

## March 8th-12th Newsletter

**The Focus:** Children express themselves and learn through play.

**The Solution:** Slow down and take time to listen, laugh, and learn with your children. Spend time daily playing with your child.

- ★ “Slowing down your life will bring a new vitality to your existence. No moment with our children is too big or too small. These special moments are what life is really all about.”

### **Backpack Connection:** *How to Help your Child Stop Hitting & Pushing*

English: [https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection\\_behavior\\_hitting.pdf](https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_behavior_hitting.pdf)

Spanish: [https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection\\_behavior\\_hitting\\_SP.pdf](https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_behavior_hitting_SP.pdf)

### **Play & Communication Tips:**

- ★ Get on the floor and engage in your child’s play
- ★ Avoid giving commands and asking questions during this time
- ★ Describe what they are doing “you are using a blue crayon.”
- ★ Imitate what they are doing (If they are drawing a sun you can say “I am going to draw a sun too.”
- ★ Make positive statements for desired behavior “It is nice when you are gentle with your toys.” “I am happy you are sharing your blocks with me.”

### **Resource:**

Devereux Advanced Behavioral Health

<https://www.healthychildren.org/English/Pages/default.aspx>

### **Fine Motor Skills Tips:**

Some important hand skills children need to develop include:

- Being able to cup their hands (palmer arching)
- Using the index finger and thumb to hold an item, and using the ring & middle fingers to stabilize the hand (hand side separation)
- Making a round shape with the thumb and index finger (an open web space)

### **Start your day with Positive Calming Activities**

Calm down Yoga with Affirmations



Yoga and mindfulness have been shown to improve both physical and mental health in school-age children. Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga and mindfulness offer psychological benefits for children as well.