



## FUN for the Whole Family Grow Your Family Tree

A decoration for your Thanksgiving Celebration might be a Family Tree. Using your child as the focal point, this activity will encourage an understanding of the concept of family and helps the child develop a sense of identity.

Materials needed: Pictures of family members, paper, glue, crayons or markers.

Go to <http://imgarcade.com/1/fall-leaf-clip-art-outline/> for a leaf template - and trace leaves for each family member on your tree for your child to cut out.

- With your child, cut out and glue pictures of family members onto the leaves.
- Glue the leaves to a large piece of paper.
- Draw lines to each of the leaves to show the connection.
- Write names and relation under each picture.

Point out shared characteristics; e.g., your child's hair is the same color as his grandmother's.

## Remember When

As you are looking through your pictures for the Family Tree activity, let your child put aside a few favorite pictures of themselves.

Before Thanksgiving Day spend some time looking at the chosen pictures and play the **Remember When** game, and then bring them out again Thanksgiving Day to share with the whole family.



Do you remember the day . .

Do you remember when we saw . .

Do you remember that jacket, shirt . .

Do you remember when we went to . .

Encourage your child with your questions - but let them lead the conversation for a full language experience.

## Family Sharing

Encourage your child to name  
people, places, or things  
that they are thankful for.

Share this game with your family  
at your Thanksgiving Dinner.

What  
ARE ..... You  
Thankful  
for?

## Gross Motor FUN

Need a little extra "help" in tidying the house for



"In every  
job that  
must be  
done  
there is  
an element  
of fun."

Mary Poppins

Thanksgiving? Play this game with your child and make it a Mary Poppins habit.

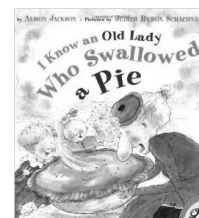
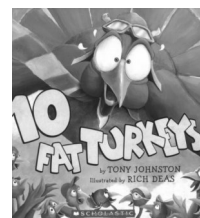
- Give your child a shopping bag with handles, or box, or basket.
- Have them go around the house picking up things that need to be put away or in their place. Sort the objects.
- Put away BIG THINGS first.
- Then, put all the shoes away.
- Pick out all the toys that are red, etc. and put them away.
- This can be a tactile guessing game. Hand your child one object while their eyes are closed. See if they can guess without looking. Then have the child put it away.

***Snap! The Job's a Game!***

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



Visit your local Library to find these  
and other books about  
**THANKSGIVING**



### Thank You Thanksgiving

By David Milgrim. Working on teaching your son or daughter to appreciate all of the 'little things'? This adorable book follows a little girl on her trip to the store, where she expresses her appreciation for the things that bring her joy. With its simple, repetitive text, it's perfect for preschoolers.

### Ten Fat Turkeys

By Tony Johnston. Need help reinforcing numbers? Try these turkeys on for size! The rhymes will help your kids with counting, while keeping them entertained and engaged, too.

### I Know an Old Lady Who Swallowed a Pie

By Alison Jackson. Keep the laughs coming with this new take on an old story. Everyone in your family will enjoy this tale of the Thanksgiving visitor with the enormous appetite!

**Get Out There and READ!**

## Fine Motor Skills Activities

- Thanksgiving Meal - Have children cut out pictures of their favorite foods and glue them on a paper plate. Grocery store sale papers from the newspaper can be used for pictures.



**Pie Pan Art** - Together with your child, cut paper circles the same size to fit in a disposable pie pan. Place a golf ball (or similar size ball) in tempera paint. Have the children place the ball in the pie pan and roll it around to paint the paper.

- Thanksgiving Placemats - With your assistance, have your child cut a variety of shapes from different colored construction paper. Glue the shapes onto one piece of construction paper for some beautiful colored placemats.
- Go for a walk and collect leaves of different colors, shapes, and sizes. Have your child arrange the leaves on a sheet of wax paper. Using a vegetable peeler - carefully shred some crayons and place the shreds on top of the leaves. Place another sheet of wax paper over the first sheet. Iron the sheets of wax paper together on the lowest setting of the iron.



## November is Family Caregivers Month

Being a parent **AND** a caregiver for a child with special needs or a disability is a demanding role and can easily encompass every thought and action, if allowed. Parent/Caregivers need to take care of themselves mentally and physically while allowing others to help.



### Things That Can Be Done to Decrease Stress

- When you're experiencing stress, don't ignore it.
- Reframe your stress.
- Don't be perfectionistic.
- Develop good problem-solving skills.
- Choose how to spend your time wisely.
- Don't put off making decisions.
- Get organized.
- Learn how to relax.
- Get enough sleep and/or rest.
- Set aside time for fun.
- Eat a well-balanced diet.
- Maintain a healthy body weight.
- Get regular exercise.
- Focus on the positives.
- Develop support systems.
- Maintain a sense of humor.
- Seek professional assistance if you have significant problems coping with stress.

***If you need assistance or have any questions  
our Psychology or Social Work Department  
is here to help or answer questions you may have  
631-331-6400***

## Developing Self-Esteem in Young Children

Children who have a positive image of themselves develop well educationally, socially, and emotionally. Two important components of self-esteem are self-confidence and a sense of pride in one's accomplishments. Daily activities which



foster self-esteem can be utilized as you talk and work with your child throughout your day.

Praise - is a good way to help a child improve their behavior, and if used appropriately, makes them feel good about their efforts. To use praise most effectively, remember:

- ♦ Be specific - "What a good girl." doesn't give the child as much information as "What a great job you did picking up your toys!"
- ♦ Explain the praise - "You were very polite" doesn't tell the child as much as "You made your grandmother feel good when you remembered to thank her for the present."
- ♦ Be generous - "You fell off your bike, but you rode a long way before you did."

## Surviving Thanksgiving With Your Sanity Intact

"Our families are far from typical. So why do we try to be that perfect "Norman Rockwell" family during holiday get-togethers? Tell yourself right now that you and your family are going to enjoy the holidays in your own way and at your own pace. Stop worrying about what others think and make the holidays meaningful for your children."

*Dawn Villarreal  
One Place for Special Needs*

### Picky Eaters

Your family may look forward to the annual holiday feast but your child may be holding his nose at this traditional dinner. If you want your child to enjoy the festivities, cut him (and yourself) some slack this one day. Prepare a meal that you know he will like and bring it to the dinner.