



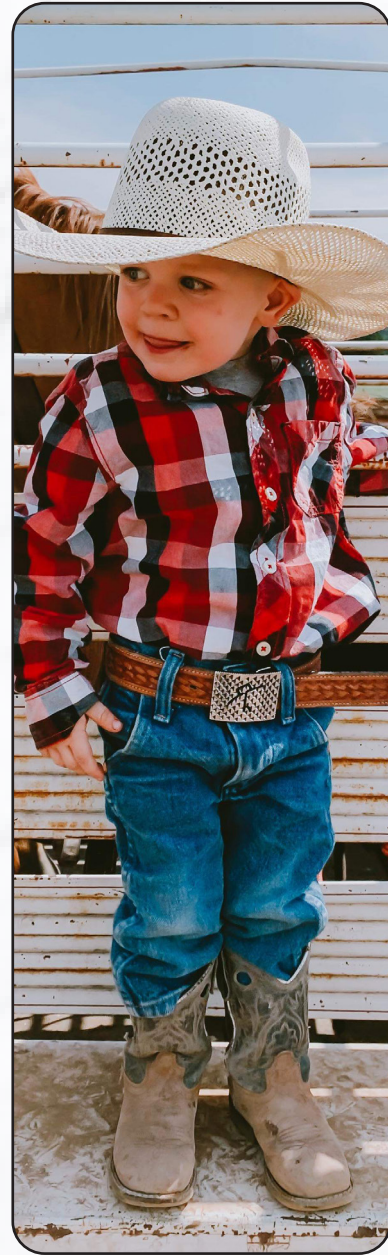
# MARCH NEWSLETTER

## Building a Bedtime Routine

Establishing a solid bedtime routine is an important part of early childhood development. Whether it be taking them a bath, brushing your child's teeth, reading them a bedtime story, or all the above, these are some things that are important to keep consistent throughout your week so your child recognizes when it's time to start winding down. When your child starts to become aware of the consistency of your bedtime routine it will make for an easier transition to falling asleep. Building good sleep habits will help your child start to develop the positive emotional and behavioral regulation they need to thrive throughout the day.

## Milestone of the Month

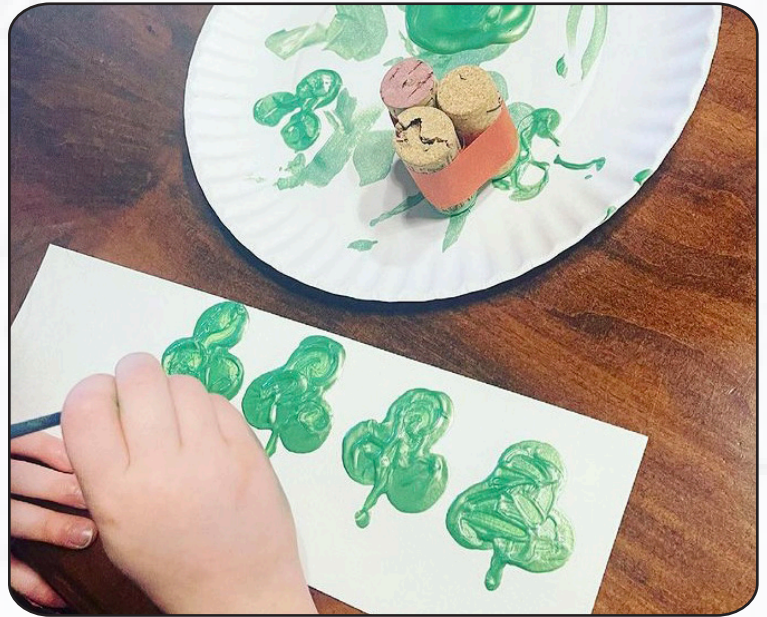
This month's #Milestone is brought to us by Lyndsey Garber about her son Wyatt "By the time Wyatt turned two I had been worried for a while about his lack of words and communication. His pediatrician wasn't worried about something more serious...he just didn't use words. And in spite everyone telling me "He's fine" "Boys are like that" and "Stop worrying" I still wondered if I was doing all I could to help him develop the skills he needed to form words and communicate his basic needs. Beyond that I also assumed that if he did end up in therapy it would require me driving a 4-6 hour round trip to town weekly just to find the support we needed. And while I'd obviously do whatever he needed, I definitely stressed about the reality of that as well. So, when Amplified Therapy had a booth at my daughters' rural school carnival, I was thrilled to visit with Marlys. She explained early intervention to me, what all was possible (they'd come to my house?!?!?) and didn't make me feel like I was "overthinking" Wyatt's lack of word count. I went home with information and within about a week Wyatt had an in-home evaluation (which he had a blast doing) and we began a wonderful year working weekly with different therapists who helped support us in the specific/multiple areas Wyatt qualified for therapy. He loved his therapists and got so excited for his sessions. And they provided my husband and I with the tools, support and answers that helped us to give Wyatt all he needed to grow and develop...in a way that he loved and was so proud of himself. By the time Wyatt aged out of the program a year later he had SIGNIFICANTLY improved in all areas and we'd grown to love each of his therapists. As if that wasn't enough, the team at Amplified went above and beyond to help us transition out of the program in a way that didn't leave us without continued support, even facilitating meetings with his future school and advocating for the district to provide continuing resources. I never imagined a resource like early intervention would be available to us as a rural ranch family. And I am so grateful to everyone at Amplified Therapy for making it possible!



## Events for the Month

Read Across America Drive Thru Book Giveaway - March 2nd @ 2pm

# MONTHLY HOME ACTIVITY



## Shamrock Stamp

### SUPPLIES:

- 3 corks
- Paint (see ideas below)
- Flat surface to work on (table, counter, floor etc.)
- Paper
- Rubber Band or Tape (Hair Tie, String, etc.)

### HOW TO PREPARE SHAMROCK STAMPS

- Parent and child will need to take the three corks and create the Shamrock Design
- Once the design is made you will secure it together with either tape or a rubber band
- Then prepare the paint and start stamping!

Paint Options: White paint. Mix in Lime Kool-Aid and Shaving cream. Hair conditioner, Whip Cream, Marshmallow Fluff, Pudding, Yogurt

BENEFITS: Sensory exposure to textures, smells and taste, Encouraging grasp patterns, Increased grip strength, FUN family time with parent, Can work on postural strength, Turn taking and sharing, Labeling of colors, Functional hand use, Using both hands as a team