



September 2024 Newsletter



Centers will be closed Sept. 2nd.

September is Baby Safety Month. In this issue, you will find some good safety tips for your little ones. Click on all titles and pictures for more information and videos.

## Baby Safety Month

### Bathroom Safety:

Click picture for information



Set everything you need within arms reach. Make sure the temperature is just right. Empty tub completely, immediately after use. Keep toilet seat closed, as well as, the bathroom door after you leave. Never leave your little one unattended during bath time.



Click picture for information

It's very important, that as a parent, you are aware where your child is at all times when in a car. The best place is buckled up correctly in the back seat.

CDC-[Center for Disease Control and Prevention](#), provides several topics in all areas of safety. Please check out their website for lots of good information.

### Why should you give your child a choice?

Kids want and expect their parents to provide structure and make key decision. However, too many and too big of a choice can overwhelm them or put too much pressure on them. So for younger children give the choice between two things. When given a choice, kids will gain a sense of ownership.

### You choose or I'll choose for you!

For example: Bedtime is always at eight. Regardless, you don't make a choice when to go to bed at different times; however, give a choice of what PJ's to wear or which book to read. Do you want to brush teeth before or after a book? Or if you don't choose, I will for you.

Giving choices reduces conflict. Offering choices encourage kids to think for themselves. Giving choices respects kids.

Too hot to play outside or maybe to wet, how to find fun creative things to do inside.

[Sensory Bins](#) are amazing and so much fun to play with. You can add all kinds of cool things. Don't forget to add cups, spoons, and other little containers. I like placing a blanket under the container so that afterwards just roll up blanket and pour items back into the container.



[Inside obstacle courses](#) are so much fun and you can use things that you already have in the house.

### Choking Prevention:



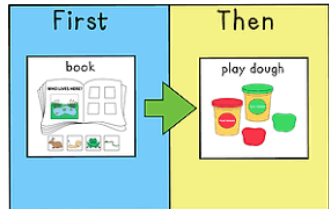
Like babies, little kids are curious about the things around them. They will touch, taste, and smell just about anything. After all, it is the way that they learn about things. This is an area where parents have to be diligent, because swallowing the wrong things can cause serious injuries. Here are some ways to make home and play areas safer.

Keep small objects such as buttons, beads, jewelry, pins, nails, marbles, coins, and other small objects out of reach and sight. Cut food for toddlers into tiny pieces. Children under 5 should not eat small, round, or hard foods, including hotdogs, cheese sticks or chunks, hard candy, nuts, grapes and popcorn.

### Oral Motor Exercises you never knew you needed.

What exactly is oral motor– it includes tongue, lips, cheeks, and the jaw. They are all parts of the mouth and are tied to lots of muscles and can be too strong or weak. We need oral motor to be able to talk, eat and to drink. Click on the link for tips.

Click on picture for video:



First/Then boards is a visual strategy used to help with language and/or behavior needs to complete task. The "First" picture is usually a non-preferred activity and the "Then" is a picture of a preferred activity. So, [first](#) we will look at the book and [then](#) we can play with the play dough.

## 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>

### Events:

Sept. 7th at 9-4pm [Health Fair and Hot Rods](#) Courthouse lawn on square

Sept. 16th [Bedford County Golf tournament](#)  
If you are a family and interested in helping out please let your EI know. We always encourage our families to attend.