



Let's Stay Healthy & Keep the Flu Away!

The health and safety of our students and staff are always at the forefront at Alternatives For Children. Now that we are entering cold and flu season we wanted to share with you a hand washing helper for you and your family and some tips on flu prevention.



Washing your hands is one the most important things you can do to keep germs and illness from spreading. It is also one of the simplest!

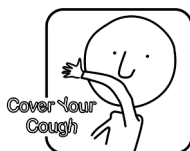
Teaching Children to Wash Their Hands

by Amber Hodgson, M.A., CCC-SLP - READ MORE:

<http://www.superduperinc.com/handouts/pdf/297%20Handwashing.pdf>

The Flu: A Guide For Parents - READ MORE:

http://www.cdc.gov/flu/pdf/freeresources/updated/a_flu_guide_for_parents.pdf



Cover Your Cough - READ MORE:

http://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf

Help your Child's Imagination Take FLIGHT! READ A BOOK!

Visit your local Library to find these and other books about

SNOW



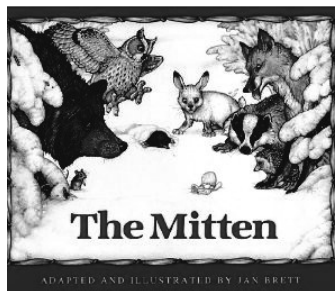
Katy and the Big Snow by Virginia Lee Burton. Katy, a brave and untiring tractor, who pushes a bulldozer in the summer and a snowplow in the winter, makes it possible for the townspeople to do their jobs.

Watch here <https://www.youtube.com/watch?v=BKqRyv-GfGE>



Snowmen at Night by Carolyn Buehner & Mark Buehner. Have you ever built a snowman and discovered the next day that his grin has gotten a little crooked, or his tree-branch arms have moved? And you've wondered what do snowmen do at night?

Watch here https://www.youtube.com/watch?v=_FFwqM8UvLI



The Mitten by Jan Brett.

When Nicki drops his white mitten in the snow, he goes on without realizing that it is missing. One by one, woodland animals find it and crawl in; first, a curious mole, then a rabbit, a badger and others, each one larger than the last. Finally, a big brown bear is followed in by a tiny brown mouse and what happens next makes for a wonderfully funny climax.

Watch here <https://www.youtube.com/watch?v=d3rRWzdHv5M>

Sing Along with Miss Suzanne JINGLE BELLS



<http://www.alternatives4children.org/>

Click on the NEWS & EVENTS tab and go to Video Gallery

Toilet Training Tips & Tools

Coming Soon!



Coming soon - Toilet Training Protocol to give you tips and tools designed to help you and your child succeed in toilet training to make the greatest improvements in your family's life. Find in the Resources area of our website!

<http://www.alternatives4children.org/family-resourcelinks.html>

#do it for me (because) every child deserves an alternative

Will you accept the Alternatives For Children Annual Appeal Challenge?

The Alternatives For Children

2015 Annual Appeal Year End Campaign is simple

YOU make a \$10 (or More) donation to Alternatives For Children's 2015 Year End Campaign and THEN challenge ten other people to match your gift.

GO TO

<http://www.alternatives4children.org/annual-campaign.html>

to make your DONATION

do it for me (because)

#EVERY

CHILD

DESERVES

an alternative

#annualappeal

#giving

#bethedifference

#alternativesforchildren

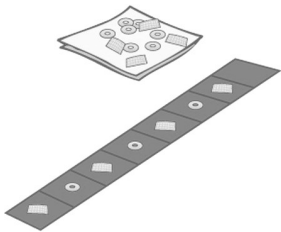


Get Out There and LEARN!



Reinforce seriation skills (formation, arrangement or position in a series or orderly sequence) with this activity. With your

child collect from their room a bunch of stuffed animals/toys. For the first go round randomly place the animals in a line. Then have your child try to rearrange the animals so they are lined up from shortest to tallest. Once the task is complete - put on some music - pick up a stuffed animal and dance or have a parade. Of course clean-up is a part of this activity. You can even “march” the toys back to your child’s room.

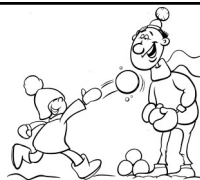


Cereal isn't just for breakfast anymore - it's for patterning practice too! At the table have your child spread out a napkin or paper towel. Then place a small amount of two distinctly different kinds of cereal on the napkin.

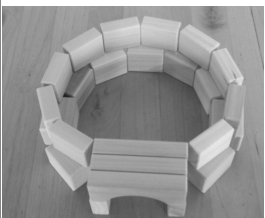
Place a strip of paper sectioned into squares similar to the one shown (made before hand). Show your child how to place a piece of cereal in each square to make a simple pattern. You can extend this activity by counting the cereal pieces; mixing the pieces up and then sorting them again; making simple shapes with the cereal pieces; let your imagination run wild with this! Then, of course, once the activity is complete - you get to eat the game!

Gross Motor FUN for the Whole Family!

Here are some FUN inside SNOW (pretend) activities for the whole family.



Have a pretend snowball fight or play catch - using rolled up white socks as snowballs. Make it even more challenging and wear mittens! Make sure you are in a safe place where lamps won't get knocked over!



Have an ice-block (wooden block) relay - pass blocks along from one person to another and the person at the end of the line builds an igloo! Do it again with mittens on for more of a challenge.

Drag some blankets off the beds and some cushions off the couch to make a pretend snow bank. With lots of adult supervision for the children - jump into the pretend snow bank!

Holiday Gift Giving Ideas

Toys and play in general are important when it comes to growing up and learning about the world around us. Children use toys and play to learn cause and effect, explore relationships, practice skills they have learned, discover their identity, and help their mind and bodies grow. Play is nature’s way of dealing with stress for children as well as adults. As adults, we can help by investing in toys that give the greatest scope to the child’s imagination.

Sometimes simple ideas can be wrapped up as gifts. We have gathered some information about open-ended vs close-ended toys. Open-ended toys are the ones that can be used in many different ways, and that require imagination. Developing imagination is not only a childhood milestone, but it is a lifelong means of knowing, coping, and problem solving. Open-ended toys keep the focus on what the **child** can do, instead of what the **toy** can do. Best of all, open-ended toys are more likely to hold a child’s attention. Alternatively, closed-ended toys are ones that can only be used in one way. They have only one purpose, and only one way of playing. Toys like these quickly become predictable, and often boring.

Find out more about Open-Ended vs Close-Ended Toys

<http://families.naeyc.org/learning-and-development/child-development/why-toy>

<http://www.zerotothree.org/child-development/play/tips-for-choosing-toys-for.html?referrer=https://www.google.com/>

Holiday Gift Ideas for Creative Play

Dress up clothes: Dress up/Role play stretches your children's creative muscles. When they are playing freely and trying on different personas, they are using their imaginations. The creativity isn't just in picking out what to wear. They are creating different scenarios to play through, often with inventive props. They are looking at things in new ways.

Farm: Great toy for identifying and labeling farm animals, animal sounds, and actions.

Doll house: Great toy for identifying and labeling house items, item function, and actions.

Toy foods/kitchen: Use for identifying and labeling items, use to categorize items, pretend play; cooking/eating.

Blocks, Duplo, Lego: The possibilities are limited only by the child’s imagination.

Musical Instruments: If real ones are not an option, there are toy drum sets, xylophones, kazoos. Even a cardboard tube can be used.