

# Ready, Set, Go!

## Early Childhood Newsletter



OCTOBER 2015

### Feeding Myths

#### Myth #2:

#### Eating is Instinctive. *False*

Eating is only an instinct for the first month of life. From birth to 3-4 months of age, we have a set of primitive motor reflexes (e.g. rooting, sucking, swallowing) which help us eat while we lay down pathways in the brain for voluntary motor control over eating. Between the end of the 5th-6th months of life, these primitive motor reflexes “drop out”. Eating is essentially a learned motor behavior after 6 months of age.

([www.sosapproach-conferences.com/articles/top\\_ten\\_myths](http://www.sosapproach-conferences.com/articles/top_ten_myths))



### Occupational Therapy

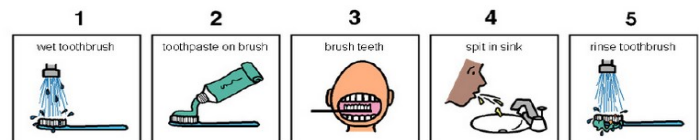
#### Routine

Consistency is important for children. It helps make their day more predictable and gives them a sense of security. Establishing routines in your home may help improve co-operation and independence, and can decrease anxiety. The following are great times to create a routine in your home:

- Getting ready to go in the morning
- Bedtime
- Meal time
- Bathroom time (e.g. brushing teeth, bathtub)



#### Brushing Teeth



### Psychology

#### Repetition

Children love repetition. This may include them asking you to read the same story or watch the same movie many times. While parents tire of the repetition much more quickly, repetition is important for a child's brain development. If a child becomes fixated on one book or movie (only wants that one), try providing two; the one the child wants and one that you have selected.



### Family Oriented Programming (GPPSD)

October 6 (Bedtime), 13 (Disobedience), 20 (Aggression), 27 (Shopping) 9:15-11:15 or 12:15-2:15 Triple P Coffee Time Sessions @ Crystal Park School  
October 9 10:15-11:30 Library Tour @ Library  
October 15 5:30-7:00 Nutrition for Young Children @ Crystal Park School  
October 15 and 16 Thursday 5:30-7:00 or Friday 1:00-2:30 Talk Box; Play Skills; Early Fine Motor– Preschool or Struggling Kindergarten; Toilet Training @ Crystal Park School  
October 16 10:00-11:30 @ the new Dinosaur Museum in Wembley  
October 16 1:00-2:30 Playground Time @ Crystal Park School



## Positive Parenting Program

Give your child lots of physical affection. Children often like hugs, cuddles, and holding hands.

([www.triplep-staypositive.net](http://www.triplep-staypositive.net))



## Community Programs

### Play and Learn

Come join Marilyn for a fun filled morning of exploring and learning through play, songs, and stories for **free!**

At Hillside Community School (Grande Prairie)  
Children 0-5 years old

Tuesdays: Sept 8 – Nov 24, 2015 9:00-11:00am

Register at the front office before attending.

## Speech and Language

### Play

As a parent/caregiver, you are the key to helping facilitate language development while your child is playing with toys. Use the following strategies – many of which come naturally – to help provide your child with the language stimulation they need:

**Self Talk:** Talking about what you are doing. E.g., *Mommy is putting the cookies in the oven; I am picking up the bread.*

**Parallel Talk:** Talking about what your child is doing. E.g., *You are playing with trains.*

**Descriptions:** Describing an object your child is playing with. E.g., *Look at the cow. It is white with black spots.*

**Expansions:** Repeat the words your child said, while adding in missing words/correcting grammar. E.g., your child says *He maked car go*, you say *Yes, he **made the** car go.*

**Extensions:** Repeat your child's words while adding new information. E.g., your child says *The yellow doggie*, you say, *The yellow doggie is **big.***

Katie (S-LP), 2011: <http://www.playingwithwords365.com>

## Language

Language is not learned in a bubble. Children learn language from the people they spend their time with. As parents/caregivers, you are able to provide language stimulation in everyday activities with your child by talking about the things you are doing, and what you see. Katie (S-LP), 2011: <http://www.playingwithwords365.com>

## Toileting Tips

### Are you thinking about starting toileting training?

When starting the toilet training process you want to make sure the child's environment is stable and secure. You may want to wait before starting toileting training when:

- Having a big trip
- There is a birth of a sibling
- Changing beds (crib to big kid bed)
- Moving
- They are sick

## Appy Hour

### Mask Jumble Animals

**Cost:** Free

**Developer:** Pi'ikea Street

**Device:** Apple



### Inferencing

Give your child clues and let him/her select which animal mask to make. Ex: *This is an animal that has black and white stripes. It has a long tail and lives in a hot desert. It's a... Zebra!*

### Pronouns

The app uses selfie mode on your device. Practice personal pronouns with your child such as me, my, I, you, myself.

### Body Parts

To select a mask in the app you must touch different facial features. Work on labelling those body parts. Begin by teaching the basic body parts such as the eyes, nose, ears, and then move to labelling less common body parts such as cheeks and chin.

Jenna Rayburn Speech Room News 2015