

Brighter Beginnings Newsletter

October 2018



Wow! The month of September has gone by so quickly! The children are really starting to settle into the rhythms and routines of the classroom as we talk about all the things we are thankful for this Thanksgiving holiday.

During the next few weeks, we will be focusing on the changing of the seasons and exploring all things autumn! We will move on to Halloween from there, and don't forget about our Halloween FOPs! Children are invited to dress up in their costume for the FOPs on October 31st.

ISP appointment dates are now available to book. Instructions for booking are attached.

Thank you for continuing to check your child's kanga pouch daily for important information!



Contact Information

To let us know of your child's illness/absence or to discuss your child's program, please contact Tracey or Meg:

Office Phone: (780) 467-7137

Email: traceyp@eics.ab.ca
megan.fortier@eics.ab.ca

Birthdays this Month:

Kash (AM)

Makeda (PM)



Important Dates:

October 5th: Professional Development - No Class

October 8th: Thanksgiving Day - No Class

October 11th: Library FOP 5:30-7pm

October 31st: Halloween Snack Chef FOP 9-10:30am

October 31st: Halloween Demonstration of Learning FOP - 11-12:30

October 23, 24 and 25: ISP Meetings



Occupational Therapy Corner

Jen Szydowski: Jennifer.szydowski@eics.ab.ca



Hello Brighter Beginnings Families and Happy Fall!

Last month we talked about the muscles in the centre, or core, of our bodies. We need to have a firm base of support from which to build. This month we will talk about working our way out - to the shoulders, forearms and wrists. Strength and stability in these areas is important in order to allow the muscles of the hands and wrists to develop and to work effectively.

Shoulder and Forearm Activities

- Bear weight through hands and arms - any activity lying on the tummy (colouring, puzzle, playing with toys); animal or wheelbarrow walks, commando crawl; pulling yourself around on a scooter board; crawling on hands and knees around floor or through a tunnel; put bubble wrap on the floor and have your little one try to pop the bubbles by pushing down with their hands or by rolling a hard object or a car or truck over top
- Work on vertical surfaces - use an easel or whiteboard, or tape paper to the wall; use erasable markers on windows or mirrors; draw large pictures on these surfaces - try to use both hands at the same time!
- Do resistive activities - play tug of war, pull apart Theraband or 'Rapper Snapper' toys with arms extended out front, climb a ladder at the playground, swing on the monkey bars, pour water from one large container to another

Wrist Stability

- Lean into one hand to keep it open while sitting on the floor to play or do a puzzle
- Keep the wrists straight while colouring or drawing - you can use a large 3-ringed binder turned sideways to create a vertical surface for working at a table/desk
- Play with Lite Brite, Mr. Potato Head
- Practice opening and closing containers of all sizes

Body Awareness

Body awareness is the sense of where our bodies are in space and how they move. Children who struggle with this often appear clumsy or awkward and can have difficulty with gross and fine motor activities.

Body Awareness Activities:

- Engage in body movement games: Simon Says, create and participate in obstacle courses, do silly poses for your little one to copy
- Sing large movement body songs: Head and Shoulders, Hokey Pokey, If You're Happy and You Know It
- Draw pictures of people and talk about where the parts go (i.e. 'head on top')

If you have any questions please do not hesitate to contact me!

Let's Talk About Speech and Language



i can
TALK
you into
ANYTHING.

I look forward to our team meeting with your family toward the end of October to discuss your child's Instructional Support Plan (ISP)!

We will introduce Core Boards in our classroom this month. Core Boards contain the most commonly used words in our language. Core Boards are especially useful for children who are not yet communicating verbally, children who require processing time, or children who are expanding their language skills (see left for a picture of a core board). We, the adults modeling language, point to a word on the core board as we say that word during an activity to emphasize the word. Follow the link for a video example of how to use a core board (the core board in the video is different from ours, but the ideas work just as well): [Hook 'Em and Build Language](#). See below for our Word of the Week which we will model and highlight in our activities using the core board. Let me know if you would be interested in using a Core Board at home!

ABC 123	PEOPLE	QUESTN	ACTIONS	SOCIAL	PLACES	TIME	GROUPS	DESCRIB	good
clear	I	me	to	come	that	a-	the	and	more
.	my	is	eat	drink	finish	get	all	at	COLORS
EXTRA WORDS	it	can	go	help	open	put	in	for	on
here	you	do	like	play	read	stop	out	up	off
yes	your	no	want	take	tell	turn	watch	down	with

Every month we will use different books and activities to practice target words, speech sounds, social skills, using language to communicate, language comprehension and listening skills. Here are our activities for October:



Sing the song "[Hickity Dicky Bumble Bee](#)" to target first sounds in names and clapping or stomping out syllables while targeting the words "You" and "Me."



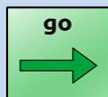
Target the words "hot" and "cold" when describing objects.



Sort leaves by shape and colour when targeting the words "same" and "different."



Target the word "who" and practice answering questions when we use hats and masks to dress up. We will also read the book "Who's There on Halloween?"



Target the word "Go" when reading "[Go Away Big Green Monster](#)." Practice following directions with the Big Green Monster puppet and velcro body parts. We will also target following directions when reading/singing "If You're Spooky And You Know It."

Please feel free to contact me with any questions or concerns:

Kelly Cassan

(780) 934-7936

kelly.cassan@eics.ab.ca

Thought for the month...

Our thought for the month.....

"Treat a child as
though he already is
the person he's
capable of becoming."

-Haim Ginott

If parents have ideas they would like to share
or topics they are interested in for our
"Thought of the Month," please email
by the 25th of the month.

traceyp@eics.ab.ca

megan.fortier@eics.ab.ca

