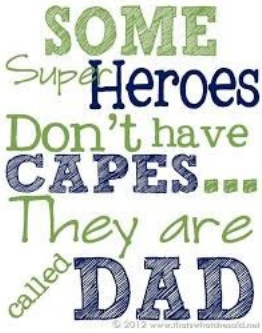




2021 June Newsletter

Happy Father's Day.



In this newsletter we will focus on sensory overload and how to address some situations that our toddlers may encounter, like first hair cuts, going to the dentist and even fun things like going to the park or beach.

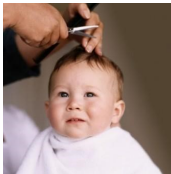
Our little one's brain is still developing and learning how to sort through different kinds of stimulation. That means they are more likely than adults to experience sensory overload.

If your little one cries uncontrollably when their face gets wet, reacts to loud noises, or tenses up before entering a group gathering, your little one may be experiencing sensory overload. Once we learn to recognize the triggers, we can slowly teach them how to cope.

Hair Cuts:

It's that time of the year when we need to get a haircut, mainly because it is so warm outside and we know as parents that it will be cooler for our child with a nice cut. However getting your child's hair cut can be a difficult experience, especially if they get out the clippers. The noise alone can cause a meltdown - and who can blame them!

Pretend play at home and pull up a clipper sound on your phone and pretend to cut, letting them hear the sound for a few seconds at a time. This might help them to prepare.



Click picture for video

Dentist: Our first dental visit can be a little scary. Strange instruments, loud noises, the lighting, and someone looking into your mouth can be very stressful. But we could practice a head of time to make it less stressful for our little one. At home do some pretend play, open wide, let your child hold a mirror to watch you brush teeth, let another parent or sibling pretend with you. Also you can look up sounds on your phone to mimic sounds from the dentist office so that they can hear while you are pretend playing with them.



Click on picture for video:

Shopping: Shopping should be fun, however kids get tired of sitting in the cart, and we all know they want to grab items. By thinking ahead of time, maybe you can make it a little less stressful by having a list/pictures of only the things you are going to buy, and nothing extra. Think about the best time of the day to go that is less crowded and not around your child's meal or nap time. Ask your child to participate if they are able to. You can also practice while at home. Set things on shelf, pretend to buy, and place in bag and hand money over. After all it never hurts to practice.



Click on Picture for video:

Summertime fun: Going to the beach might be as exciting for one child and miserable for another, depending on their individual sensitivities. An unfamiliar playground, visit to an amusement park, and even the beach can be a little sensory overload. The more prepared they are, the less likely they are to be overwhelmed, which means everyone will have a better time.



Click on picture for video:

While talking about going to the beach or to the pool, we also have to be aware of child safety. Here are some good safety tips for your family.

Safety tips with children



Click on picture for some tips:

Bath time: Bath time for some kids can be a little stressful and definitely a sensory overload for many. Think about maybe adding calming scents or even unscented soaps. Allow your child to help choose what they would like with soaps, shampoo, washcloth, towels and even toys.

Recipes: [Play Mud](#) [Play Sand](#) [Slime](#) [Putty](#)

[Sensory bottles](#) [Sensory Bags](#) [Flour/water play](#)

Here are some really cool sensory ideas to try at home. Enjoy! Click each link.

10 simple sensory activities

Taste safe: [Activities for baby and young toddlers](#)

Events:

June 19th: [Musicfest](#) in Wartrace 6-10pm under 12 free, Over 12 yrs. \$15

June 19: [RC Moon Pie Festival](#) in Bell Buckle 7:30-5:00

June 26th: [Lucky Ladd Farms](#)— Watermelon festival 10:00-4:00

Resources:

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

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

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

<https://cdctn.org/early-intervention>

[Findhelp.org](#) (To get any extra with food assistance, paying bills, etc.)