



December 2022 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. I'm sure your pocket will as well.



Click picture for toddler Christmas songs



HELP! My child continues to have bad behaviors. First, let's look at the behavior. What might have happened before hand? What triggered the behavior and how did you respond to the behavior? Most of the time, it has to do with children not being able to communicate and this is how they get attention.

[Ten times your kids bad behavior isn't actually bad.](#)

[What to do when your Child Bites](#)

[Help with biting, hitting and throwing](#)

[How to end a tantrum with gentle parenting](#)

How to keep your child healthy during the cold season. During this time of year we happen to see the flu and RSV more often. Here are some tips to help your family through the season.

- Limit children's sugar intake.
- Keep kids hydrated.
- Make sure children get enough sleep.
- Encourage kids to relax.
- Change out toothbrushes.
- Teach kids to wash their hands.
- Take vitamin D.
- Know when to take to the doctor.

[Tips on keeping kids Healthy](#)

Too cold to go outside, weather yucky? Here are some fun things to try to do inside to get those little bodies moving.

[Gross motor skills](#)

[Fine motor skills](#)

[Adaptive/self Help skills](#)

[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](#)



Click pictures for video

[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.

Events:

Dec. 3rd - Lincoln County Breakfast with Santa. At Lincoln County High school 8-11 am all tickets \$5. Purchase tickets at the door or at Bank of Lincoln County. If want pictures/ \$20 for 3 poses, that will be emailed to you.

Entertainment:

Silent Auction, Placemat coloring, Ornament making \$2, Ice fishing \$2, Face painting \$1, snow man toss \$1.

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>

