



Infant & Toddler Connection of the Alleghany Highlands

543 Church Street, Clifton Forge, VA 24424 – (540) 863-1620



*A periodic newsletter for
families*



Winter, 2021

A note to all our families –

You are amazing! 2020-2021 has been a year for the record books and you have met the challenge. Just trying, let alone managing virtual schooling, keeping more than one toddler happy, multiple medical appointments and getting the groceries in the fridge earns everyone a gold star. If you have days that you feel you have lost the battle, you are not alone. No one has the perfect plan for this. And, if you do feel that you could use some emotional support, there are people who want to listen and you can find information at the bottom of this page. You have also come this far and there's been a lot learned. You probably know more about what your devices can do, how to keep children busy in the kitchen, the very best times to shop and a multitude of other things that are actually useful. Perhaps there has been some funny and magical moments as well. We want you to know how much we think of you and the job that you are doing. Your early intervention providers are also available to discuss your thoughts and ideas. Feel free to share them. Early intervention services are intended to fit into your life, and since that can change constantly, let us know how we can help.



Indoor fun from Brookes Publishing & Co.



Make pet puppets. Paper bag puppets are a classic childhood activity and a great way to hone motor skills. Kids who love animals might enjoy creating their own new “pet” or other creature with the familiar paper-bag template. Use the base fold of the paper bag as the face so that when the child’s hand is placed inside the bag, the fold can be used to open and close the mouth. Show your child how to glue red construction paper inside the fold to represent the tongue, use yarn or cotton balls for fur, and make other construction paper cutouts for facial features: ears, nose, and mouth. When the puppets are finished, ask to talk to your child’s new pet and have a conversation.

Make a “My Family” book. Help your child create a book about their family with photographs, drawings, and pictures from newspapers or magazines. To promote communication skills, start by having a conversation with your child about what they want to put in the family book. Ask questions like, “Who is in our family?” “What types of activities does our family like?” “Where is our family from?” “What kinds of food does our family eat?” “What kind of music does our family like?” After the book is planned, your child can sharpen their fine motor skills by cutting the pictures into shapes with safety scissors, gluing or pasting them onto pages, and decorating the book with crayons or stickers.

Find more on <https://blog.brookespublishing.com/21-skill-boosting-at-home-activities-to-try-with-your-child-this-winter/>

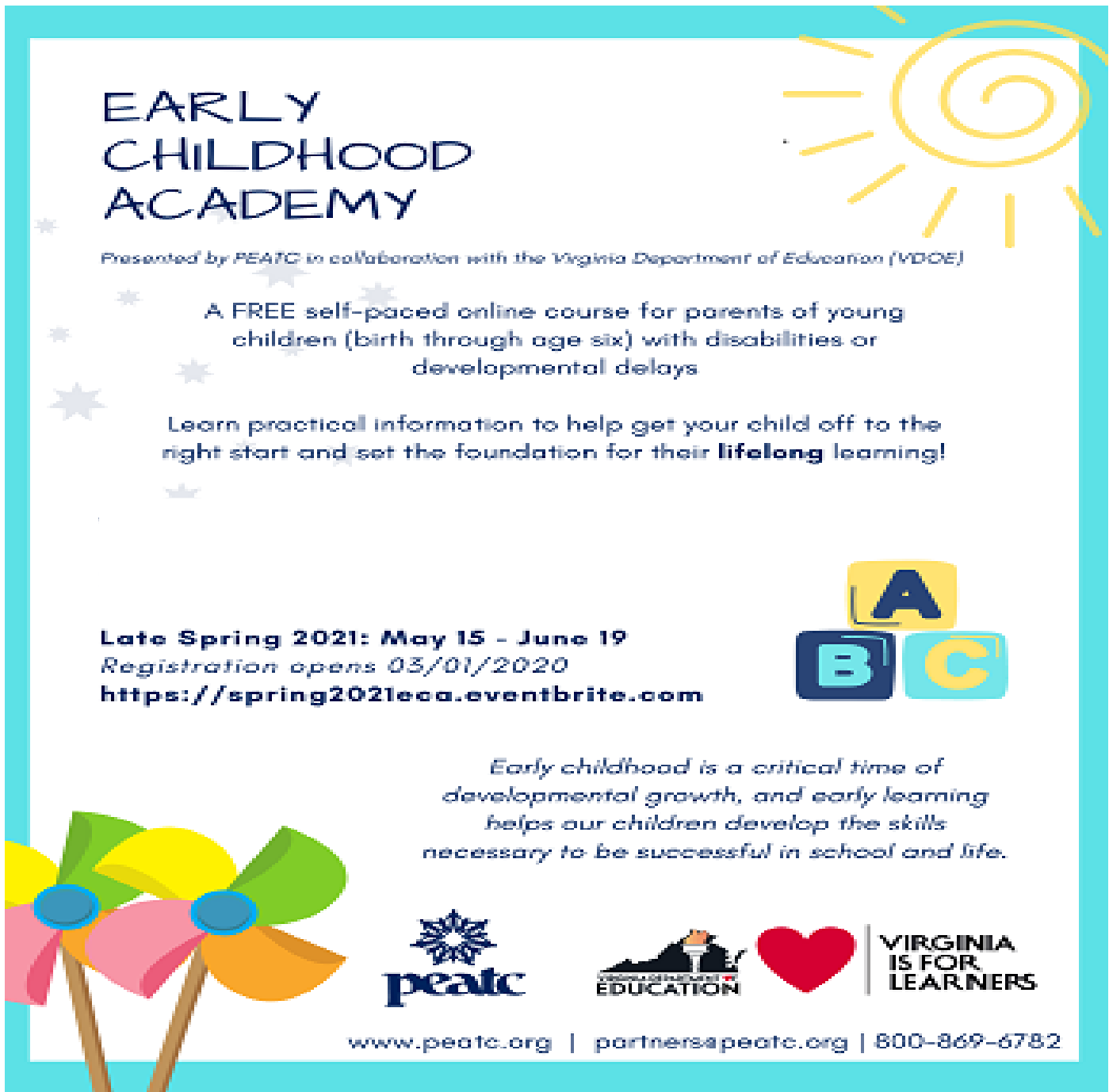
Need someone to talk to?

Alleghany Highlands Community Services - (540) 965-2100

Mental Health America of Virginia Warm Line – (877) 349-6428

Learning for everyone –

Early Childhood Academy for Parents and Caregivers



EARLY CHILDHOOD ACADEMY




Presented by PEATC in collaboration with the Virginia Department of Education (VDOE)

A **FREE** self-paced online course for parents of young children (birth through age six) with disabilities or developmental delays

Learn practical information to help get your child off to the right start and set the foundation for their **lifelong** learning!

Late Spring 2021: May 15 - June 19
Registration opens 03/01/2020
<https://spring2021eca.eventbrite.com>

Early childhood is a critical time of developmental growth, and early learning helps our children develop the skills necessary to be successful in school and life.



www.peatc.org | partnersapeatc.org | 800-869-6782

Allegheny Highlands Regional Library Educational Videos



ALLEGHANY HIGHLANDS
REGIONAL LIBRARY

<https://ahrlib.org/educational-videos/>