

Fall Gross Motor Activities

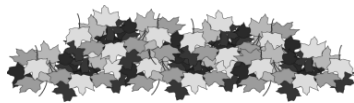
Get out your roll of masking/painter's tape and make the shape of a tree with branches on the floor. Take a favorite blanket and make a nest in the tree. Using a basket or bucket filled with balls - pretend you are squirrels taking nuts to their nest.



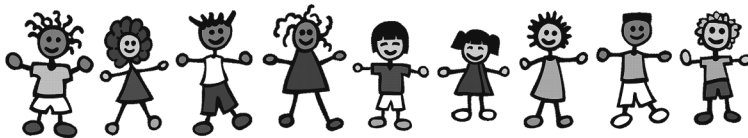
With scarves or kitchen towels - pretend you are tree branches blowing in the wind. Put on some music or listen/watch here and dance to *Vivaldi's Four Seasons AUTUMN* for children.

<https://www.youtube.com/watch?v=JEtxsX1VVFg>

Together with your child rake some leaves to make a pile to jump over or into.



We ♥ our Physical Therapists



Find more Physical Therapy Resources on our website

<http://www.alternatives4children.org/physical-therapy.html>
<http://www.alternatives4children.org/glossary/physical-therapy-glossary.pdf>

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Resources - Activities - Events



Tons of Tips & Treasures!

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

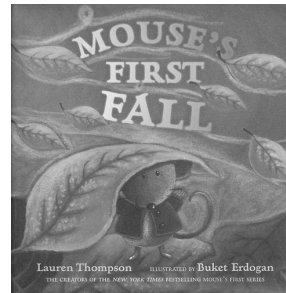
Help your Child's Imagination Take FLIGHT! READ A BOOK!



Visit your local Library to find these and other books about

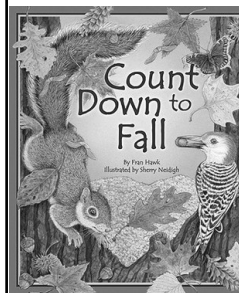


FALL



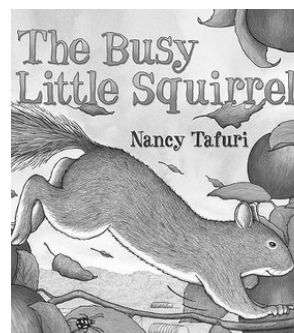
Mouse's First Fall by Lauren Thompson. One cool day Mouse and Minka venture out to play. From leaves of all colors red, yellow, orange, and brown to leaves of all shapes and sizes - Mouse learns that fall is a season full of fun! Watch here:

<https://www.youtube.com/watch?v=XNT3pYLL1dI>



Count Down to Fall by Fran Hawk. Count backwards from ten to one during one of the most colorful times of year, Fall. Learn about the bright, colorful leaves and the trees from which they fall. Watch here:

<https://www.youtube.com/watch?v=8jNWSz7IMog>



The Busy Little Squirrel by Nancy Tafuri. The leaves have started to fall. The air is cold. Squirrel needs to get ready for winter. He cannot nibble with the mice. He does not have time to hop with the frogs or run with the dogs. But there is one thing he can do! Watch

here: <https://www.youtube.com/watch?v=p2xplqRIEBc>

Going on a Leaf Hunt - Walking & Talking

Talk a walk in the yard or around your neighborhood. 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. A really beautiful Fall walk choice for the whole family would be the Wertheim Preserve in Shirley. They have flat/handicapped accessible trails along the Carmans River.

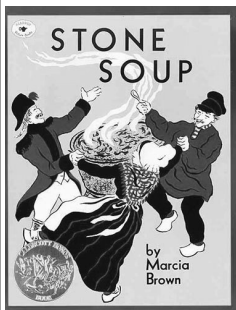
http://www.fws.gov/refuge/Wertheim/visit/plan_your_visit.html

Fine Motor Skills Activities



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. Download printable Halloween fun here:

http://www.firstpalette.com/tool_box/printables/halloween.pdf



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

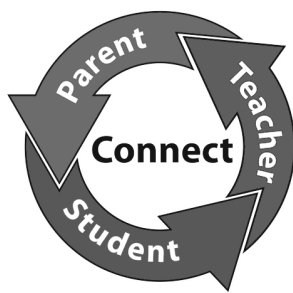
With your child wash all the vegetables. Using a child-proof knife have your child cut up the vegetables. Put all the vegetables in to a BIG pot. Add 2 cups of beef/chicken broth and 2 cups of tomato juice. Bring to boil, then simmer for 30 minutes or until the vegetables are tender. Some things to do 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?"
- Watch here while eating your Stone Soup:

<https://www.youtube.com/watch?v=BDt4OszgPvI>



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.



October is Fire Safety Month

Check out some of the family fun fire prevention activities on Sparky's page.

<http://www.sparky.org/#/Sparky>

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?

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?



A Parent/Family Workshop Cracking the Code: Understanding the Language of Special Education

For those of you who were unable to attend the daytime presentation a recording of the presentation is available at <http://www.alternatives4children.org/videos-alternatives-for-children.html>