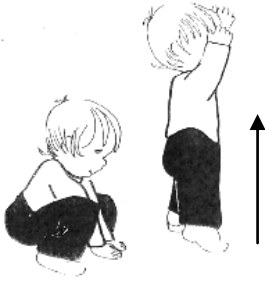




## Winter Gross Motor Activities for the Whole Family

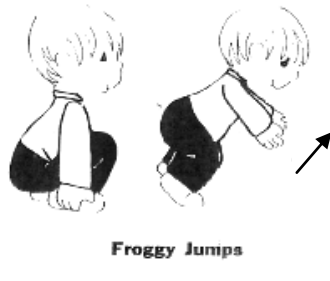
Have some fun with the whole family. Put on some music and create a Silly Animal Parade! Wiggle Around, Dance, Jump, Slither, Crawl & MOVE!

### Silly Animal Walks



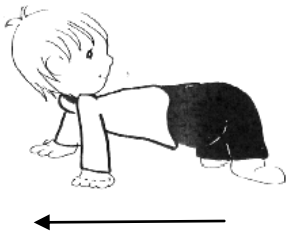
Bunny Hop

Objectives - to provide touch input to hands from pushing off the floor. To build strength in the legs. To develop two-sided body coordination. To promote two-step motor sequence.



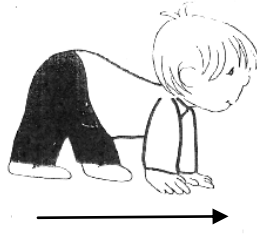
Froggy Jumps

Objectives - to provide head movement to build body awareness. To practice two-step, large muscle motor sequence. To develop muscle endurance.



Crab Walk

Objectives - to provide pressure touch input to shoulders and hands. To increase body awareness through weight bearing. If too difficult, start by asking the child to move tummy up and down while staying still.



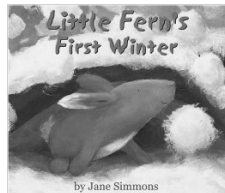
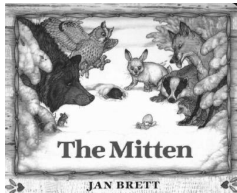
Bear Walk

Objectives - to provide tactile desensitization to hands from weight bearing on the floor. To increase body awareness. Requires complex coordination of two body parts.

## Help your Child's Imagination Take FLIGHT!

### READ A BOOK!

Visit your local Library to find these and other books about Hibernation



## Snowy Day Ideas For Inside Play

With these gross motor activities let your imagination lead you in some creative play for the whole family!

- Go to you tube and find some links for The Nutcracker by Tchaikovsky - good snowy day music.
- Pretend you are snow fairies - or snowmen. Roll around like snowballs - log rolls (lay flat and roll over and over); forward rolls (you may have to assist the little ones).
- Gather a variety of balls from around the house and have a snowball roll.
- If you have a plastic bowling set at home - create some paper icicles to tape to the pins and go snow bowling.
- You could also go indoor ice skating. Cut open a large plastic garbage bag. With adult supervision, with socks on your feet "skate" on the plastic bags.
- Make snow angels. Using tissue paper as the snow (or nothing at all) lay on the floor and have some snow angel FUN!
- Here is a link for Snowy Tree YOGA  
<http://musicalyogaadventures.com/wp-content/uploads/2011/12/SnowyTree.pdf>

Sing Along with Miss Beth  
<http://www.alternatives4children.org/>  
 Click on the NEWS & EVENTS go to Video Gallery

## Winter Fine Motor & Sensory Activities for the Whole Family

- Make EDIBLE SCULPTURES: Use colored toothpicks and a variety of soft candies (marshmallows, gumdrops, licorice), dried fruits (raisins, cranberry, apricot), or fruit (banana, kiwi, strawberry) to make your food sculpture.

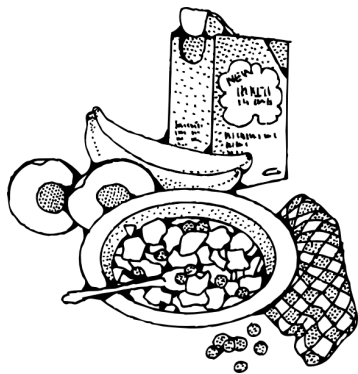


- Using washable markers - draw faces on your fingertips and put on a finger puppet show.
- With your finger puppets role play a social situation to reinforce repertoire of social phrases such as "Can I have a turn?", "That's mine.", "Can you play with me?", "I need help."

## Healthy Breakfast Planner For Kids & the Whole Family

### Rise and Shine: It's Breakfast Time

Michelle Mirizzi, MS, Registered Dietitian



Most of us already know that breakfast is the most important meal of the day. Beginning your day without breakfast is like trying to fly a kite without any wind. It's hard to get started and even harder to keep going. Breakfast is the first chance your child's developing body and brain has to refuel its glucose levels, (that's the brain's basic fuel), after several hours of sleep. Why is breakfast the most important meal of the day?

#### Here are just a few reasons why your child should eat breakfast:

- Studies show that eating breakfast everyday is important in maintaining a healthy body weight. Starting your child's day with a healthy breakfast will also make them less likely to eat high-calorie snacks during the morning.
- Eating a well balanced breakfast improves their intake of fiber, vitamins and minerals, especially iron and vitamin C; these nutrients are essential in a balanced diet. In fact, a good breakfast provides one-fourth to one-third of the day's energy and nutrient needs.
- Children who eat a healthy breakfast tend to show improved academic performance, longer attention span, better attendance and decreased hyperactivity in school.
- Skipping breakfast will often make your child feel tired, restless or irritable by mid-morning. By eating breakfast, your child will have energy throughout the morning and help him/her concentrate better in class. This also means fewer trips to the school nurse's office.

Breakfast can be served hot or cold, sitting down or eaten on-the-run. Breakfast can be a typical breakfast food, or left-overs from dinner the night before. The main point to remember is to include it in your morning routine for both you and your child. A good breakfast is easier than you think. By choosing the right foods, you can feed your child quickly at home or create a brown bag to go.

#### FOR THE FULL ARTICLE GO TO

[http://www.healthyschoolsms.org/family\\_community/documents/RiseandShine.pdf](http://www.healthyschoolsms.org/family_community/documents/RiseandShine.pdf)

#### FOR OTHER NUTRITIOUS FAMILY FOOD IDEAS

<http://www.nourishinteractive.com>



Thank you Dorothy Creegan  
Alternatives For Children East Setauket Daycare Coordinator  
for this useful information

#### Speech Activities

##### Action Verbs: Get Up and MOVE!

- Play "Simon Says" using the following action verbs: run, walk, jog, twist, jump, laugh, cry, sing, dance, sneeze, cough, skip, and any others you can think of.
- Ask your librarian for these and other "action verb" books to read to your child.

## Positive Reinforcement Techniques

### Addressing the Specific Behavior, Not the Child

Dr. Hiam Ginott emphasizes the importance of addressing any behavioral issues by referring to the specific behavior rather than the child's character. Instead of judging the child (for example, "bad girl!"), we need to comment on the specific behavior in question ("Jimmy doesn't like it when you knock his blocks down. He wants to play with them."). The first statement damages self-esteem. The second statement teaches social skills while preserving self esteem.

#### Accentuate the Positive:

##### Avoid the "No, Don't, Stop Syndrome"

It is important to accentuate the positive. Tell the child what you want her to do rather than what you don't want her to do.

- Instead of saying, "Don't jump down the steps." Say, "Take one step at a time."
- Instead of saying, "Stop playing with the water!" Say, "It's time to dry your hands. Can you get the towel?"
- Instead of saying, "Don't run!", Say "I need you to walk. Can you walk like this?"

The key to using statements like these is to focus on the behavior you desire: talk about or model the behaviors that you want to see or hear. Use a calm, neutral tone of voice. If the child asks why you want her to do such and such, you can explain the specific reason (that you want the child to be safe, or this is the way this toy is played with, etc.). By pointing out the many positive things children do throughout the day, children learn to seek attention by engaging in appropriate behaviors. Praise that includes a description of the behavior encouraged will help children understand exactly what they have done well. "I like the way you hung up your coat." "You waited your turn in the game! That's Great!"

#### Parents Time Out!

When all else fails and you are at your breaking point, try one of these "Time Outs" for parents.

- Take a few very deep breaths and breathe out slowly. Do this several times . . .
- Count to 20, 50, 100 or whatever it takes . . .
- Walk around the room, or the house or yard . . .
- Put on your favorite music . . . and dance . . .

