



## Back to School Night



### Aquebogue

Monday, September 28th 6:30-7:30

### Dix Hills

Tuesday, September 29th 7:00-8:00 pm

### East Setauket

Thursday, September 24th 7:00-8:30 pm

### Southampton

Thursday, October 1st 6:00-7:30 pm

**This Evening is for Parents/Guardians ONLY**

## Talking During Mealtime



Dinner time, with family members talking together, is a wonderful opportunity for your child to learn and use language. At mealtime your child can practice listening to others, describing events, and sharing feelings and information.

**Nouns:** Names of food and food groups, dishes, utensils, furniture, napkin, placemat.

**Actions:** Eat, drink, taste, chew, swallow, cut, pour.

**Opposites:** Hot/cold, sweet/sour, more/less, empty/full, a little/a lot, yummy/yucky.

**Location:** On the table, next to the plate, in the bowl, out of your chair, under the table, behind, away from.

**Let's Eat Bon Appetit Mangia Hora de la Cena**

## Tons of Resources & Links on our Website



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

<http://www.alternatives4children.org/childrens-game-links.html>

## September Newsletter on our Website

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

*Stay Informed*

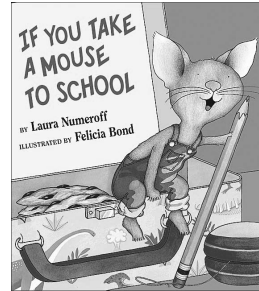
Please make sure we have your email address!



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

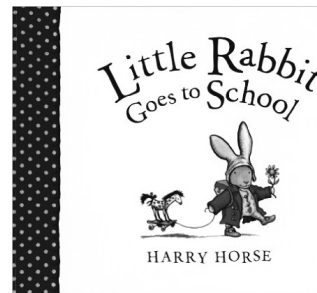


Visit your local Library to find these and other books about  
**My New School**



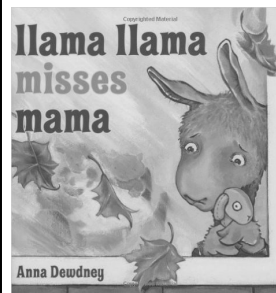
**If You Take a Mouse to School by Laura Numeroff.** This book is just like the original, If You Give a Mouse a Cookie, but takes place at school! A fun circle story that kids love! Enjoy a read and then watch here:

<https://www.youtube.com/watch?v=iZScP9LMF8Y&feature=youtu.be>



**Little Rabbit Goes to School by Harry Horse.** Here's a cute book to help kids get ready for school. Little Rabbit is off to his first day of school and takes his little special toy, Charlie Horse, with him. Throughout the story Charlie Horse begins to get into all

kinds of mischief. Your child will begin to wonder who is really causing all the mischief, Charlie Horse or Little Rabbit.

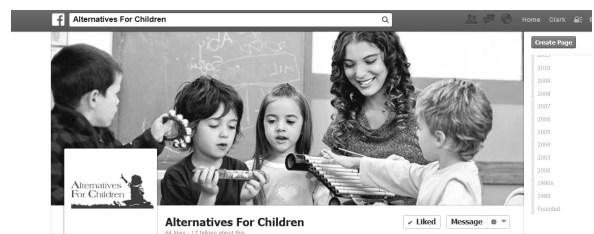


**Llama Llama Misses Mama by Anna Dewdney.** It's Llama Llama's first day of preschool! And Llama Llama's mama makes sure he's ready. They meet the teachers. See the other children. Look at all the books and games. But then it's time for Mama to leave. And suddenly Llama Llama isn't so excited

Watch here: <https://www.youtube.com/watch?v=9xB6i1ReuT8>

## LIKE & Follow us on Facebook!

Resources - Activities - Events



## Tons of Tips & Treasures!

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



## Does the Shoe Fit? Fitting Footwear For Your Child



- There should be a thumb width between the end of the shoe and the end of the longest toe = length is correct.
- You should be able to pinch the upper of the shoe between your thumb and forefinger = width is correct.
- Does the shoe fit snugly around the heel and instep? How stable is the shoe when trying to "pull off" the shoe = good fit.

Read MORE about your child's feet and shoes HERE  
<http://www.epodiatry.com/children-footwear.htm>

## Some GREAT Parent Resources and websites to follow



<http://www.letsmove.gov/>



<http://families.naeyc.org/>



Cornell Cooperative Extension  
of Suffolk County

<http://ccesuffolk.org/family-health-and-wellness>

and their Blog page

<http://blogs.cornell.edu/ccesuffolkfhw/>

**Check it Out!**

## Fun With Apples!

- Guess the number of Seeds - Show your child an apple and ask them to guess how many seeds will be inside of it. Cut open the apple and pick out all of the seeds. Count them. Do all apples have the same number of seeds? Cut open another one and find out!
- Sorting Apples - Take an excursion to the local farmers market or even the grocery store just to look at the variety of apples. Buy one of each and bring them home to conduct a taste test! Your little ones will be surprised at the differences in size, color, and flavor. Let them taste the difference between a sweet Fuji or a tart Granny Smith. Talk about the color differences from the bright yellow of a Golden Delicious to the deep red of a Rome apple to the striped pattern on a Gala apple - it's fun to examine and wonder out loud about the differences with your child.



Make applesauce - Here's a simple recipe and directions from PBS' Sid the Science Kid.

<http://www.pbs.org/parents/sid/activities/>



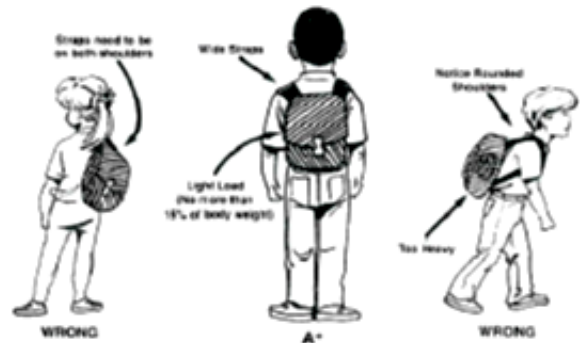
## Is Your Child's Backpack Making the Grade?

Read MORE Backpack info HERE

<http://www.apta.org/Media/Releases/Consumer/2009/4/14/>

Alternatives For Children's Physical Therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back.
- A waist belt to help distribute some of the load to the pelvis.
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles.
- The bottom of the backpack should be at waist height.



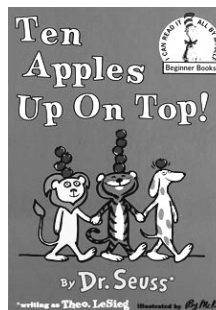
## Getting Back Into the Sleep Routine How Much Sleep Do I Really Need?

Getting back into a bedtime routine - for both adults and children - may be difficult after the last few weeks of summer and transitioning back to school days. And - just how much sleep is enough sleep? Here is an excellent article that will answer that question and some ideas for bedtime routines.



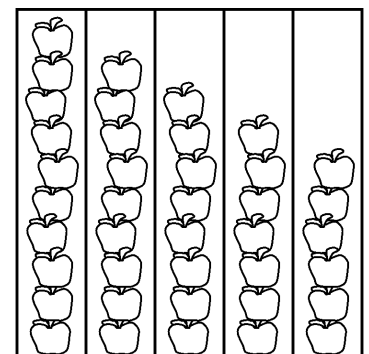
<http://blogs.cornell.edu/ccesuffolkfhw/2013/07/23/healthful-sleep-routines/>

## MORE Fun With Apples!



Then do this fun activity

<http://www.makinglearningfun.com/themepages/AppleCountBook.htm>



Watch this video of the book

**Ten Apples Up On Top**

<http://www.schooltube.com/video/3bc82242482f44e33ca0/>