

How to Show Your Child Love in Times of Transition

Your child may be becoming an older sibling soon, your family is moving, mom and dad break up, or your family is experiencing any type of big or small change. Here are some tips by Janet Lansbury that talk about ways to show your child love in times of transition:

- **Accept all feelings with openness and curiosity:** Let feelings be. Easy to say but tough to do especially when our children are sharing feelings that are uncomfortable to hear (anger, disappointment, etc)
- **Don't let boundaries and routine slide:** children need the security of our consistent boundaries and structure more than ever during transition.
- **Give bountiful, genuine affection:** but without the intention to fix our children's feelings. Children's need to know we're not trying to hug their feelings away.
- **Set aside one-on-one time:** show them that nurturing our relationship with them is a priority. Your presence is enough.
- **Inform children to prepare them for new or difficult situations:** This helps them to anticipate the event, gain a healthy sense of control, and feel included as part of the team. Also, share your own feelings during this time of transition so they don't worry or take it personally. Use simple language. Children know when we're going through something.
- **Be patient.** This shows children that it is safe and okay to feel whatever you're feeling, you can be yourself, you are trusted, and all feelings pass and you will survive them.

Check out the full article here: <https://tinyurl.com/y3ym7ve2>

"You are exactly what your child needs. No one can fill your shoes. No one can give what you have to offer. No one can love or know your child like you do."

Motor skills are important because they are used everyday throughout our lives. Motor skills and motor control begin developing after birth, and will progress as children grow. Mastering both GROSS motor skills and FINE motor skills are important for your child's growth and independence.

Gross motor skills are movements related to large muscles like legs and arms. Fine motor skills are movements related to smaller muscle groups such as those in the hands and wrist.

Check out: <https://pathways.org/topics-of-development/motor-skills/> form more information.



50+ Simple Toddler Activities to Try at Home

See page 2 below for the complete list! Also found at: <https://handsonaswegrow.com/50-toddler-activities/>

- Allow your toddler to explore whatever it is that you give them.
- Don't do an activity with an intentional plan, it never works out with this age range.
- Expect a toddler to be interested, leave it out for them to come back to later, or even the next day.
- Plan for them to put it in their mouth if you have a mouther.

35 Gross Motor Activities for Preschoolers

<https://handsonaswegrow.com/gross-motor-activities-preschoolers/>



50 ACTIVITIES

perfect for your **TODDLER**

Toddler Sensory Activities

1. Soapy jars, fun to shake up and watch settle!
2. Make dish soap foam
3. Add coloring to cooked spaghetti
4. Create a slimy sensory bag
5. Explore flour freely.
6. Mix water and flour
7. Explore ice cubes!
8. Jello sensory!
9. Explore pasta.
10. Add water to paper to squish!
11. Play with bubbles!

Free Play Material Exploration

12. Push ribbons into a bottle
13. Sort pom poms
14. Poke pipe cleaners into a colander
15. Cardboard boxes.
16. Play in corn kernels
17. Toss, rip, throw tissue paper
18. Play with fabric scraps
19. Baby food jars and lids to put stuff in
20. Bang on pots and pans
21. Transfer water!
22. Make a light table
23. Rip magazines!
24. Stack cups
25. Stab foam plates with toothpicks

HANDSONASWEGROW.COM

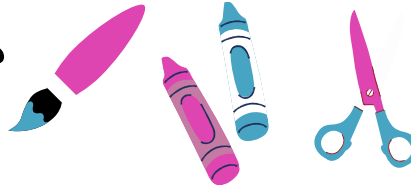
Art & Crafts for Toddlers

26. Make a egg carton train with pipe cleaners.
27. Paint in a baggy.
28. Contact paper collages.
29. Using a toilet paper tube, stamp a heart!
30. Use yogurt to paint.
31. Create tape resist art.
32. Foam shapes and water on the window.
33. Sticker art
34. Use water and watercolors in squirt bottles.
35. Shaken ball art

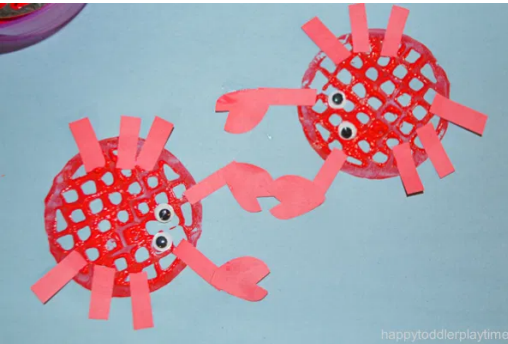
Other Activities for Toddlers

36. Cut up pipe cleaners
37. Play balloon badminton with your hands
38. Make a bubble pop runway.
39. Hammer golf tees into Styrofoam
40. Make roads to drive along.
41. Go on a hunt!
42. Thread cereal on a dry spaghetti noodle
43. Throw newspapers in the house.
44. Roll down hills.
45. Make a balance beam
46. Stack up blocks and knock them down.
47. Make doodles in the carpet with cookie cutters
48. Stir and mix them up in their own concoctions.
49. Make some golf ball chutes!
50. Create a homemade lacing activity.

Craft Corner



Crabs



happytoddlerplaytime

<https://happytoddlerplaytime.com/potato-masher-crabs/>

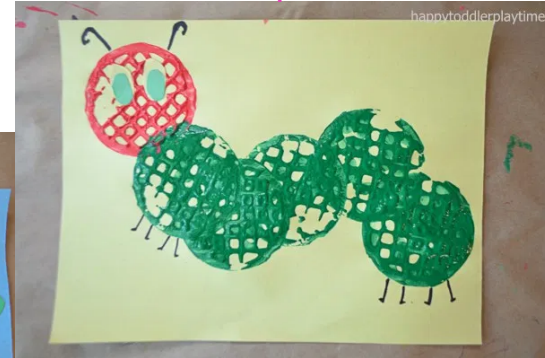
Turtle



happytoddlerplaytime

<https://happytoddlerplaytime.com/potato-masher-turtle-craft/>

Caterpillar



happytoddlerplaytime

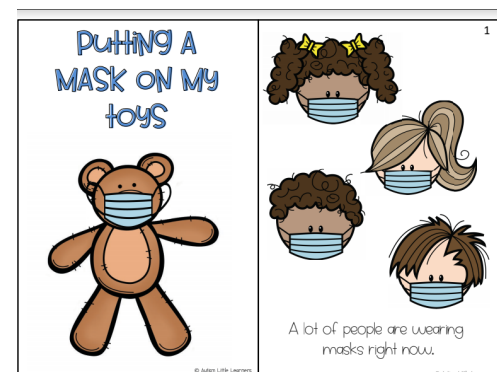
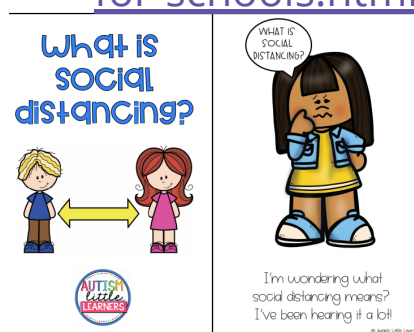
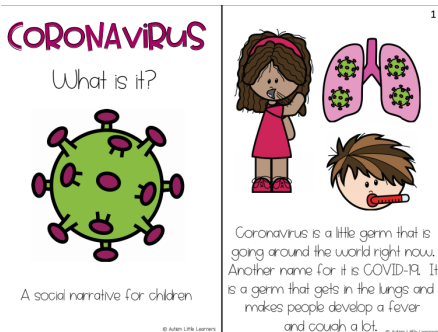
<https://happytoddlerplaytime.com/potato-masher-caterpillar-craft/>

Explore your kitchen utensils for fun ways to paint with your child! The crafts above were all made using potato mashers. Also try using a fork, cookie cutters, straws, rolling pin with paint!

Printable COVID-Related Stories for Children

As humans, we all thrive on routine. Children's (and adults) routines have been disrupted over these past several months. Stories can help ALL children understand what is going on around them. Information about their new routines can reduce anxiety and fear. This will lead to smoother transitions into the new routine. You can find several printable stories here:

<https://www.autismlittlelearners.com/2020/07/covid-19-related-stories-for-schools.html>





Turn everyday moments into learning opportunities for your child!

Parents who sign up for Think Small ParentPowered Texts receive three messages per week with fun facts about your child's development, and easy to implement tips on how to encourage intentional learning in the everyday moments like snack time, going to the store, or getting ready for bed.



Think Small ParentPowered Texts provides continuous support to parents throughout the year, doesn't require a great deal of time, and covers all areas of development—social-emotional, health, literacy, and math skills.

All messages are based on your child's birthdate (mm/dd/yyyy). Guaranteeing as your child grows, your messages will always be appropriate for their development.

Monday FACT

Wednesday TIP

Friday GROWTH

Example one:

Birth to 1 year



When your baby spends time on his/her tummy, s/he's building the neck and torso strength needed for physical movement. Any time is great for tummy time!

When your baby is awake and alert, place him/her on a soft blanket on the floor (tummy down). Say: Hello baby, you're on your tummy. Does s/he lift up?

Keep up the tummy time. You're building your baby's strength! Now shake a colorful rattle just above your baby's head to encourage him/her to look up.

Example two:

4-year-old



To be successful in school, children need to be able to talk to their teachers & peers. You can get children talking by asking silly questions.

On the way to school, ask: If you could make your own planet, what would you put on it? Dinosaurs, wizards and pizza?! Talk about your planet too!

Keep asking silly questions to prepare 4K! Now ask follow-up questions: Do the wizards ride the dinosaurs? Where do they go? What do they do?

Signing up is free & easy!

For English, Spanish, and Somalian texts see below.

Learn more at ThinkSmall.org/texts

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Text LMC to 70138

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Enví un mensaje de texto con el código LMC ESP a 70138

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Questions? Contact Diana Neidecker: 651-641-3555 (ext. 555) or dneidecker@thinksmall.org

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