



January 2016

Keeping the Learning Going and Just for FUN

www.alternativesforchildren.org

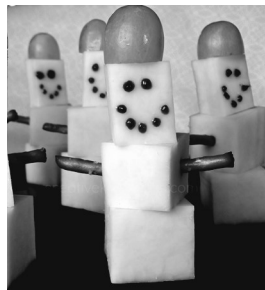
Alternatives
For Children



Winter Fine Motor EDIBLE Activities for the Whole Family

Make these nutritious Snowmen!
Great fine motor activity, so much
FUN and DELICIOUS!

You will need skewers, bananas,
raisins (or chocolate chips), grapes,
pretzels and apples. Assemble & eat!



Or these . . . Skewers, cheese cubes,
grapes cut in 1/2 for hats, pretzels for
arms, broken pretzel bits for eyes and
mouth! YUMMY!

Healthy Foods = Healthy Bodies

Sharing - An Important Social Skill

By Rynette R. Kjesbo, M.S., CCC-SLP



What Is Sharing? - When we share
with others, we give them part or
all of something we have. We
might give them something
without expecting them to return
it, or we might give them
something then expect to get it
back when they are done with it.

For example, if you have two cookies, and you "share" a cookie
with a friend, you don't expect to get it back! However, if you
"share" a favorite book with a friend, you most likely expect it
back after he/she is done reading it. Read the full article here:

http://www.superduperinc.com/handouts/pdf/284_Sharing.pdf

http://www.superduperinc.com/handouts/pdf/284_Spanish.pdf

Toilet Training Tips & Tools



Toilet Training Protocol to give you tips and
tools designed to help you and your child
succeed in toilet training. Find in the
Resources area of our website!

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



AND . . .

Find the video of the workshop at

<http://www.alternatives4children.org/videos-alternatives-for-children.html>

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



Visit your local Library to find these
and other books about
WINTER & SNOW

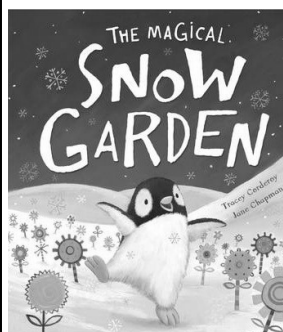


**Froggy Gets Dressed by Jonathon
London.** Rambunctious Froggy
hops out into the snow for a
winter frolic but is called back by
his mother to put on some
necessary articles of clothing.

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



**All You Need for a Snowman
by Alice Schertle.** One small
snowflake fluttering down. That's all
you need for a snowman. Or is it? In
these pages, an exuberant crew is
summoned to create a snowman of
heroic proportions. Watch here
<https://www.youtube.com/watch?v=Qn4sEqGrKoo>



**Magical Snow Garden by Tracey
Corderoy.** Wellington the
penguin loves where he lives. It's
cold, snowy, and full of snow-
flakes that sparkle. After seeing a
picture of a beautiful flower
garden in a book, Wellington
decides that he wants to grow a
garden, too. "Flowers can't grow

in the snow," says his friend Ivan. "It's just too cold!"

Watch here <https://www.youtube.com/watch?v=Rjs7rWPdM6w>

Sing Along with Miss Beth Now It's WINTER!



<https://www.youtube.com/watch?v=mmjEhMUG-tI>

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Tons of Tips & Treasures!

<https://www.facebook.com/AlternativesForChildren>

Healthy Breakfast Planner For Kids & the Whole Family

Rise and Shine: It's Breakfast Time

Michelle Mirizzi, MS, Registered Dietitian



Most of us already know that breakfast is the most important meal of the day. Beginning your day without breakfast is like trying to fly a kite without any wind. It's hard to get started and even harder to keep going. Breakfast is the first chance your child's developing body and brain has to refuel its glucose levels, (that's the brain's basic fuel), after several hours of sleep. Why is breakfast the most important meal of the day? **Here are just a few reasons why your child should eat breakfast:**

- Studies show that eating breakfast everyday is important in maintaining a healthy body weight. Starting your child's day with a healthy breakfast will also make them less likely to eat high-calorie snacks during the morning.
- Eating a well balanced breakfast improves their intake of fiber, vitamins and minerals, especially iron and vitamin C; these nutrients are essential in a balanced diet. In fact, a good breakfast provides one-fourth to one-third of the day's energy and nutrient needs.
- Children who eat a healthy breakfast tend to show improved academic performance, longer attention span, better attendance and decreased hyperactivity in school.
- Skipping breakfast will often make your child feel tired, restless or irritable by mid-morning. By eating breakfast, your child will have energy throughout the morning and help him/her concentrate better in class. This also means fewer trips to the school nurse's office.

Read the full article here:

<http://www.dietadvice.com.au/rise-and-shine-its-breakfast-time/>



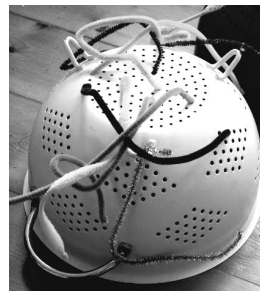
Spend Time Reading to your Children

Benefits of reading include:

A break from your hectic pace to share quiet time with your child. The warm coziness of curling up together. A pace that's soothing to the senses - in sharp contrast to the auditory and visual bombardment of television. Illustrations to delight the eye, and stories to enchant the imagination. Stories that convey positive messages that help children become the kind of people parents want them to be.

Gross & Fine Motor FUN for the Whole Family!

- Play Snowman Says - Just like Simon Says. Snowman Says clap your hands . . . Snowman Says touch your nose . . . and on and on . . .
- Count to five and exercise! A few simple exercises or stretches, done in repetitions of five, can completely wake up sleepy children (and parents too) and turn grumpy moods into happy ones to last the day through...
- Play freeze! Dance to music and "freeze" when the music stops. Stay "frozen" until the music starts again.
- Tape lines on the floor to act as a balance beam. Or blow pom poms or cotton balls along them!
- Shaving cream is a wonderful indoor sensory activity that kids love. Squirt some on a cookie sheet and just let them have fun. Add food coloring if you like. You might want to put them in an old shirt and maybe a towel down under the tray. It does get messy
- Another indoor snowball fight variation - crumple up newspaper and throw to your hearts content.
- Imaginary Snow Angels - Lay on the ground with arms and legs extended, while moving them into your body and away over and over making little angels!



- Colander Weaving - get some pipe cleaners from the Dollar Store. Weave the pipe cleaners through the holes in your kitchen colander.
- Pasta Necklaces - again with your pipe cleaners - thread tube shaped pasta onto pipe cleaners.
- From the Dollar Store - find the coloring books with paint set attached. Use Q-Tips instead of paintbrushes to paint.
- From the Dollar Store - find Play-dough, which has been a childhood favorite for decades. Squeezing and stretching it helps strengthen finger muscles.
- Marshmallow Sculpture - All you need is flat toothpicks and mini marshmallow and some imagination and creativity! Fun to eat when you are done.
- Eat your snack - grapes, apples, orange slices using a toothpick to spear with!

