



30 Things to DO in April

1. Go for a walk and collect rocks and compare the shapes.
2. Tell your child(ren) 4 things you love about them.
3. Talk about the number 4.
4. Group things in 4.
5. Turn off the TV and read together as a family.
6. Have a Family Game Night.
7. Make a reading nest of pillows and read a book.
8. Play "Heads, Shoulders, Knees and Toes" with your child.
9. Cut out different shapes and make a collage.
10. Talk about the parts of the body that come in pairs (eyes, arms).
11. Go for a nature walk and talk about Spring.
12. Trace your foot & your child's foot; cut out and compare the size.
13. Sing the "Alphabet Song" as you point out the letters in a book.
14. Tell your child a story about your childhood.
15. Pretend you are bunnies and "hop - hop-hop."
16. With chalk - draw a line and walk on it or tiptoe or make up a crazy walk!
17. Pretend to be butterflies flying in the sunshine.
18. Jump in a mud puddle - just for FUN!
19. Plant some flowers.
20. Buy a rake and shovel at the Dollar Store for your child to help you with yard work.
21. Make an obstacle course in the yard - be CREATIVE.
22. Massage your child's back, arms, legs, feet and hands.
23. Kick a ball.
24. Jump off the curb keeping your feet together - look out for cars first!
25. Be kind to yourself.
26. Practice using PLEASE and THANK YOU with your child.
27. Let your child choose a new fruit to try from the grocery store.
28. Play "Red Light, Green Light, 1 2 3."
29. Play Dress Up and have a Tea Party.
30. Play "I Spy" during breakfast or lunch.

How Many Did YOU do?

30

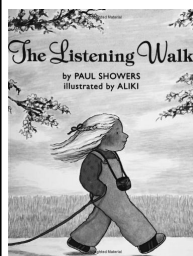
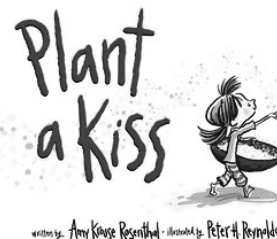
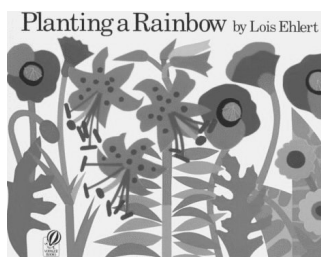
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Help your Child's Imagination Take FLIGHT!

READ A BOOK!

Visit your local Library to find these
and other books about
SPRING (finally!)



The Listening Walk by Paul Showers - Put on your socks and shoes - and don't forget your ears! We're going on a listening walk. Shhhhhh. Do not talk. Do not hurry. Get ready to fill your ears with a world of wonderful and surprising sounds.

Planting a Rainbow by Lois Ehlert - This educational and enjoyable book helps children understand how to plant bulbs, seeds, and seedlings, and nurture their growth. The stylized representations of flower species are labeled throughout, allowing young children to get an idea of how each flower type contributes to the rainbow effect.

Watch here <https://www.youtube.com/watch?v=B5G1yxq5Y8I>

Plant a Kiss by Amy Krouse Rosenthal - Little Miss planted a kiss . . . One small act of love blooms into something bigger and more dazzling than Little Miss could have ever imagined in this epic journey about life, kindness, and giving.

Watch here https://www.youtube.com/watch?v=TZWash_YfBg

April is . . . Autism Awareness Month FYIs - Just for You

Apps for children with Autism

<https://www.autismspeaks.org/autism-apps>

Travel Tips

<https://www.autismspeaks.org/news/news-item/tsa-wants-help-travelers-special-needs>

Resource Library

<https://www.autismspeaks.org/family-services/resource-library>

Visual Supports

<https://www.autismspeaks.org/science/resources-programs/autism-treatment-network/tools-you-can-use/visual-supports>

Replace that Juice and Soda with WATER!

During the month of April we are encouraging all our families to replace some of the juice and/or soda they drink with WATER! Read the facts and recommendations below from the American Academy of Pediatrics. **2-6 year olds should drink 4-5 cups of water a day.** For adults, it is recommended that we **drink eight 8 - ounce glasses of water a day.**

The American Academy of Pediatrics has the following recommendation about juice:

- Children under 6 years old, should not drink more than **4-6 ounces** of juice per day.
- Older children, 7-18 years old, can drink **8 to 12 ounces** of 100% juice each day.
- Juice should not be introduced until your infant is **about 6 months old.**
- **Never put juice in a bottle, try to offer it in a cup only.**
- Use only **100% fruit juice** and even cut the juice with water.



Juice should not be considered a substitute for your child's need for fresh fruit. When compared to fresh fruit, juice lags behind nutritionally. One hundred percent juice does contain some vitamins and minerals, but far less than whole fruit. Whole fruit also contains fiber, which is not present in juice. If you think your child drinks too much juice, you can reduce the amount slowly by diluting servings with water.

If you have a picky eater, pay special attention to the amount of juice your child drinks. They may be filling their tummies with juice, leaving no room for healthier nutritious foods.

Fresh Fruits & Veggies

During the month of April we are encouraging all our families to try some new, never before tried Fruits and Veggies. Try it - You'll like it!



Lots of ideas and suggestions at the following sites.

Choose My Plate - Meal tracker/Food Plan guidelines for kids of all ages

<http://www.choosemyplate.gov/supertracker-tools/daily-food-plans.html>

10 Tips Education series from Choose my Plate

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Fruits & Veggies - More Matters

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

Let's Move

<http://www.letsmove.gov/eat-healthy>

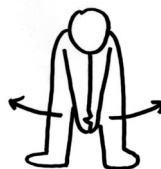


APRIL CARDIO FUN FOR FAMILIES

During the month of April we are encouraging ALL of our families to find 15 minutes to a 1/2 hour every day to WORK OUT!

Here's a fun-filled Cardio Circuit for you to do at home with your family. Let your imagination run free and wild along with your body!

1. Flap your arms like a bird
2. Butterfly stretch – sit on the floor with bottom of feet together, gently press knees towards the floor
3. Scratch your back like a monkey
4. Bounce on the balls of your feet like a baboon
5. Gallop like a horse
6. Kick like a donkey
7. Wiggle like a worm
8. Shake like a dog
9. Move your trunk like an elephant
10. Swim like a fish (either standing or belly down on the floor)
11. Hop like a kangaroo
12. Jog in place as if a bear was chasing you
13. Jump in place as if you are popcorn popping
14. Slither like a snake
15. Reach up and grab balloons out of the air
16. March in place and play the drum
17. Paint in the air with a pretend paint-brush
18. Crawl like a crab
19. Move like a tree blowing in the wind
20. Leap like a frog



APRIL is OT Month



Helping individuals do the ordinary...
extraordinarily!

Do you LOVE your OT? Send them a note!
We LOVE them too & Thank them for all they do!