

Ready, Set, Go!

Early Childhood Newsletter



Feeding Myths

Myth #6: If a child is hungry enough, he/she will eat.

They will not starve themselves. False

This is true for about 94-96% of children. For the other 4-6% of children who have feeding problems, they will “starve” themselves- usually unintentionally. For most of the children with feeding difficulties, eating doesn’t work and/or it hurts, and NO amount of hunger is going to change that. Children are organized simply; if it hurts, don’t do it. If it doesn’t work; cry and/or run away. Also, for children who have skill or medical problems with eating, their appetite often becomes suppressed over time, such that they no longer respond correctly to appetite as a cue to eat a sufficient number of calories.

Information from: http://www.sosapproach-conferences.com/articles/top_ten_myths

FEBRUARY 2016

Psychology

Executive Functions: Part 1

Executive Functions are what students need to:

- Be self-directed and goal motivated.
- Think critically about information, challenge assumptions, and seek contradictory evidence.
- Have the understanding and cognitive flexibility to adapt to new information.
- Identify the most meaningful information to use for problem solving and analysis.
- Communicate and collaborate successfully.
- Anticipate consequences and outcomes, and plan and revise accordingly.
- Think in creative and connective ways.

Stay tuned for more information about Executive Functions!

Judy Willis, M.D., M.Ed., *Lives in Balance* Conference, Oct. 30, 2015

Occupational Therapy

Tooth Brushing

Tooth brushing can be a challenging time for many parents. The following strategies may help your child learn to brush their teeth on their own, or tolerate your help!

- Use a visual schedule (1. Apply toothpaste to toothbrush, 2. Wet toothbrush, 3. Brush top teeth, 4. Brush bottom teeth, 5. Rinse toothbrush, 6. Rinse mouth, 7. Dry mouth).
- If your child is having sensory issues try using different toothpaste and a soft bristle toothbrush.
- Oral B has developed an ‘App’ that incorporates a visual timer and virtual sticker chart for tooth brushing. The App is free but the user must purchase an “Oral-B Health Stages” toothbrush. Many children find this very motivating! Learn more at:



<http://www.oralb.com/stages/disney-timer-app>

Toileting Tips

Being afraid of the toilet

The noise from the flush can seem scary to some children! Some might believe the toilet is a hideaway for “sharks and monsters” and others might think they can be “swallowed up” by the toilet! Some tips to eliminate these fears are:

- Try not to flush the toilet when your child is still sitting on it.
- Reading stories about the toilet.
- Use a potty training doll to practice with.
- Show your child how the toilet works inside.
- Make sure that your child is comfortable on the toilet so that they do not fall in.

Positive Parenting Program

Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home. Then, prompt your child to speak politely (e.g., say “please” or “thank you”), and praise your child for their efforts.

(www.triplep-staypositive.net)



Family Oriented Programming (GPPSD)

Feb. 2 9:15-11:15am and 12:15-2:15pm **Bedtime -Triple P** @ Crystal Park School

Feb. 9 9:15-11:15am and 12:15-2:15pm **Disobedience - Triple P** @ Crystal Park School

Feb. 4 5:30-7:00pm @ Crystal Park School

Inclusive Education

Building Independence

Feb. 4 5:30-7:00pm or **Feb. 5** 1:00 –2:30pm @ Crystal Park School

Speech Sounds—Preschool

Multisensory Letters— Preschool Children

Feb. 5 10:00-11:30pm @ GP Pioneer Museum

1:00-2:30pm @ Crystal Park School **Sensory Awareness**

Feb. 16 9:15-11:15am and 12:15-2:15pm **Aggression- Triple P** @ Crystal Park School

Feb. 18 5:30-7:00am @ Crystal Park School

Advocating Without Aggravating

Feb. 18 5:30-7:00pm or **Feb. 19** 1:00 –2:30pm @ Crystal Park School

Letters and Sounds

Technology and Learning

Ready to Print –Kindergarten/Strong Preschool

Toilet Training

Feb. 23 9:15-11:15am and 12:15-2:15pm **Shopping-Triple P** @ Crystal Park School

Feb. 23—March 22 5:30-7:00pm for 5 consecutive Tuesdays **Triple P Stepping Stones** @ Crystal Park School

Appy Hour

Kangaroo Island Photo Classifying

Cost: \$9.99

Developer: Super Duper Publications

Platform: Apple



Children learn to name and classify 336 picture items in 15 different categories. The app has six interactive activities which target their vocabulary and classifying skills. Each game targets classifying skills in a different method such as choosing items that match the category, sorting items into categories, or choosing the item that does not belong. The user is allowed to select one to five categories to target at a time. Due to the ability to change the difficulty settings the app is suitable for pre-k to elementary students.

Super Duper Publications

Speech and Language



Build Sound Awareness with Winter Crafts

Ask your child(ren) to draw one thing that comes to their mind(s) when they think of winter. You can draw something as well. Then talk about everyone's drawings one at a time. To build **sound awareness**, identify what everyone drew and focus on the sound at the beginning of each word.

First, have your child(ren) **Listen** to the sound the first letter makes. For example, "Ashley drew a snowflake. Listen. 'Snowflake' starts with the sss sound. Let's listen for the sss sound." To really draw the children's attention to the sound, **stretch it out**. For example, 'Sssnowflake' starts with the sss sound." (Remember to talk about the *sound* the letter makes, not the name of the letter.)

Now it's time to **Find One Like It**. If another child's drawing begins with the same sound, point it out. For example, "Look, Andrew drew a snowsuit! 'Sssnowflake' and 'sssnowsuit' both start with the same sound, sss." Keep the conversation going by asking the children if they can think of anything else that starts with the sss sound.

(Hanan 2011: <http://www.hanen.org/Special-Pages/holiday-tips-from-hanen.aspx>)

Take Home Tip

Using a hamper in the bathtub could save countless kids from drowning. It gives the child something to lean up against besides the slick tub walls, and gives them something sturdy to pull themselves up on in case they fall under the water. In addition, it corals their toys to stay within reach.

