



FUN for the Whole Family Going on a Leaf Hunt

Talk a walk in the yard or around your neighborhood or local park. Bring along a bag or basket for some leaf collecting.

- Talk about the different **COLORS** and **SHAPES** of the leaves
- Talk about the **LOCATIONS** of the

leaves (in, on, under, etc.)

- Talk about putting your leaves **IN** the **BAG** or **BASKET** and **POURING** them **OUT** when you are done.
- Make leaf people using the leaves you have collected.



Take a Family Hike. A really beautiful Fall walk choice would be the Wertheim Preserve in Shirley. They have flat/handicapped accessible trails along the Carmans River. Collect some leaves on your hike to bring home for sorting and decorating.

http://www.fws.gov/refuge/Wertheim/visit/plan_your_visit.html



Fall Gross Motor Activities

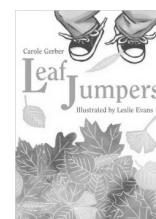
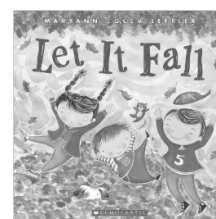
- Get out your roll of masking tape and make a tree with branches on the floor. Using a basket or bucket filled with balls - pretend you are squirrels taking nuts to their nest.
- With scarves or kitchen towels - pretend you are tree branches blowing in the wind.
- Together with your child rake some leaves to make a pile to jump over or into.



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

Visit your local Library to find these
and other books about

FALL



There Was An Old Lady Who Swallowed Some Leaves!

by Lucille Colandro (ages 3-6): The Old Lady is up to her shenanigans again! She is starving and swallowing everything FALL related! The repetitive nature of this book along with the silliness is sure to be enjoyed by the preschool and early elementary aged kids.

Let It Fall

by Maryann Cocca-Leffler (ages 3-6): Cute pictures and fall vocabulary great for the preschool set.

We're Going on a Leaf Hunt

by Steve Metzger (ages 3-7): If your kids like Going on a Bear Hunt they will LOVE this book. Children go on a leaf hunt and learn about different types of trees and their leaves.

Leaf Jumpers

by Carole Gerber (ages 3-7): Great book that discusses different types of leaves and why leaves change color while using rich vocabulary. Great for preschool through early elementary.

Get Out There and READ!

October is Fire Safety Month



Check out some of the family fun fire prevention activities on Sparky's page.
<http://www.sparky.org/#/Sparky>



Kid's Checklist

- ☐ Does your home have smoke alarms on every level, inside each bedroom, and outside each sleeping area?
- ☐ Do you know the sound that a smoke alarm makes?
- ☐ Do you know what to do if you smoke alarm sounds?
- ☐ Are all the exits in your home clear of furniture, toys, and clutter?
- ☐ Can you see the number on your house from the street (have a grown-up go with you to check)?
- ☐ Has your family picked a safe place to meet outside if a fire occurs?



Stop



Drop



Roll

Home Safety Council To protect pre-school children from fires and burns, Rover, the Home Safety Hound, and Freddie Flashlight lead a room-by-room home tour to help them identify hot items in every room of the home in this video from the Home Safety Council.

www.youtube.com/watch?v=voPRx_ZiJ6U

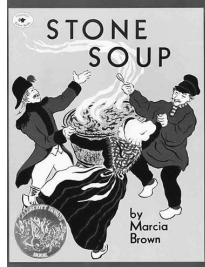
Fine Motor Skills Activity



Download printable Halloween characters
http://www.firstpalette.com/tool_box/printables/halloween.pdf

Have fun coloring, and with child safety scissors have your child cut out the pictures as decorations. The use of short pencils or a broken crayon when drawing will help to promote a mature grasp.

Find the book *Stone Soup* at your local library. Read the book aloud with your child, pointing out all the things that go into making Stone Soup. THEN make Stone Vegetable Soup!



Carrots, potatoes, celery, peppers, peas, corn, cabbage are all good vegetables to include!

- With your child wash all the vegetables.
- Using a child-proof knife have your child cut up the vegetables.
- Put all the vegetables in to a BIG pot. Add 2 cups of beef/chicken broth and 2 cups of tomato juice. Bring to boil, then simmer for 30 minutes or until the vegetables are tender.
- Some things to do during the process:
Ask your child to name the vegetables.
Encourage your child to taste the raw vegetables
Ask, "How do the vegetables change as the soup cooks?"

Ways to Support Your Child's Learning

- Talk positively about the "school experience." Rather than: "You have to go to school today," try: "You get to go to school today."
- Talk positively about your child's teachers and school. Your positive attitude can help your child develop an optimistic approach to school and learning.
- Let your child teach you. As someone once said, "To teach is to learn twice." You can strengthen your child's learning by letting him/her explain new concepts and ideas to you. Listen.
- Let your child's teacher and the school know about circumstances going on at home, such as illness, death, divorce. These can have an effect on children the most. Teachers can often help. Informing the teacher will alert her to possible changes in your child's behavior.

Find more Physical Therapy Resources on our website
<http://www.alternatives4children.org/>
Click on the NEWS & EVENTS tab

Tips to Help You Prepare for your Parent/Teacher Conference.

Parent teacher conferences are an important part of your child's educational process. They give the parent, teacher and therapy staff an opportunity to discuss your child with the mutual goal of having your child meet his/her potential. These conferences are most helpful when the parent and the treatment team participate fully in the conference. Below are some suggestions to help you prepare for your parent teacher conference.

Make a list of questions you have for your child's teacher and therapists. Remember to bring it with you on the day of the conference.

Review your child's IEP before the conference. Familiarize yourself with the goals your child is working on.

Take notes during the conference. These notes may be helpful to you when you want to share information with other family members or to remember suggestions made by team members.

Don't be afraid to ask questions or to say, "I don't understand". You are not expected to know all the terminology that the therapists or teachers use.

Don't hesitate to share information about your child. After all you know your child better than anyone else.

Make sure you understand what teachers and therapists are expecting your child to achieve during the school year. This is important in helping you understand how you can help your child.

Ask for ways that you can help your child meet his/her goals at home. Therapists will be happy to provide you with activities to enhance the work they are doing to help your child meet his/her goals.

RELAX! Your child's teacher and therapists are there to help your child and want to work with you.

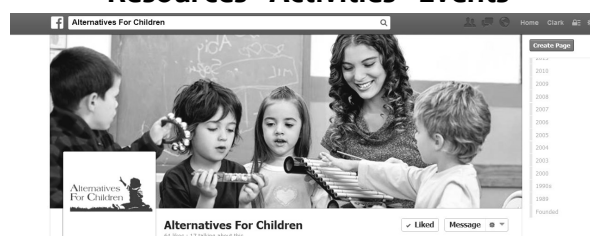
Sing a Song Along with Miss Beth

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

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

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Tons of Tips & Treasures!

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