



September 2022 Newsletter



September is Baby Safety Month. In this issue, you will find some good safety tips for your little ones, also, help with why you should give your little one a choice in helping making little decision.

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

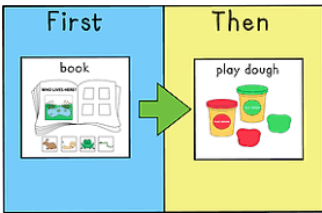
Kids want and expect their parents to provide structure and make key decision. However, too many and too big of a choice can overwhelm them or put too much pressure on them. So for younger children give the choice between two things. When given a choice, kids will gain a sense of ownership.

### 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, which book would you like. 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.

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.

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.

## Baby Safety Month



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.

### Bathroom Safety:



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 bathroom door after you leave. Never leave your little one unattended during bath time.

### 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.

A lot of parents are letting their toddlers help out while cooking. This is a very great learning experience. It is a really great sensory experience, as well as, helping with communication. Click on pictures for more information.



## 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>