



November 2022 Newsletter



November 6th

How much screen time is too much?

Click on TV for a video. ➡



Tips:

Be with your kids when they use any electronic devices.

Research games and apps before letting them play.

Schedule plenty of non-screen time into your child's play.

Turn off all devices during meals and one hour before bedtime.

Set a good example.

[Screens may affect your child's brain development.](#) Click link for another video.

### Fall Sensory Bin:

You can make a big one for outside play or even a small box to keep inside. While gathering materials with your child, have them help you pick out things, they may even see something they want to play with in the box. Think of all the different textures to add, include things that make noise or even specific scents to make it really exciting.

### So what does all this have to do with sensory bins?

When a child plays with a sensory bin, they are playing with a variety of materials and textures which stimulate the mind beyond what plastic alone can achieve. There are no rules about how to play with a sensory bin, it is self-directed learning.

### Short answer, what is the point of a sensory bin?



Fine motor practice, language development, improve focus and concentration, play based learning, fun, stimulates the 5 main

senses and promotes child-directed exploration.

Things that you could include in sensory box:

Bird seeds, rice, acorns, beans, sticks, leaves, feathers, cinnamon sticks, fake apples and pumpkins, as well as, farm animal toys, trucks, little people toys, and things to scoop and pour with.

All the staff at the Child Development Center wishes all of our families a very happy Thanksgiving. Center will be closed on November 24th and 25th to celebrate the holiday.

Also, if you are feeling that you may need a little extra help with Christmas, please talk with your EI to see if there may be extra help in your area.

### Help with Transitions:

Transition times are very important because they can make the day seem smooth and organized or rushed and unpleasant. Many toddlers have a difficult time with transitioning between activities. We have a lot of transitions throughout the day, such as getting ready for an outing, getting ready for nap or bed time, getting ready for a bath, and even getting ready for meal times. Click the links to get great information.

[3 ways to help your child with daily transitions.](#)

### How to Dress a toddler for the weather.

The weather is starting to change. It can be a difficult task finding warmer clothes, shoes, coats and even blankets. Here are a few resources to help if needed.

[Clothe Our Kids](#) located in Bedford, Giles, Lawrence, Lincoln, and Marshall Counties

[Salvation Army:](#) All areas and helps with a little bit of everything.



### Pumpkin Spice Chex Mix

Things you will need: 2 sticks of unsalted butter, brown sugar, pumpkin spice, vanilla extract, cinnamon & honey nut Chex cereal, pretzels and a bag of autumn/harvest candy mix. Click link at top for directions. Make sure to let your toddlers help you out by pouring, mixing, and tasting.

[Rose and her dad cooking Cranberry](#)

### 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>

What to do with the left over pumpkins and how to include it in your child's learning.



Click picture for video.