skills as they get older.

Language Strategies: Building your child's use of words.

Holiday Activities:

Kids love the holidays just as much as you do. Let them help you with some of the fun. They could place soft ornaments on the bottom of the tree, stick bows on the presents, or use the cookie cutters to press out the shapes and help ice the cookies.



Easy cookie recipes

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.

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.