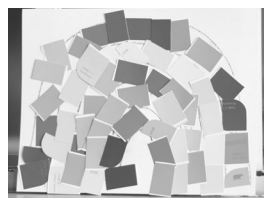




## Fine Motor Skills FUN for the Whole Family Cutting & Gluing

So many variations on this theme. You can reinforce name, letter, shape, and color recognition - in addition to strengthening those hands and fingers with practice of scissor work and gluing.

All you REALLY need is scissors, glue stick, and paper - the type of paper is up to you - plain or fancy. You can use magazines also - or tissue paper and just tear and crinkle!



this one is cool - It uses paint chips from the paint store or Home Depot or Lowes

## Talking During Mealtime



Dinner time, with family members talking together, is a wonderful opportunity for your child to learn and use language. At mealtime your child can practice listening to others, describing events, and sharing feelings and information.

**Nouns:** Names of food and food groups, dishes, utensils, furniture, napkin, placemat.

**Actions:** Eat, drink, taste, chew, swallow, cut, pour.

**Opposites:** Hot/cold, sweet/sour, more/less, empty/full, a little/a lot, yummy/yucky.

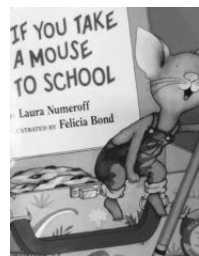
**Location:** On the table, next to the plate, in the bowl, out of your chair, under the table, behind, away from.

**Let's Eat Bon Appetit Mangia Hora de la Cena**

## Help your Child's Imagination Take FLIGHT! READ A BOOK!

Visit your local Library to find these and other books about

**Back to School**



## Back to School Night



### Aquebogue

Wednesday, October 1st 6:30-8:00 pm

### Dix Hills

Thursday, October 2nd 7:00-8:30 pm

### East Setauket

Thursday, October 2nd 7:00-8:30 pm

### Southampton

Monday, September 22nd 6:30-8:00 pm

**This Evening is for Parents/Guardians ONLY**

## LIKE & Follow us on Facebook! Resources - Activities - Events



## Tons of Tips & Treasures!

<https://www.facebook.com/AlternativesForChildren>

## Getting Back Into the Sleep Routine How Much Sleep Do I Really Need?

Getting back into a bedtime routine - for both adults and children - may be difficult after the last few weeks of summer and transitioning back to school days. And - just how much sleep is enough sleep? Here is an excellent article that will answer that question and some ideas for bedtime routines.



<http://blogs.cornell.edu/ccesuffolkfhw/2013/07/23/healthful-sleep-routines/>



Cornell Cooperative Extension  
 of Suffolk County

An excellent Resource for Parents on a Variety of Topics

<http://ccesuffolk.org/>

and their Blog page

<http://blogs.cornell.edu/ccesuffolkfhw/>

## "Feeling Angry" can help children

- recognize feelings.
- use words to express feelings and ideas.
- express strong feelings in appropriate ways.

Ask your child to tell you what kinds of things make them angry, such as:

- when it's time to go to bed and they want to stay up.
- when someone breaks their favorite toy.
- when it's time to come in for dinner and they want to stay outside and play.
- when it's time to clean up and they don't want to help.
- when another child hits them.

Then ask them to think of things they can do when they're feeling angry, such as:

- pound clay.
- draw an "angry" picture.
- sing a "mad" song.
- bang on a saucepan.
- run hard and fast.
- say *I'm mad!*
- talk with someone they love about how they feel.

Together, make a *When I'm angry, I can ....* Poster and draw some of the images that you talked about with your child. Then, when faced with an angry child you can point to the poster to give your child alternate outlets for their anger.



## Fun With Apples!

- Guess the number of Seeds - Show your child an apple and ask them to guess how many seeds will be inside of it. Cut open the apple and pick out all of the seeds. Count them. Do all apples have the same number of seeds? Cut open another one and find out!
- Sorting Apples - Take an excursion to the local farmers market or even the grocery store just to look at the variety of apples. Buy one of each and bring them home to conduct a taste test! Your little ones will be surprised at the differences in size, color, and flavor. Let them taste the difference between a sweet Fuji or a tart Granny Smith. Talk about the color differences from the bright yellow of a Golden Delicious to the deep red of a Rome apple to the striped pattern on a Gala apple - it's fun to examine and wonder out loud about the differences with your child.



Make applesauce - Here's a simple recipe and directions from PBS' Sid the Science Kid.

<http://www.pbs.org/parents/sid/activities/>



## Music and the Young Child

Adapted from the  
American Music Therapy Association



Little ones enjoy being sung to - with a quiet lullaby at nap time and bedtime as you rock. Keep the beat slow and steady. Many young children will find this special time very calming.

- About activities of her day - no need to use the same word each time. Making up words that describe her activity is fun for both of you and demonstrates your interest in your child's world.
- With children's songs that are familiar (such as "Row, Row, Row Your Boat"). Sing them over and over - making them predictable and comforting.
- With your favorite songs. She will enjoy seeing you enjoy and share music, too.

Little ones enjoy sounds:

- That have surprises (like "Pop! Goes the Weasel")
- That rattle or ring or come from music boxes or musical toys - or from things found around the house such as pots and pans
- That are in their environment - such as trains or birds singing
- That they can make with their bodies like clapping, tapping or patting

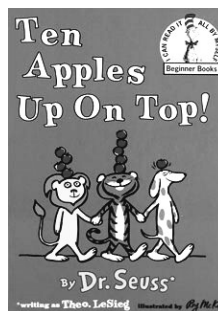


A few tips for using music with your little one:

- Don't be shy about singing - your child will respond to the rhythm, melody and the joy with which you sing...and he will welcome the chance to share this time with you.
- Match your child's energy level - upbeat songs when she's ready for play and lullabies when she's tired.
- Repeat, repeat, repeat....do it again, and again, and again. Children learn through repetition.
- Expose your little one to many different types of music. Borrow CDs from the library or listen to examples online before purchasing - find the ones that you and your child like most.

### Then do this fun activity

<http://www.makinglearningfun.com/themes/pages/AppleCountBook.htm>



Watch this video of the book

**Ten Apples Up On Top**

<http://www.schooltube.com/video/3bc82242482f44e33ca0/>

