



### Stepping Stones

Amanda (one of our parents in the program) and I were trying to come up with our own textured stepping stones. As most of you know these can be quite expensive to purchase. So what did we do? Came up with our own. We brainstormed during a visit and came up with several ideas to make this work at home. While cheap floor tiles will do the trick, you might be able to use cork potholders, nice rocks, or parts of a tree. You should be able to buy pre-cut circles or squares. Then look around the house for different textures or take a trip to Dollar Tree or Hobby Lobby for materials. You can either hot glue or staple to base of your choice.

### Swords and Noodles

### Texture Walk

As an EI (Early Interventionist) we really try to help our families out as much as we can. We realize certain items can be expensive and so this month I would like to share some ways that we can come up with cheaper things to make or even free by using things that you may already have in your home. If you happen to know of other really cool ideas please share with your EI so that we can start adding a special section to our Newsletter. Or please contact me at [leslie.throneberry@cdctn.org](mailto:leslie.throneberry@cdctn.org). I would love to hear from you and your awesome ideas.

### Weighted Blankets?

Some may have heard from OT or PT or even the ABA therapist to try using a weighted blanket to help reduce anxiety, stress and even to get a restful nights sleep. You might be able to use two or three blankets or even a comfy heavy twin size comforter.

The goal of the weighted blanket is to make the blanket a little heavy and applies a firm consistent pressure to the body that is under it. It gives proprioceptive input and tactile input. That input can be very calming and relaxing in general.

### Must read weighted blanket guide for kids.

### Weighted blanket weight chart

### Fun inside activities during yucky weather

Cabin Fever you say...Tired of being inside doing the same boring thing. Need to run, jump and climb to get out all that energy. Yep...this is what another great mom, Amanda, came up with for her little ones. This time of year we never know how the weather will be so we came up with some great ideas for an inside obstacle course using what she already had at home. We even mentioned making a fort with the kids might be a little fun as well. While I don't have exact pictures to show all of you. Here are some awesome ideas that you can do in your home as well.



Click for video

### DIY Dad Obstacle Course

### How to help with different textures of food:

It's nice to have that toddler that will eat just about anything but what about those little one's that really struggle with eating certain textures? Are they being just picky or is it something more?

### How to help toddlers with texture aversions:

### Fussy eaters: Kids edition with Super Nanny

Learning to feed self and using a cup, check this video out.



### Beginning sign Language: When to start

We all want our little ones to talk, to be able to communicate with us when they want or need something. However, some little ones have a harder time with communicating verbally. Not only does the parent get frustrated at times, but the child does as well and ends up crying or kicking/screaming because needs are not being met. And then as caregivers we tend to give in because we don't want them upset. Sometimes it might be easier to start with simple signs while using the word.

### The Bump

### Sign video's

Click for video:



### Events:

Coffee County Library Story time on Thursdays at 10 am

Bedford County Library Story time 12th and 26th at 10:30

Please check your Libraries in your area for other times.

Tulahoma Gymnastics and Cheer for toddlers. Friday's 10-12 (\$10)

### Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

[Pathways.org](http://Pathways.org) (check out for developmental milestones)

+ tulahoma +cares

**FREE DENTAL DAY**  
Saturday, February 26, 2022  
**First Come First Served!**

EXTRACTIONS ONLY!!  
The limit is 2 teeth if both in each other. It may be possible to treat more, if time allows.

**Limited Availability**  
BE EARLY to be ensured you are seen

**REGISTRATION**  
Begins at 7:00 am until Noon

**TREATMENT TIMES**  
7:30am until 2:30pm

PARK AT LOWE'S AS FAR AWAY FROM THE ENTRANCE OF LOWE'S AND VERIZON AS POSSIBLE. A FREE SHUTTLE WILL TAKE YOU TO BREAKFREE WORSHIP CENTER.

For more details please visit our Tulahoma Cares facebook page

Click on ad for Facebook page.