



December 2024 Newsletter

Center will be closed Dec. 23rd-27th.



Click picture for toddler Christmas songs

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](#)

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.



Wonder 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](#)

Don't throw away those left over boxes from Christmas gifts, be creative and turn them into different things. The kids will love it and expand on their imagination and pretend play skills. Here are a few creative ideas to try.



[Check out these cool ideas](#)

Is it too cold to go outside or is the 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](#)



Classic Christmas Sugar Cookie Cutouts

Click link for recipe.



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.7th [Breakfast with Santa](#): Lincoln County High School 8-11 am (benefiting the Child Development Center).

Dec. 8th 1-5 [Cora Christmas](#) in Lawrenceburg on the square 1-5 pm.

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>

[TEIS Community Resources](#)

