



October 2021 Newsletter

In this newsletter, you will find some helpful tips on how to incorporate play throughout the day with songs and other activities for the season, along with teaching simple signs and trying to find 'ME' time.



What to do with that Pumpkin:

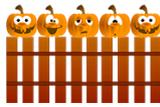
Songs and Finger Plays:

You can sing any time during the day. You can set a special time during the day, or sing during bath time, while playing outside, or even in the car. Little ones love hearing reparative sounds and love to watch you do the hand motions. So even if they are not able to sing along right now, they can do motions with you or you can even do hand over hand with them. Here are a few fun fall/autumn songs.

[Autumn Leaves are Falling](#)

[Five little Pumpkins](#)

[Ten Little Leaves](#)



It's that time of year where many families like to decorate pumpkins. Even if you don't celebrate Halloween, there is nothing wrong with getting a pumpkin, scooping out the inside and just explore with it. For those that do like to celebrate, you can finger paint outside or let kids draw on it, then cut out funny faces. Either way, you can do so much with a pumpkin. Check out links below.

[Fall tactile sensory activities](#)

[Other fun fall activities](#)



How to create "ME" time:

Yes you heard it right, "ME" time. How is it possible and why it is important? Whether you have one little one or ten, we all need me time. Not just for you but for the little one as well. And dad's need me time as well. It's very important to have some time to yourself even if you worked 8-12 hours away from home. But how do we make it work? Look at your daily schedule. Think about times of the day that it might be possible. Let other relatives and friends help out as much as possible after all they probably have been asking to help for a while now...take the offer even if for only thirty minutes. Believe me you will feel so much better.

[Eight important reasons for "ME" time](#)

[Meditation to relax](#)– use earbuds for the perfect experience. Great to do right at bedtime.

Several families have asked about starting to do simple signs with their child. It is never too early to start. Some start as young as five or six months. Is your little one imitating body movements such as clapping hands and waving bye? If they are doing this then it will be easier to start showing them a few other signs. Signing really helps when the child is not able to communicate with you or has very limited words. It will also help reduce frustrations.

Simple signs with [Laura Mize](#)

Apple Pumpkin Baby Cookies:

- 1/4 cup apple sauce
- 3/4 cup pumpkin puree (canned or fresh)
- 1 cup oatmeal
- 1/4 cup milk/almond milk/prepared formula
- Dash of cinnamon or nutmeg



Click link for direction

Fall sensory box

Sensory Bins provide little ones with the opportunities to explore and learn through hands-on tactile play that engages their senses. Just remember not to add choking items. If you do add small items please interact with your child so that you can watch them. When not playing, make sure to put on lid and place where they can't access it.

[Six developmental Benefits](#)

Eat Smart-Move More

Eating Smart and Moving More provides hands on nutrition education for adults, especially parents and caregivers of children. Through a series of meetings or online videos, families will learn to make healthy food choices within a limited budget and to choose physically active lifestyles. This program is offered through the University of Tennessee Extension. Join us to learn more about cooking and receive free kitchen tools. Participants will also receive a Certificate of Completion. Call Yesenia Lira-Garcia (931) 684-5971 or email yliragar@utk.edu to register.

[English](#) [Spanish](#)

Support Giles County Child Development Center!!!



More information can be found at link : [Sweet Tea Fundraising](#)

Events:

Bedford Co. Oct. 16th and 17th
[Webb school craft fair.](#)

Eagleville Area: Lucky Ladd Farms:
[Pumpkin Patch](#)

Franklin Co. [Granddaddy Farms](#)

Columbia Area: [Pumpkin Paradise](#)

Lincoln Co. Area: [Lyon Family Farm](#)

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>