



November 2024 Newsletter



Clocks go back 1 hour on November 3rd.

**Wishing You A Very Happy Thanksgiving**



All the staff at the Child Development Center wish all of our families a very happy Thanksgiving. Center will be closed on November 28th and 29th 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.

### 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.

### 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.



### Schedules:

[Click for video](#)

We all wake up, get dressed, eat meals, get changed, play, run errands, take a bath, and get ready for bed at night, not to mention all the other stuff in between. Some families do great just going with the flow, while others may need more of a predictable routine. Routines will make life a little easier, not just for mom and dad, but for those little ones, as well. Listed below, you will find some creative ways to help with making a schedule/ routines for the day.

[Stay-at-home Mom Schedule](#)

[Reason to Establish a Routine](#)

[Simple chores little ones can help with](#)

### 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 Sauce](#)



### Kids-DIY-Turkey Muffins

Pumpkin muffin  
one grape for head  
squeezeable icing for eyes

red and green apples  
slicer of carrot for nose

Cut slices from apple, set flat and cut, squared off, tapered feathers. Cut a small beak from thin slice of carrot. Make a slit in the end of a green grape and insert. Once assembled add tiny dot for eyes.



## 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>

[Community Development Center News](#)

