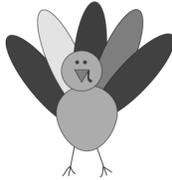




## Thanksgiving Activities

### Make a turkey

- Cut out a body and feathers. Talk about the body parts of a turkey. How are a turkey's body parts different than ours?
- Find pictures of foods for Thanksgiving. Cut them out and glue them on the feathers. Talk about the foods.



### Make a Pilgrim hat

Cut out pictures from a magazine or catalog of clothing for the colder weather and glue on the hat.

The pattern for the Pilgrim hat and many more easy family friendly Thanksgiving crafts and decorations can be found at <http://www.allkidsnetwork.com/crafts/thanksgiving/>

### Make a plate of food

- Using a paper plate glue on pictures of turkey, use real uncooked corn kernels, cotton for mashed potatoes, etc. to create a real looking Thanksgiving plate.
- on Thanksgiving have your child help make his own plate of food: making choices of preferred items and labeling foods/drinks, utensils, and other items on the table.

### Food Ideas:

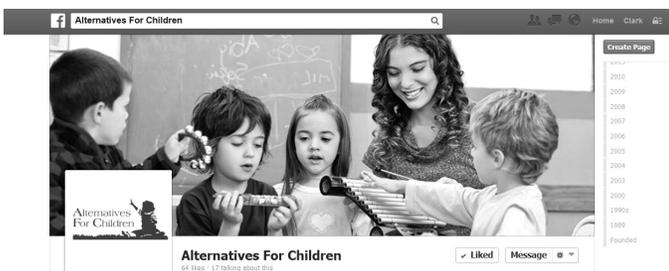
Try something new!

- Go to the grocery store and purchase one food item you have never eaten before. Bring the item home and explore it with your child. How does it smell, feel, and taste?

Thank You Pat D'Amico, Speech/Language Pathologist  
For these Family FUN Activities

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## Healthy Families

Although adults usually decide what kids eat, we all know that kids eat what is available. Therefore, surrounding them with healthier options leaves them no choice but to eat better food.

### Set the Family Up for Success

Small changes in five key areas can make a huge difference and add up to real results: eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size, and eat together as a family. **READ MORE** at <http://www.letsmove.gov>

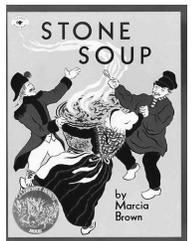


Sing a Song Along with Miss Lee  
<http://www.alternatives4children.org/>  
Click on the NEWS & EVENTS tab and go to Video Gallery

## Fine Motor & Literacy Skill Activity

### Read the book Stone Soup and then MAKE some for Dinner

- Find the book Stone Soup at your local library (there are many different versions). 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.
  - How do the vegetables change as the soup cooks?
- EAT! YUM

Thank You Maria Hansen, Occupational Therapist  
For this YUMMY Activity

## Top 10 Ways to Monitor Kids' Computer Health (and yours also!)

1. **Keep feet on the ground.** Make sure that the child's feet are touching the ground or a stool when seated. Knees should be at a 90-degree angle. This distributes weight better and takes pressure off the upper body. Consider investing in a height-adjustable chair, or use a stool.
2. **Sit up straight.** Make sure that the child sits tall with weight on the buttocks and feet. The pelvis should be straight up and down.
3. **Eyes level with screen.** A good rule of thumb is to make sure the top of the child's head is parallel with the top of the screen - "top-to-top." Anything less could lead to neck strain.
4. **Forearms parallel.** Make sure that forearms are parallel to the floor and the elbows are at a 90-degree angle.
5. **Shoulder blades settled.** Shoulder blades should be settled on the back of the ribs, not in an arched or hunched position.
6. **Correct mouse.** For smaller children, consider investing in a kid-sized mouse. Children using an adult-sized mouse are at greater risk for carpal tunnel syndrome. The larger mouse forces the hand into an awkward position and the muscles become over-stretched and fatigued.
7. **Rest the eyes.** Children should look away from the computer as often as possible and focus on distant objects. Staring uninterrupted at a computer screen for long periods of time can cause eye-strain and headaches.
8. **Take a break.** Encourage a mandatory break from the computer *at least every 20 minutes*.
9. **Stretch and move.** Do stretches such as head turns, shoulder rolls and marching in place while seated. If practical, get up and exercise to keep muscles and joints warm and flexible.
10. **Watch for problems.** Look for warning signs such as headaches, muscle fatigue, muscle pain or cramping and intervene *early*. Post these rules near the computer and make them part of a daily, healthy routine!

## November is Family Caregivers Month

Being a parent AND a caregiver for a child with special needs or a disability is a demanding role and can easily encompass every thought and action, if allowed. Parent/Caregivers need to take care of themselves mentally and physically while allowing others to help. Here are a few tips:

### Things That Can Be Done to Decrease Stress

- When you're experiencing stress, don't ignore it.
- Reframe your stress.
- Don't be perfectionistic.
- Develop good problem-solving skills.
- Choose how to spend your time wisely.
- Don't put off making decisions.
- Get organized.
- Learn how to relax.
- Get enough sleep and/or rest.
- Set aside time for fun.
- Eat a well-balanced diet.
- Maintain a healthy body weight.
- Get regular exercise.
- Develop a budget.
- Focus on the positives.
- Develop support systems.
- Maintain a sense of humor.
- Seek professional assistance if you have significant problems coping with stress.

### For the full article

**Stress management for Parents** go to [http://www.parenting-ed.org/handouts/stress\\_management.pdf](http://www.parenting-ed.org/handouts/stress_management.pdf)

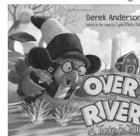
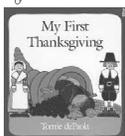
### Another great article

**The Quiet Struggle** - Moms who have children with special needs often neglect themselves during their quest to help their kids. Here, they share ways they've discovered to take care of themselves, too. <http://www.workingmother.com/2008/4/home/quiet-struggle>

## Help your Child's Imagination Take FLIGHT!

### READ A BOOK!

Visit your local Library to find these and other Thanksgiving books



### a Great LONG ISLAND Resource for parents

Parent to Parent of NYS is a place where families of individuals with special needs and the professionals who serve them can meet and share information. This website is maintained as a resource for families. We've walked the walk and are here to help other families:

<http://www.parenttoparentnys.org/offices/long-island/>