



October 2022 Newsletter



In this newsletter, you will find some helpful tips on how to incorporate play throughout the day with songs and other activities for the season, along with teaching simple signs.

Songs and Finger Plays:

You can sing any time during the day. You can set a special time during the day, or sing during bath time, while playing outside, or even in the car. Little ones love hearing repetitive sounds and love to watch you do the hand motions. So even if they are not able to sing along right now, they can do motions with you or you can even do hand over hand with them. Here are a few fun fall/autumn songs.

[Autumn Leaves are Falling](#)

[Five little Pumpkins](#)



[Ten Little Leaves](#)

What to do with that Pumpkin:

It's that time of year where many families like to decorate pumpkins. Even if you don't celebrate Halloween, there is nothing wrong with getting a pumpkin, scooping out the inside and just explore with it. For those that do like to celebrate, you can finger paint outside or let kids draw on it, then cut out funny faces. Either way, you can do so much with a pumpkin. Check out links below.

[Fall tactile sensory activities](#)

[Other fun fall activities](#)



[Busy Toddler-50+ awesome fall activities](#)

Fall sensory box

Sensory Bins provide little ones with the opportunities to explore and learn through hands-on tactile play that engages their senses. Just remember not to add choking items. If you do add small items please interact with your child so that you can watch them. When not playing, make sure to put on lid and place where they can't access it.

[Six developmental Benefits](#)

October is [Fire Safety](#) Month

Fire Safety is a serious topic and your family should always plan ahead just in case. Make sure your family has an escape plan and keep it simple as possible. Don't forget if anyone in the family does happen to be on fire, remember to stop, drop and roll. Remember if use a blanket or any clothes are burned leave on until a medical provider arrives to remove it. More can be found on link above or [First Alert!](#)

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>

Several families have asked about starting to do simple signs with their child. It is never too early to start. Some start as young as five or six months. Is your little one imitating body movements such as clapping hands and waving bye? If they are doing this, then it will be easier to start showing them a few other signs. Signing really helps when the child is not able to communicate with you or has very limited words. It will also help reduce frustrations.



Simple signs with [Laura Mize](#)

Apple Pumpkin Baby Cookies:

Click link for direction

1/4 cup apple sauce

3/4 cup pumpkin puree (canned or fresh)

1 cup oatmeal

1/4 cup milk/almond milk/prepared formula



Eat Smart-Move More

Eating Smart and Moving More provides hands on nutrition education for adults, especially parents and caregivers of children. Through a series of meetings or online videos, families will learn to make healthy food choices within a limited budget and to choose physically active lifestyles. This program is offered through the University of Tennessee Extension. Join us to learn more about cooking and receive free kitchen tools. Participants will also receive a Certificate of Completion. Call Yesenia Lira-Garcia (931) 684-5971 or email yliagar@utk.edu to register.

[English](#)

[Spanish](#)

After-School Nutrition Class for ages 3rd grade and up. Oct 27th-Dec 1st Every Thursday at 3:30. Sign up at the front desk. Location: Bedford Public Library

Events:

Thursday at 10: Toddler Time
Lawrenceburg Library

Oct. 15th-16th [Webb Craft Fair](#),
Bell Buckle

Eagleville Area: Lucky Ladd Farms:
[Pumpkin Patch](#)

Franklin Co. [Granddaddy Farms](#)

Columbia Area: [Pumpkin Paradise](#)