



May 2024 Newsletter



To all the amazing moms in our program, we are wishing you all a very happy Mother's day!

Simple Mother's Day crafts to make with your little ones. As a mommy, we like to treasure anything and everything that our little one's make. Here are some simple ideas to do at home with your littles.



Click on picture



Outside Play:

It's starting to warm up outside and after being stuck inside for so long, it is time for you to venture out and get some sun. Outside play can be a great way to model the joy of physical activity. Showing your child how to walk on uneven surfaces, balancing, climbing, throwing and kicking a ball, and just exploring the outdoors is a great way to build new learning skills.



Click picture on how to make a mud pie.

Balance is directly related to core strength—the stronger the core muscles are, the easier it is to obtain and maintain balance. Balance is also necessary for the progression of many other developmental skills— think of a baby moving from his tummy into sitting and then from sitting to standing. Some little one's may need a little extra help and practice. Here are a few suggestions to try.

Diaper Box for Baby



Use of an Exercise ball sitting

Use the ball to help standing and walking balance

Spring time safety

Spring is the time of year to go out and have fun and explore the outside world around us. Accidents do tend to happen when we least expect them to. Click on the links below for some great safety tips about windows, spring cleaning, grilling, lawnmowers, trampolines, and hiking.

Doctor offers Tips to parents

Keep your kids healthy this spring season

Spring Garden Sensory Box

Things you can add:

Soil, flowers, rocks, shovels, play insects, tweezers, magnify glass, rice, beans, yellow corn-meal, tiny pots,



Click pictures for video

Gardening and insects:

Now that it is Spring time, it is time to start planting seeds and exploring outside. Kids can learn so much from playing outside. There are so many things to see, smell, touch and even taste. Gardening can help little ones by developing fine motor control and also work on larger muscles. They can also learn color recognition, identify different fragrance and learn how fresh food taste.

10 Benefits of Gardening with kids

25+ Super Fun Insect Activities



Click picture for video

Dirt and worms make a yummy snack:

Things you will need:

- 2 cups of cold milk
- 1 (4oz.) package of chocolate instant pudding
- 1 (8oz) whipped topping thawed
- 1 package of Oreos crushed
- gummy worms
- 10 (8 oz) plastic cups



Pour milk into bowl add pudding mix, beat with whisk let stand 5 minutes. Fold in whipped topping. Place 1 tablespoon of crushed cookies at bottom of cup, then add 2 tablespoons of pudding to each cup. Repeat layers. Finish by adding 2 gummy worms on top. Put cups into fridge for one hour. Then enjoy!

Events:

May 4th, 10-11 Playgroup in Pulaski at Recreation Center on the Lawn.

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>

