

The Preschooler Summer Newsletter



SUMMER LEARNING FUN!

Fun activities to help your child continue learning all summer long



Summer offers an opportunity to expand and continue a child's learning in a relaxed and enjoyable way. Summer time learning does not mean your child should be doing math worksheets or vocabulary lists. Summer is an opportunity to show children learning is everywhere and can be fun! Summer time learning should be a time to exercise the mind and body by discovering new hobbies, explore new places, learn about responsibility and sharing. Included are a few creative ideas that you may try with your preschooler or pre kindergartener.

PRESCHOOL GARDENING is a wonderful way for children to explore, discover and learn.

Gardening is a simple activity that offers a lot of learning opportunities. Gardening provides children with the following; enhances senses, moderate exercise, builds confidence, relieves stress, builds focus and memory, teaches responsibility and patience and fine motor skill practice. Gardening may even encourage your child to try new foods that they have grown. Gardening is an activity that can carry over from Spring through Fall. Even if you don't have a lot of space for a typical garden you can still have the same experience with a container garden.

Begin by planting seeds.



What you need:

- an empty egg carton with the lid removed
- Egg shell halves that have been rinsed and left to dry
- Potting soil, seeds and water

Have your preschooler place the half shells in the egg container and fill each one about half way with the potting soil. Place the seeds on a napkin or paper plate and help your preschooler count out piles of 2 seeds. Place 2 seeds in each egg shell. Have your preschooler sprinkle soil on top of each seed. Gently tap soil down with your finger tips. Using a spoon sprinkle water into each egg shell. Place the egg carton in a sunny warm window. *Peas or beans will give you fast results*

Each day have your preschooler check on their seeds. Talk to your preschooler about the growing process. Have them touch the soil to see if it needs water. If watering is needed you may use a spray bottle to spray each seed or a plastic spoon and cup to place a spoonful or 2 of water on each seed holder. Observe to see if there are any changes. While you and your preschooler are waiting to see the seed sprout you may want to read about the process a seed goes through.

To help facilitate conversation with your child included are a few books on seeds, gardens and growing plants. Reading these to your children will help them develop an understanding of the process of growing things.



Continue to watch your egg shell planters and keep the soil moist. Once you see your seed has sprouted and the green stem is poking through the soil the magic of growing has begun. Continue to keep your soil moist. Be sure not to over water, if you do the roots may rot. Once the plant has it's second or third set of leaves it is ready to be planted in the yard or container garden.



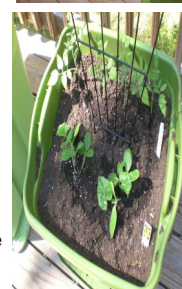
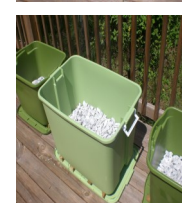
If planting outside in the garden, be sure to allow your child to use a small kid friendly shovel or a big old sturdy kitchen spoon to dig holes deep enough to accommodate the plant. When the holes are ready, help your preschooler take the egg shell out of the carton and gently crack the shell. Place the plant in the hole and have your child fill up the hole and with finger tips pat the soil around the plant.

Sprinkle the broken egg shell around the plant. The egg shell will provide a protective barrier against garden slugs. The eggs shells are also a benefit for the soil by providing calcium as they break down. Water your plants well.



If you are planting a container garden there are a few steps needed in order to have success. Please note almost anything can be used as a container outside a typical flower pot. You could use an empty plastic milk or juice container, an empty bucket or even an old boot. The adult should make sure there are 3-5 small holes in the bottom of the container for drainage. Have your preschooler gather up some small stones and place them in the bottom of the container for drainage. Now fill the container 3/4 the way with a combination of dirt and garden soil or potting soil. Have your preschooler mix up the dirt mixture and make a hole. Again, break up the egg shell gently and have your preschooler place the new plant in the hole and fill it in tapping with their fingers around the plant. Sprinkle some of the egg shells around the container and spread the rest outside in another area. Birds enjoy the egg shells, it helps them produce calcium to help lay their own eggs. As the plant begins to grow so does other teaching opportunities. Responsibility is taught as your child is now in charge of making sure the plant has water and is free of weeds. A growing plant can be a math experience, you use a ruler to measure its' progress, then you and your child might create a graph that shows the growth of the plant day to day. If you chose to plant a vegetable you can talk about the flowering to vegetable process and then look for recipes to try using that vegetable. If you chose to grow flowers you can talk about how flowers help bees make honey and pollinate other flowers so they make seeds in the fall

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Summer offers us longer days and a more relaxed approach to life in general. However, it is important to maintain the things your child has accomplished over the school year such as a sleep schedule, eating better, and educational achievements (learning letters, numbers, their name, handwriting and more). We will look over some of the newsletter topics from the school year and discuss how to keep the progress going through the summer months!

KEEP THE SLEEP SCHEDULE:

One of the easiest habits to get out of is a sleep schedule. Why is it important to keep the same sleep schedule as you had with your preschooler during the year? Think back how hard it may have been to get on that schedule and think about how cranky a child can be when they have a lack of sleep. This does not mean that every once in a while you can break the sleep schedule for some summer time fun. When you do make it a point to let your child know that today is a special day because (name what is going on) and we will be staying up a little later. This defines the day as something special. For example, you may be having a family campfire and roasting hotdogs and marshmallows and afterwards catching lightning bugs or it is the 4th of July and we are staying up to see the beautiful fireworks in the sky. Children tend to be more physically active in the summer and may require a little extra sleep to help rejuvenate their growing bodies and minds. Lack of sleep can impact other things as well, such as, eating to little or too much, not being able to focus or cooperate. Preschoolers need between 10 –13 hours a sleep a day. This can be all night or combined with naps to reach that total number of hours of sleep. So how do we go to bed when it is still light out? Try using window treatments that blocks out light or place a blanket over the window to block out the light. Follow the same routine as you had when establishing the schedule. If you do keep the schedule, the start of the new school year will be an easy transition! **For more information check with your service coordinator or your child's teacher for the preschool newsletter on sleep and sleep schedules.**



KEEP UP THE GOOD BEHAVIOR

Even though summer is a time to relax and take it easy, behavioral expectations should remain the same. Consistency with behavior across all settings helps ensure a greater chance of success.

Modeling Behavior

Children are like sponges, they absorb everything they see and experience and this includes parental behavior. When you use good manners, good coping skills and appropriate speaking skills, children will emulate these. The following are a few examples;

- **Point out sharing behaviors:** Preschoolers when asked to share often feel like they are the only ones being requested to do so. When there are examples they see everyone shares; "Look Daddy shared his drink with Mommy. Daddy was good at sharing" or "Mikey I like how well you shared your cookie with your sister!"
- **Model calm down strategies:** Teach children how to self regulate when they are upset or frustrated, by your example helps them to see how to work through tough situations. "Mommy is really frustrated with this tablet not working. Would you help Mommy take 10 big deep breaths to calm down?"

- **Model how to say what your feelings are:** If you are really frustrated with your situation you may want to say "you are driving me crazy" instead express your feelings "Mommy is really frustrated." If you notice your child is upset, you may want to help them express themselves by saying "It looks like you might be sad" ; "Are you sad?" If you are wrong allow your child to correct you and describe what they are feeling. Once the feeling has been determined encourage your child to try something to feel better, moving onto a coping skill.

One way to avoid conflicts and confusion in the summer is a daily routine, things that will happen each day and a daily schedule that outlines new items for the day. Preschoolers, in general, are creatures of habit and like to have predictability in their day. There are a variety of options for making a chart of things to do for the daily routine and daily schedule. You may want to try the FIRST THEN APP:



This app is \$14.99. First-Then Visual Schedule is an affordable user-friendly mobile application designed for caregivers to provide positive behavior support through the use of "visual schedules". First-Then was designed for individuals with communication needs, developmental delays, autism spectrum disorders or anyone who would benefit from a structured environment.

The app has a lot of features that will be beneficial to a child that needs a high level of structure. The app can be set for daily routines, events, specific steps to an activity and activity that requires transition.

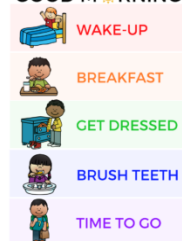
The app will allow you to :

- customize sounds and pictures
- Check list feature
- Viewing screen options: full, split and list
- Print copies of schedules

Another option is to use a white board, chalk board or a poster board to set up a daily picture/word schedule of things that will occur each day. Then have picture/word cards that can be added for those special things (like going to play ground, going out for ice cream, mini golf or swimming) that may only happen once or on occasion.

Breaking the day down into parts helps with keeping the list simple. Have a morning routine, afternoon schedule and evening routine.

GOOD MORNING



GOOD NIGHT



MONDAY'S SCHEDULE

FIRST:

Go to the store

THEN:

Go home and put away items



FIRST:

Eat lunch

THEN:

Go to the playground



FIRST:

Go home

THEN:

Make and eat dinner



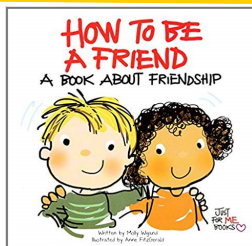
The daily routine can be designed by you and your preschooler or printed off the app or free templates on the internet and posted on the frig, bedroom door or anywhere it can be easily accessed.

The daily schedule can be as elaborate or as simple as you would like. Once you make index cards with the First and Then of the days events you can interchange them to suit the day. This helps any preschooler prepare for what is going to happen. You can even take the index cards with you as a quick portable reminder for your preschooler. Having a visual reminder along with the verbal information makes it easier for most preschoolers to understand. There are a variety of options and styles of templates you can pull off of Pinterest and other websites to help make your daily schedule.

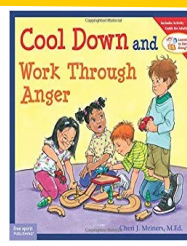
Summer Reading Fun!



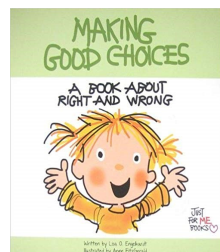
Early literacy skills are essential to a pre-school aged child. What better way to develop this skill than reading to your child! The single best measure of primary reading success in kindergarten and primary grade levels is how much a child was read to before entering school. Reading to your child at least 15 minutes a day makes for future reading success. When it is just too hot or rainy outside this summer reading together is a great option. Whether a book has words or just pictures a great story can be told. Having your child guess what will happen next helps develop higher level thinking and reasoning skills. In addition, reading to your child helps promote speech and **language** development. Try subbing your child's name for the lead character in the story to make it more personalized. Utilize your local library and remember your local discount stores offer great selections at very low costs! The following selections offer children examples of social-emotional skills.



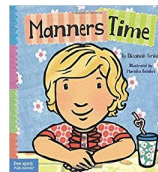
By Molly Wigand
This is a book that introduces children how to make friends. It teaches children how to be a good friend and teaches what friendship is.



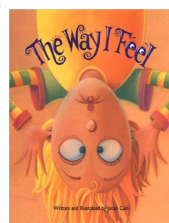
By Cheri Meiners, M. Ed.
It's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways. Children learn that it is okay to feel angry—but not okay to hurt anyone with actions or words



By Lisa O Engelhardt
This selection helps children learn from their everyday choices and experiences to give them the skills and perspectives necessary to become compassionate, caring, and responsible adults.



By : Elizabeth Verdick
This book teaches children that there are polite words to use when you greet someone, ask for something and even to say NO.



By Jana Cain
This book uses strong, colorful, and expressive images which go along with simple verses to help children connect the word and the emotion. Your child will learn useful words, and you will have many chances to open conversations about what's going on in her/his life.

For additional selections on book ideas that cover every emotion and behavior check out Pinterest; Preschool Book Selections for behavior and emotions.



Healthier Recipes; Nutrition goes hand in hand with cognitive development, physical development as well as mood and behavior. A child's diet should consist of healthy foods that include a daily balance of fruits and vegetables, whole grains, lean proteins and fat-free and low-fat dairy products and limit intake of saturated fats, trans fatty acids, cholesterol, sodium, added sugars and refined grains. Having children participate in the food prep often encourages them to try new things and gives them a sense of pride and confidence ! Here are a few ideas to try!

**** if your child has dietary restrictions you may not want to try the recipes as written**

Cheesy Meatball Cups: makes 16

What you need: Crescent Roll Dough (2 cans), Muffin Tins, Cooking Spray, Flour, Frozen Meatballs, Spaghetti Sauce and Shredded Cheese



How to make: Parent Preheat the oven to 350 degrees and spray the muffin tins with cooking spray. Take the dough out of the containers and lay on a lightly floured surface. Pull the triangles apart. Demonstrate with your preschooler how to place in the bottom of the muffin tin and press the dough up the sides to make a cup. Once all the tins have the dough in them have your child put in some shredded cheese and then a meatball. Press the meatball down. Adult place in the preheated oven for 10 minutes. Remove from oven cool for a few minutes. Using a small spoon place a spoonful of sauce on each meatball and then more shredded cheese. Adult place tins back in the oven for 10 more minutes or until dough is golden brown and cheese is bubbly. Remove and allow to cool enough to safely hold. Serve and enjoy!

Veggie Pillow Pockets: makes 24

What you need: Cookie tray, 1 cup of cooked rice, 4 sheets of puff pastry (found in freezer section of grocery store), fresh broccoli (small head use florets only), 3 slices of bacon chopped, 1 diced carrot, 1/2 diced onion, 1 cup cheddar cheese, 1 cup of frozen peas, 1/4cup of milk



How to make: Parent Preheat the oven to 425 degrees. Place the puff pastry out on counter to thaw. Parent Prep; In a pan cook diced bacon with onion until onion is soft then add broccoli and carrots. Stir until soft. Let cool. Once rice and veggie mixtures are cool have your child mix together the rice, veggie/bacon mix and cheese. Parent cut the pastry dough into triangles. Should get about 8 triangles per sheet of dough. Demonstrate to your child how to put a small spoonful in center of triangle and fold over and press to seal. Place on cookie tray. Once all the triangles have been filled and sealed using a brush or clean fingers dip in milk and rub on the top of each triangle. Parent place in preheated oven for 15-18 minutes or until golden brown. Parent take out and allow to cool a bit. Once cool enough to eat...ENJOY!!

Frozen Fruit Delights:

What you need: Seedless Grapes, Banana, Pineapple rings, Strawberries, or any seasonal fruit you like, candy coating (found at craft stores), Toppings such as; sprinkles, chopped nuts, shredded coconut, and lollipop sticks (found at craft store), wax paper, small microwavable bowl, cookie sheet and small bowls or cups for toppings

How to make: Cookie sheet cover in wax paper. Melt your candy coating as directed on the package. **TIP:** Place the bowl of melted coating on a heating pad it will keep it warm and melted the entire time you are working. Pour your coatings into individual containers.

Grape pops: wash and dry all grapes. Have your child place a stick into each grape. Holding the stick dip the grape into the coating about half way. Tap gently to get the extra coating off then dip in a topping. Stand grape up on wax paper cookie sheet and let stand to harden. Refrigerate or freeze.

Pineapple pops: Take pineapple rings out of the can and place on a cookie tray lined with wax paper. Place a lollipop stick into the pineapple ring. The stick should go through both sides. Freeze for 2 hours. Dip in melted chocolate, or coconut flakes or even yogurt. Return to tray and freeze for 2 hours or overnight. Enjoy!

This frozen fruit treat can be done with any of your favorite fruits!



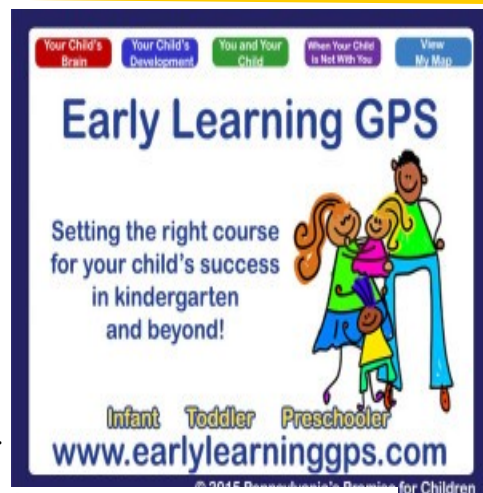
EARLY LEARNING GPS : What is it? It is an online question quiz that helps families learn the most important things they need to know and can do to help their young child grow. It is designed to create an engaging learning experience, but it is NOT a test. Families choose answers that best fit their situation for customized tips and resources.

Where do I find it? The Early Learning GPS can be found at www.earlylearninggps.com

What topics are covered? The program is customized for your child and family, however, there are a variety of topics addressed from birth to kindergarten:

- Why the First Five Years; Brain Development, School Success, Saving for Future
- Help your child grow; Child Development, Fun Activities, Challenging Behavior, Kindergarten readiness, Family Voice Blog
- Choose a Quality Program; How PA ranks preschools/daycares, Head Start, Pre K Counts, Early Intervention
- Making Ends Meet; Child care assistance, Community Supports, Food Programs

The Link can be found by going to the WWW.IU08.org click on the tab SPECIAL EDUCATION....click on Preschool Early Intervention...click on RESOURCES.



Making Family and Community CONNECTIONS

PARENT TO PARENT OF PENNSYLVANIA: links parents and family members of children with disabilities or special needs on a one-to-one basis according to conditions or concerns. Parent to Parent offers a connection to local support and mentor groups for family members of children and adults with: physical disabilities, developmental disabilities, special health care needs, behavioral/mental health needs, foster care or adoption and educational issues. **If interested see attached application.**

WHAT IS LICC?



LICC stands for Local Interagency Coordinating Council. It was established to provide information and trainings to families in the local community. It also provides child find activities to help locate children that need services. Each county has it's own LICC. Some counties meet monthly while others may meet quarterly. Preschool Early Intervention Programs, Infant/Toddler Early Intervention Programs, Department of Health and Head Start are part of these teams. Teams also may include parents, daycare providers, private preschool providers, and other agencies in the community that provide services to young children. The purpose is to get agencies and parents to discuss how everyone can work together to help all children in our communities. Each LICC has an agreement to outline how they will help families transition between programs, find children that need services and attend trainings. The agreement also provides information on how and where services are provided to children and their families. If you are interested in becoming a member of your county's LICC, please contact your service coordinator to get more information



AUTISM

- Autism Speaks; Blair County 943-9002
- ABOARD's Autism Connection of PA Bedford County; 766-2478
- Cambria County Autism Speaks; 322-1862
- Somerset Family, Social & Play Group 444-0620
- Central PA Autism Society on Facebook

DOWNS SYNDROME

Support groups connections throughout Pennsylvania go to;

www.globaldownsyndrome.org

SPECIAL NEEDS KIDS AND FAMILIES ONLINE SUPPORT GROUPS

* The following site offers a list of support groups from A—Z;

<http://www.childrensdisabilities.info/speclists.html>

- The following site offers an on line magazine full of information regarding special needs, support groups, equipment exchange sites and more

WWW.complexchild.com

M.O.R.G.A.N PROJECT:

The M.O.R.G.A.N. Project stands for Making Opportunities Reality Granting Assistance Nationwide. This group, established by parents Robert and Kristen Malfara, supports families in their journey of raising a special needs child, be that child biological, adopted or within the foster care system. In addition to having a large library of resources and information on their website, the group also assists families with travel expenses for medical treatments and gifts of medical equipment that aren't covered by insurance, such as wheelchairs. It works to create a group of parents who are supportive of each other in difficult times.

YOU TUBE

- **Fathering Autism;** Offers an inside look at a family's struggles and triumphs through daily life.
- **Our Special Life:** This series looks into individual families and each unique life within, whether it is Down Syndrome, Food Allergies and more.



SUMMER LEARNING FUN !!

During the school year your preschooler has learned a variety of new skills such as recognizing the letters in their name, writing their name, identifying colors, shapes and numbers. Summer time activities can offer relaxed and enjoyable ways to

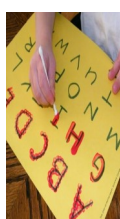
maintain these skills all while having fun ! Included will be focused skill activities to help maintain or further develop the skills your child will need for the up coming school year all while having a good time!

WRITING SKILLS: Practicing writing your numbers, letters or name does not need to be done on paper with a pencil. Try using sand, shaving cream, pudding, paint, chalk and water to practice writing skills. You can create a model of the word, name, number or line for the student to imitate on an index card or make a model the child can trace over. Check Pinterest for a wide variety of ideas !

Note: the activities also promote fine motor skills!



Use an index card with a letter, number or word model and a tray with shaving cream. Your child can use fingers, a straw or lollipop stick to write with .



Use a piece of paper and write out what you want your child to practice. Give them a cotton swab and paint to trace.



Using a bowl of water and paint brush have your child paint out the letters, numbers, or even squiggly lines. You could do it first in chalk and have them trace it. Your child can also just simply create something of their own. Add water color paint for even more fun!

Part of prewriting skills is learning how to hold your writing tool, staying in the lines and make strokes with it. Below are some fun ideas that can also create a fun photo opportunity using sidewalk chalk. Simply draw the picture and have your child help you color it in to create a fun summer photo shoot! The possibilities are only limited to your imagination!



MATH SKILLS: Learning how to identify numbers and then how to apply numbers to counting is a preschool skill that can be a lot of fun with some outdoor summer activities . Don't forget math skills also include shape identification and patterning as well. The following are some ideas that can be used to strengthen your preschoolers math skills.

Use sidewalk chalk to create a random lay out of numbers that can be used in a variety of ways. You can fill a driveway or side walk with numbers, with shapes or numbers inside shapes to create several games with one lay out.

Number Draw: You can use a bag, a box or bowl and fill it with slips of papers with a number marked on it. Have your preschooler reach in and grab a number and match it to the number written in chalk. Be sure to name the number! This can be expanded by writing each number in each shape; write a number 2 in a circle, square, triangle and diamond. Do this with numbers 1 through 10. Make papers with the same shape/number combinations. Have your child reach in and pull out a card and have them identify what they have pulled and then find the combination that matches. Make it even more fun, use a spray bottle to make the chalk picture disappear!

Nature Hunt: Write your numbers in chalk and outline each in a circle or shape on your sidewalk/driveway. Using your grab bag add slips of paper with a number on each. Have your preschooler identify the number and then have them go out to the yard and collect that number of items. For example the child pulled out a 3. Have them collect three leaves and place on the number 3.

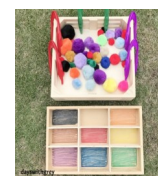
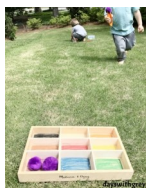


Bracelet Pattern: Your child can make an edible bracelet. You will need a colored loop cereal and some string. Set up a pattern of colors on a sheet of paper. For a beginner use only 2 colors and alternate the pattern. For a child who is more advanced you can use the 2 colors and make the pattern vary as seen below or use a variety of colors and have your child use the colored cereal to make the bracelet.



MOTOR SKILLS: Focusing on gross motor skills (running, hopping, walking on steps and pedaling) and fine motor skills, (stacking blocks, using tongs, holding a marker) is what the following activities are designed to do while being enhanced with academic, social and communication skills.

Run and Sort You will need an outside space, a bowl with assorted colored pom poms and tongs (both found at any dollar store) as well as a box divided into colored sections or even individual pieces of colored craft paper to match your pom pom colors (also found at dollar store). Place the bowl of pom poms with tongs on one side of the outside space and at the opposite end your color blocks. Have your child start at the color block side and run to the bowl using the tongs grab a pom pom and hold it in the tongs and run back to the color block and drop it. This can be done with one child or a group. If doing with 2 children it could be a race to see who empties their bowl and matches first. If it would be four or more it could be relay team racing.



Balloon Tennis: This is an easy fun game that can be played with one or more players. What you need are balloons that you have blown up, fly swatters and a container for the balloons (all items can be found at a dollar store). Have your child use the "racket" (fly swatter) to hit the balloon and keep it in the air if playing by themselves. You may need to demonstrate how to do this. If you have 2 or more children they have to use their racket to hit the balloon to one another.



Dice Games: Make a large set of dice; one with dots to indicate numbers one to six and on the other have a task. The dice can be made from a square box wrapped in paper. The task can be stomp like a dinosaur, jump like a frog, hop like a bunny or run to the tree and back to name a few. Each side of the die should have a task. In addition, make a paper strip with the numbers one to six on it. Have a bingo dapper (found at dollar store) for your child to use. Have your child roll the die with dots on it first. Count the dots to identify the number and then have them mark the number of the strip. Then roll the second die with the task on it. Read to your child what the task is. If the child rolled a 3 and the task run to the tree and back, they now will run to the tree and back 3 times. This can be played with one or more children. If 2 or more are playing each gets a turn. If the child rolls a number they already marked off they pass the turn to the next person.

FAMILY RIGHTS



PROCEDURAL SAFEGUARDS

The Procedural Safeguards Notice provides detailed information on your special education rights such as:

- Confidentiality
- Parent consent
- Prior written notice
- Procedures for filing a complaint
- Mediation Procedures
- Due process hearing procedures
- Resources

This document is very helpful in explaining your family's rights in detail. This document is about your rights and responsibilities.

Questions or concerns about Early Intervention services should first be addressed with your teacher/therapist, supervisor, program director, and then to the state.

Satellite Office Sites and Phone Numbers

Office hours are 8:00 AM to 4:00 PM

Altoona Office..... 814-940-0223

Duncansville Office.....814-695-5645

Ebensburg Office814-472-7690

Richland Office.....814-262-7392

Somerset Office.....814-445-9734



COUNTY TO COUNTY ACTIVITIES FOR COMMUNITY AND FAMILY CONNECTIONS

BEDFORD COUNTY: Farmers Market: Corner of Penn & Juliana Streets, downtown Bedford. Local farm fresh produce, baked goods, and more. 814-623-0048. Every Wed. 9am-1pm (May-Oct.) **June 15, 2019** Tractor Pull at Southern Cove Power Reunion showgrounds. Weigh in at 3pm, pulls start at 4. 145 Cave Rd., New Enterprise. 814-766-2887. **June 21, 2019** Movie Night on the Square - Join DBI on the square in downtown Bedford for a free movie night for the whole family! Bring your chairs, blankets, family and friends! Popcorn, drinks and snacks available for purchase. 8:30pm - 10pm. 814-623-0048. **June 29, 2019** Fireworks on the Lake at Shawnee State Park - Our 7th annual Fireworks Show - the Saturday before the 4th of July (June 29th, weather permitting.) Starts at dusk (approx. 9:45pm) FREE, but donations are appreciated (accepted during the event at the beach house, as well as in the park office leading up to the event.) Also on this evening, we open the Arts in the Park exhibit and enjoy a pre-fireworks concert featuring Jackson Monsour. **June 29, 2019** Southern Cove Power Reunion Tractor Ride. 145 Cave Rd., New Enterprise. 814-766-3436. **July 11, 12, 13, 14, 2019** Alum Bank Classic Weekend - Alum Bank Fire Co. (intersection Rt. 56 & Rt. 96), Alum Bank. 814-839-2490. Weekend full of fun and food, truck and tractor pulls, Ford National tractor show, car show, a burnout contest, cruise in, music, carnival rides, tractor show, old cars and equipment, garden tractor pulls, chicken bbq, pig roast, and much, much more. Free admission. **July 21-27, 2019** The Great Bedford County Fair. There are exhibitions of animals, demonstrations of skill, displays of artwork and home goods, plants, entertainment, motorsports, and exciting midway rides! Pay-one-price-admission. Bedford County Fairgrounds, Bedford, PA, 15522, 814-623-9011 **August 08-10, 2019** Imler Ox Roast: Imler Area Volunteer Fire Company annual festival. 996 Mowrys Mill, Imler, PA. 814-276-9117. Parade Thursday, Cruise-In Friday, Greased Pig Contest Saturday. Games, entertainment, food and a baked goods sale will be available throughout the three-day event.

BLAIR COUNTY: **June 2, 2019, 10am-4pm** Pinecroft Volunteer Fire Company Summer Craft Show **June 3, 2019, 10AM-4PM** Rain date **4th** Central PA Humane Society Paws in the Park Legion Park Holidaysburg. **June 7 2pm-9pm, 8th 10am-8pm, 9th 10am-5pm,, 2019** Blair County Convention Center Sci Fi Valley Con **June 16th** DelGrosso Park Father's Day, Dads get a FREE All Day Fun Pass Check out the website for events all summer long. www.Delgrosso.com **July 18-20** Duncansville PA Community Days Food, Entertainment and more. Check out the Facebook Page for upcoming details **July 27, 2019, Noon-6pm**, First Frontier Festival in Downtown Altoona's Heritage Plaza, food, art, craft vendors, music and more. Rain or Shine, **August 18 -24** Williamsburg Community Farm Show **August 24, 2019, 10am-6pm** Miller's Food Truck and Craft Festival with Doggy Pageant Morrison Cove Park Martinsburg

Cambria County: **May 31 6-10pm**, **June 1 1pm-10pm** and **June 2 11am-6:30pm** Polka Fest 411 Power Street Johnstown PA, music, vendors and food! **June 20-23** Thunder in the Valley; visit the website for days activities: <http://www.visitjohnstownpa.com/thunder-valley> Dates to be announced in July for; Jackson Heritage Festival in Vinco <http://www.jacksontownpa.com/festival> **July 13 and 14** Fourth Annual Northern Cambria County Regional Heritage Festival **August 9, 10, 11** Summerfest in Portage, at **Crichton McCormick Park** food music, games and vendors. Please see the website for more information,

Somerset County: **May 18-** Strawberry Festival at the Confluence Community Center 11:00 - 2:00 **June 13 -15** Addison Pa Chainsaw Carving Festival Community Park **June 15-** Jager and Friends Dog Park Flea Market- Georgian Place (time to be announced) **June 22** and **July 27-** Open Play Preschool Block Party- Somerset County Library 10:00 - 11:00 **July 27 and 28-** Chalk the Block in downtown Somerset 10:00 - 3:00 **August 17 - 24** Somerset County Fair at the Somerset County Fair Ground **May until fall**, Farmers Market at the Georgian Place- Saturdays from 9:00 to 12:00

For fun outdoor activities visit your local state park! Many offer organized programs that can be found by visiting www.dcnr.pa.gov.

Canoe Creek State Park and Prince Gallitzin State Park of many recreational activities for all seasons!



Smart911 provides the 9-1-1 callers and emergency responders with the exact information you need them to know when responding to your emergency. With Smart911, you can add key information about members of your household that would help anyone you care for in the event of an emergency, whether the call is from the home or any mobile phone. The following is information you can provide and enter when you register:

PEOPLE: Names, physical descriptions, and photos will help responders act quickly if a child goes missing, or help identify individuals in an emergency.

PHONES: mobile phones don't provide an address for the caller. By adding all phones for your household, 9-1-1 will have a better idea where you are when you need help.

ANIMALS: Keep all members of your household safe by including pets, livestock, or service animals that responders need to be aware of.

MEDICAL INFORMATION Such as:

1. MEDICAL CONDITIONS: If a family member has epilepsy, diabetes, asthma or some other condition responders will know how to effectively treat the person

2. ALLERGIES: Alerting the 9-1-1 responder to serve allergies like a bee sting. Food or latex could save a life

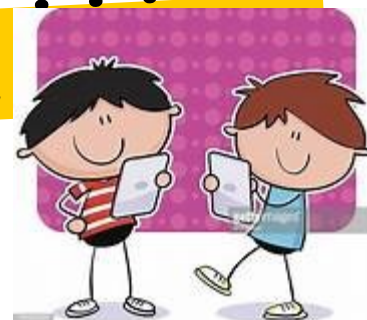
3.DISABILITIES AND EQUIPMENT: Alerting responders to special equipment or approaches needed to work with someone will better help the responder work with the individual. This may include information about a wheelchair or how to interact with someone with Autism.

4.MEDICATIONS: Knowing what medications an individual is using allows the responders to assess correctly or avoid dangerous medication interactions during treatment.

TO REGISTER GO TO: safety.smart911.com



Technology



IPod and iPad Fun and Learning

With new technology comes new learning opportunities for preschoolers and beyond. The iPhone and iPad offer children another opportunity to explore everything they see through direct interaction. Children are able to explore and use a large variety of applications to help them learn everything from their colors, letters, numbers and more. Many applications are also designed for the specific learning needs of children. Applications typically cost about \$.99, however, there are hundreds of free downloads to choose from. Listed below are a variety of applications that would be appropriate for preschool aged children between the ages of 3 and 5. All applications can be found on iTunes or in the App Store.

Even though technology is a fabulous tool for learning it should be a secondary means. The first approach to teaching children is direct contact. By reading to children, talking with children and interactive play would be the best means of educating.

Fish School: Ages 2 and up:



Fish School exposes your preschooler to important concepts like letters, numbers, shapes, colors, matching, and more. Brightly colored schools of fish form letters, shapes, and the numbers 1-20, and your child can make the fish swim and do funny things with a simple touch and drag.



PBS KIDS: Ages 2 and up

PBS has created hundreds of games based on their popular children's shows. The games for each show fit in with their learning theme. Learn math with Peg + Cat. Explore creature powers with the Kratt Brothers. Or go on a space adventure with the kids from Ready, Jet Go! If you're child loves PBS shows, they're going to love learning with their favorite characters.



Phonics Ninja

Your preschooler can slash her way through letter sounds, blends, and digraphs with this cute ninja. The game uses sight,

sound, and touch to help your child learn important phonics skills, and with three difficulty settings, the game advances as she does. You can even record your own audio clues, so your child can hear your voice — or even her own — in the game.

FREE APPS!

Model Me Going Places: is a great visual teaching tool for helping your child learn to navigate challenging locations in the community. Each location contains a photo slideshow of children modeling appropriate behavior. Easy to use tap forward through the slide show and has audio (English) presentation.

LOCATIONS:- Hairdresser -Mall -Doctor -Playground - Grocery Store - Restaurant

Autism Emotions: Uses a slideshow with a audio or music to describe and demonstrate emotions.



This app provides you with American sign language step by step demonstrations from the basics of the alphabet, numbers and word categories to tutorials. The app also provides interactive memory games and Deaf Voice which allows you an inside look at individual personal experiences.



ABBY -BASIC SKILLS PRESCHOOL: Counting, letters, shapes, and patterns offers an increase of skill level for each area of learning. This app also offers a full version for purchase with 16 additional games and activities.



Meet Tiny, the lovable mealtime friend who encourages young children to try new foods! This app's playful approach can even turn picky-eating struggles or other types of feeding difficulties into a fun game, as a picture of your child's own food gets uploaded into Tiny's plate for her to "eat" - kids want to eat foods as they see Tiny enjoying the very same things!



BREATH THINK DO WITH SESAME: This app is designed for preschoolers to help them distress with an adorable monster from Sesame Street.



Meditations for Kids: meditation exercises guide kids to move, stretch, or make noises. Others simply take kids on a journey in their minds. They cover different topics such as being brave in the dark, coping with stress, or learning how to reduce fidgeting. Each recording lasts roughly five minutes

Reward System

Another means of recognizing positive behavior is by setting up a reward system. A reward system can be associated with any behavior such as potty training to controlling a child's temper. Reward systems tend to catch the interest of the child thus reinforces good behavior. In order for a Reward System to work the objective must be clear and consistent.

1. Begin with setting the objective; let's use sitting down at the dinner table to eat a meal. as an example. Talk to your preschooler about what you would like them to strive for. "I would like to see you sit down in your chair at the table and eat your dinner with Mommy and Daddy."
2. Explain what this behavior looks like, Sitting in the chair at the table, using utensils to eat, eat your meal and use a nice inside voice, (As the child masters the small steps it can be expanded with more detail like using please and thank you/no thank you and so on)
3. Create the reward system. For example, if your child likes stickers you can make a chart that clearly marks each time the child is successful or drop a marble in a "good job jar". Decide with your child how things will be measured. Decide on the end reward with your child so they stay motivated. Keep it simple, like an extra hour of tablet time, or a trip to get an ice cream or going to pick out a new book at the library. Decide with your child if this is measured weekly or monthly or if they hit a certain level in their "good job jar".
4. Focus on one or two behaviors at a time. Having more than this can overwhelm some children and make them feel as they do not have some control and as a result they may shut down. Once a behavior is achieved on a consistent basis create a new objective.
5. ALWAYS BE CONSISTENT AND IMMEDIATE in your positive response. Preschoolers have no real sense of time, so by offering the sticker or marble right away acknowledges the good behavior and will encourage your child to do it again!

Not all children are motivated by stickers. Some children maybe more focused on an end reward. For example, if your child enjoys playing on the tablet or watching a certain TV show you may use a reward jar. The jar may have various levels of achievement that may encourage your child to display desired behaviors. Remember to only focus on one or two behaviors at a time. Be Consistent!! It is essential that you clearly explain what you want to see in terms of the desired behaviors. Be clear in explaining how the reward jar works!! The following are some examples of a reward jar and more ideas can be found on Pinterest and other web outlets.

The jar can have the child's name on the lid or a photo of the child attached to it. If you are doing this with multiple children in the home it will make jar identification easier.

You can use anything to fill the jar, however, something with more volume to it will fill the jar faster. This is important for a preschooler as it will allow for a quicker result. Pom poms would be a good option as would fuzzy balls. Both can be found at a dollar store or craft store.

Label the jar with a level of success as seen or label it with reward options. For example the first line may read 10 extra minutes of tablet time. Next line might say pick 2 bed time stories. Next line might say go the library. These can vary according to the interests and motivators for your child. You may also include removing a pom pom if your child does not follow the desired behavior. For example, if the child does not share a toy and has a temper tantrum a fuzzy will be removed. The idea is to see how high up the jar you can go each day. Once the jar is full you can choose to empty it and start again or move to a new objective. If you are choosing to give the jar another go with the current levels be sure to review the rewards with your child and see if they may want to change them. This is a good idea to keep them motivated. The following are some examples of rewards to earn.

Tips for success: 1. Have your child participate in the decisions and creation of the reward system, this creates a personal ownership of it. 2. Be CONSISTENT! 3. Be Positive! 4. Be quick to recognize and acknowledge the desired behavior! 5. Once your child has mastered the behavior move on to something new.

Below is a sample reward jar and some reward level stickers that can be made to use at the top of the jar. These are only a few ideas. You know your child best and what may motivate them.

Reward Coupons for Kids

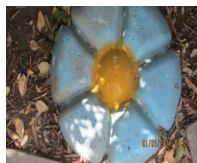
This coupon is good for: A sleepover party for up to 3 friends!	This coupon is good for: Staying up 30 minutes past bedtime
This coupon is good for: Dinner of your choice	This coupon is good for: Movie night! You pick the flick
This coupon is good for: One hour of time alone with mom or dad	This coupon is good for: Getting out of one chore
This coupon is good for: Building a blanket fort	This coupon is good for: Making a batch of your favorite cookies together
This coupon is good for: A cup of hot cocoa	This coupon is good for: Game Night! You choose the game
This coupon is good for: One extra bedtime story	This coupon is good for: Pajama Day!



Garden Flowers: Spruce up your garden, under a tree or anywhere in the yard you may want to add some decoration by making a garden flower.

What you need: A plastic chip/veggie tray from the Dollar Store as seen in the picture or any shaped plastic container, Old bucket for mixing in, a bag of quick set concrete mix(found at Hope Depot, or Lowes), water and a garden trowel (dollar store).

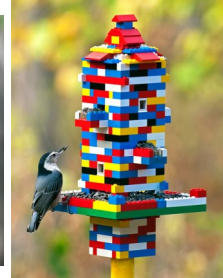
What to do: Pour some of the concrete mix in the bucket. Have your child add a cup of water. Stir. Keep adding water and stirring until the mixture resembles brownie batter or thick oatmeal in consistency. Pour into your mold. Smooth out the top. Let sit in the sun and over night at least 14 hours. Flip over and shake out. Let sit in the sun for a day or so. If you desire, once it is dry, allow your child to paint the flower. Before putting the concrete mixture into the mold add some decorative stones, glass rocks from the dollar store to the bottom of the mold then add concrete mixture for a more textured outcome.



BIRD FEEDERS: Bird watching is an activity that many of us would have never really considered. There are a variety of health benefits that come along with this activity... who knew? *Health and Fitness Revolution* website shares a few that would benefit not only your child, but you as well. Here are a few that would definitely apply to a preschooler:

- ◆ **Vitamin D:** Bird watching requires that we spend time outdoors soaking up vitamin D from the sun and taking in lots of fresh air. This also allows for your child to develop an appreciation for nature.
- ◆ **Patience:** Bird watching is an activity that requires quiet time and patience while waiting for the birds to be in view. For a child who has a hard time with delayed gratification this activity offers the opportunity to learn to wait for the reward. A lot of things we do in life requires patience and this is a fun way to develop this skill.
- ◆ **Contemplation:** Bird watching allows for a relaxed and quiet time allowing your child a chance to rest the body and mind as they wait and watch. This also benefits the adult allowing the opportunity to turn off the world for a bit and quietly connect with your child.
- ◆ **Mental Alertness and Focus:** As you wait for the opportunity to see a special bird, focus is required to listen and look for signs that the bird is near.
- ◆ **Physical Activity:** Many times bird watching requires walking to find the perfect spot. If looking for large birds such as an eagle you will need to be in habitat they thrive in and if looking for a song bird such as a Cardinal you will be in a different location. In addition, bird watching can help build upper body strength when using binoculars and holding them up and steady to view the birds.

The easiest way to begin bird watching is making some bird feeders that will attract a variety of birds. A bird feeder can be made from anything. Making a bird feeder opens up opportunities for language development, fine motor skills, cognitive and reasoning skills, focus and quality time with your child. Below are some self explanatory pictures of bird feeders you and your child can make. For more ideas go to Pinterest or any general search: KID MADE BIRD FEEDERS.



Try using a water bottle and wooden spoons, an empty juice or milk container, sticks and other decorations (stickers, paint and more all found at a Dollar Store) and finally for the more engineer oriented child here is something that they can build with all those extra legos. Any bird feeder can be as simple or elaborate as you like. The type of seed used will determine what birds will visit your back yard.