



# FEBRUARY NEWSLETTER

## Tip of the Month

Tummy time is very important for your child to build the strength and body awareness needed for skills like rolling, sitting, crawling and eventually walking. Tummy time can be implemented on the floor, on your chest, across your lap or with adaptable equipment. It is recommended that baby is able to do at least 60 minutes of tummy time per day by 6 months. This can be broken up into smaller time segments as needed.

## Monthly MileStone

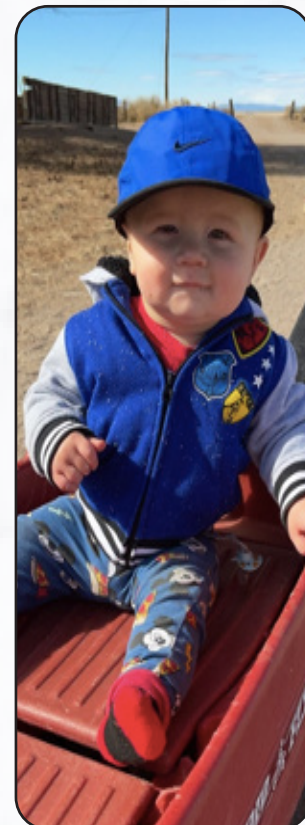
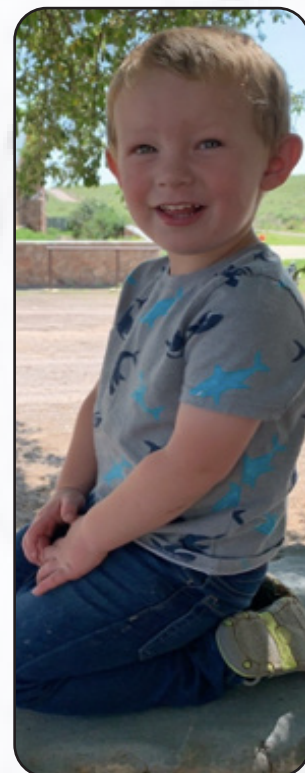
This month's MileStone is brought to us by the Bruton Family about their sons Brady and Baylor. "We were familiar with speech therapy and just wanted to make sure Brady was on track" said mom, Kayla Bruton. "As we were making the referral for Brady, we also noted concerns with his younger brother, Baylor and some stiffness in his neck".

They noticed progress with Brady once his services started. "When we first started, I felt like Brady and I were learning together" said Kayla "by the end of his EI journey, he was already in the routine of sitting down to play with his therapists. I found the support from Amplified to be very helpful. Being a parent can be nerve-racking some times. Especially during this pandemic, we weren't sure how long it was going to last and it was nice to just have the therapists check in with us. I think it's so neat that Brady has learned so much through early intervention".

"Baylor is also doing great! The stiffness in his neck is much better. He is crawling now and pulling up to stand. We are even starting to focus on his speech now. It's so funny, but when my camera is on now, he will smile and interact even if we aren't on a therapy visit. One thing about being a parent is that we don't have the schooling for all this stuff. So the fact that we have a team of therapists who are, is very reassuring.

Kayla reports that she loves her team of therapists that work with her boys. She felt it was unfortunate that Brady didn't have too much time in the program before turning 3 years old, but is looking forward to the full experience with Baylor. She likes that it has become a part of her family's routine and that she has a team to ask questions or get tips from.

"My personal experience with early intervention is that people get scared that something has to be wrong with their child, but that's not always the case. Any extra help is always beneficial. It is more support, even for the parents! It is so important for kids!"





# MONTHLY HOME ACTIVITY

## Citrus Printing

### SUPPLIES:

- Citrus fruit (orange, grapefruit, lemon & lime)
- Paper or you can use recycled grocery bags, empty cereal box, empty box of diapers etc.
- Knife to cut fruit in half (PARENT USE ONLY)
- Paint (see ideas below)
- Flat surface to work on (table, counter, floor etc.)
- Old shirt/apron to prevent staining on good clothing

### HOW TO PREPARE CITRUS FRUIT TO USE AS STAMPS FOR PRINT-MAKING ART

- Parent will need to cut one or more citrus fruits in half (or a fruit or veggie) to create citrus prints or stamps to make art.
  - Once the citrus fruit is cut in half, use one of the options described below to prepare oranges, lemons, and limes in order to stamp, and paint with them.
- Other fruits and vegetables can be used as well (cucumber, corn, lettuce, celery, apples etc.).

Option 1 - is to leave the citrus fruit as-is and use them to stamp paint onto paper just as they are. This is the messiest option because the fruit juice mixes with the paint and makes the art prints nice and sloppy.

This option works best as a sensory exploring art activity. When printed, the citrus fruit paint will first appear in giant blobs. More of the citrus details begin to show once the juice runs dry.

Option 2 - is to gently squeeze the juice out of each half of orange, lemon, or lime before using it to make art prints.

Use squeezed juice that is placed in a kid safe mixing bowl to mix with items listed below

Stir desired "paint" option with the citrus juice and let the stamping begin!

Paint Options: White paint. Mix in lemon Kool-Aid and orange Kool-Aid, 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, fruit etc., Functional hand use, Using both hands as a team



### OPTION 1 - LEAVE CITRUS FRUIT



### OPTION 2 - GENTLY SQUEEZE CITRUS FRUIT