



November 2025 Newsletter



Clocks go back 1 hour on November 2nd.



## How to Dress a toddler for the weather.

The weather is starting to change. It can be a difficult task finding warmer clothes, shoes, coats and even blankets. Here are a few resources to help if needed.

[Clothe Our Kids](#) located in Bedford, Giles, Lawrence, Lincoln, and Marshall Counties

[Salvation Army](#): All areas and helps with a

## Mealtimes

Yes they can help you. It might take a tad longer but just imagine all the fun you can have together and if they make a mess it's ok, show them how to clean it up. This is a great time to identify items, use simple words and use motor skills. Also with the Holidays coming up, show little ones that they can also be apart of getting things ready, even if just setting out the napkins.

## 16 Ways your kids can help at mealtime

### Rub A Dub-Dub

Bath time is a great opportunity for connection and learning with your little one. It provides time to explore not only language but motor and adaptive skills. You can work on pointing/naming body parts, undressing/dressing self, or while playing see what sinks/floats and even work on pouring skills with two cups.

[Bath time tips](#)

[Bath time Routine without bathtub](#)



### Pumpkin Spice Chex Mix

Things you will need: 2 sticks of unsalted butter, brown sugar, pumpkin spice, vanilla extract, cinnamon & honey nut Chex cereal, pretzels and a bag of autumn/harvest candy mix. Clink link at top for directions. Make sure to let your toddlers help you out by pouring, mixing and tasting.

[Rose and her dad cooking Cranberry Sauce](#)

### Kids-DIY-Turkey Muffins

Pumpkin muffin  
red and green apples  
one grape for head  
sliver of carrot for nose  
squeezable icing for eyes

Cut slices from apple, set flat and cut, squared off, tapered feathers. Cut a small beak from thin slice of carrot. Make a slit in the end of a green grape and insert. Once assembled add tiny dot for eyes.



### Events:

Nov. 14th and 15th [Host of Christmas](#)  
[Past](#) downtown Fayetteville

Nov. 22nd [A County Fair Christmas](#)— Ag Center in Bedford County.

## 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>

[Tnstep.org](http://Tnstep.org)

