

# Appalachia Intermediate Unit 8



## Your Preschooler Summer Newsletter



SUMMER  
Newsletter

MAY  
2023

### Inside this issue:

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ROUTINES MAINTAINED  
ALL SUMMER LONG!**

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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. Make summer learning an opportunity to get up, move and be outside.

Being outside offers children the opportunity to move away from the screen of a tablet, phone or TV. Why is this important? Our eyes need exercise too! If a child focuses the majority of their time on a screen or any close up activity the eye does not get the opportunity to work on distant vision.

There have been several intense studies focusing on Myopia (nearsightedness), the difficulty with seeing things at a distance. Research from Keck School of Medicine at University of California had the largest study ever focused on children. There were 9,000 children between 6 months through age 6 involved in this study. To read more on this study use the following link to the website.

<https://keck.usc.edu/too-much-screen-time-is-raising-rate-of-childhood-myopia/>

The study revealed that children at an alarming rate are developing myopia due to the increased amount of time focusing on a screen or close up activity. Developing Myopia may lead to an increased risk of degenerative eye problems later in life such as retina detachment, cataract, glaucoma or blindness.

There are a few short videos from the Academy of American Ophthalmology that will explain myopia and long term effects in the link below. The link will also offer ideas to help slow the progression of myopia

<https://www.aaopt.org/eye-health/diseases/myopia-print-download-videos-infographics-poster>

So how do we help children avoid the risks of the eye developing conditions of myopia or worse?

Lessen screen time, close up reading and other close up activities and spend more time outside playing. Children should spend 2 to 4 hours a day outside.

The following are some outdoor activities that will help your child maintain and grow their learning skills as well as improve distance vision.



**SQUIRT GUN FUN!** Nothing better on a warm sunny day than playing in the water! While you are at it have some learning fun too!



### GOLF BALL TARGETS:

**What you need:** Piece of Styrofoam or spot in the yard  
Golf tees, ping pong balls, permanent marker, a box of letter flashcards (bought or made).

**What to do:** using 2 sides of the ping pong ball write the lower case letter on one side and upper case letter on the other.

Place the golf tees in the Styrofoam or place them in the yard. Sit a letter ball on each tee. Mix up the letter cards and then draw one. Have your preschooler, using the water

soaker aim at the ball with the letter that matches the card and squirt it off the tee. Try not to knock off any of the other letter balls. This can be done with numbers, colors and shapes too. (works on cognitive, motor, listening and speech skills)

**BACK YARD BEAN BAG TOSSI!** This game can be used to teach a variety of skills; colors, shapes, letters, numbers and more



**What you need:** from the dollar store either pie pans or pot saucers, paper, scissors, markers, large dice, and bean bags,

**What to do:** Using the plate or the saucer, trace out circles on the paper. Cut out several circles. Decide what skill you want to work on. For this example we will use numbers 1 through 5. Write the number 1 on a circle, then 2 on a circle and so on through five. Place the circle inside each plate. Spread them out so they are equal distance apart. Then make a designated spot to throw the bean bags from. Each player will get a turn to toss the bag to see who can make it

in the plate. You can use the dice to see what number the child needs to aim for. For example, the child rolls a 2 then they need to try and land on the 2. This game can be used in so many ways. Make the circle inserts with letters, shapes or colors. Then adjust the dice to reflect the choices or make the choices on pieces of paper and pull your option from a bag! Be creative and have fun! (works on motor, cognitive, language, listening, sharing, turn taking skills.)

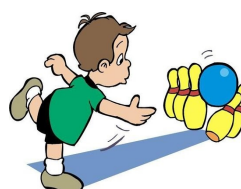
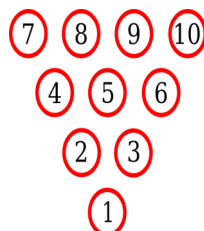


**Back Yard Glow and Bowl!** Warm summer evenings can be lots of fun with the glow and bowl!

**What you need:** save empty soda or water bottles; single serve or liter bottles, water, glow sticks from the dollar store, a softball or baseball to roll and paper to make a score sheet. Don't forget a pen or pencil to keep score!

**What to do:** Be sure your bottles have been washed out and dried to avoid any sugar on it that might invite ants to the game. In the evening, when it is darker, fill the bottles with water about an inch from the top. Following the directions on the glow stick turn them on and then drop into the bottle. Place the cap back on the bottle securely. Arrange the bottles in a triangle pattern like pins at the bowling alley. Decide the order your family will bowl in.

Score sheets are available on line to print or you can create your own. (works on motor, cognitive, language, sharing, and turn taking skills)



**BE SURE TO  
CHECK YOUR  
EMAILS and  
Child's Back-  
pack for LINKS,  
ACTIVITIES,  
AND UPDATED  
INFORMATION**



## KEEP THOSE SKILLS and ROUTINES MAINTAINED ALL SUMMER LONG!



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. See the last page for reward systems.

**If you would need additional ideas and strategies when working with your preschoolers challenging behaviors contact your service coordinator for resources.**

### KEEP THE DAILY SCHEDULE IN PLACE:

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 :

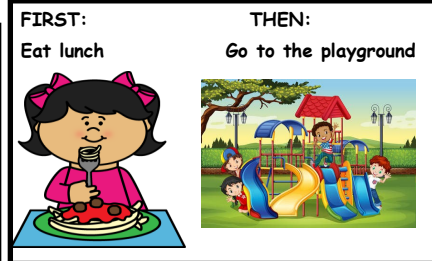
- customize sounds and pictures
- Check list feature
- Viewing screen options: full, split and list
- Print copies of schedules

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 playground, 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



### MONDAY'S SCHEDULE



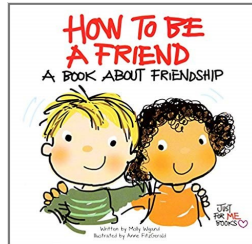
The pictures above shows what a typical morning and night schedule would look like. The middle of the day can change as each day will be something new. To help your child prepare for what is going to happen that day provide a mini look at what will happen first and what will happen next. This gives your preschooler a visual concrete reference so they know what to expect. **Be sure to let them know what you expect when you do the pictured activity. Making expectations known before you do the task or go to the destination the less likely there will be behavioral issues.**



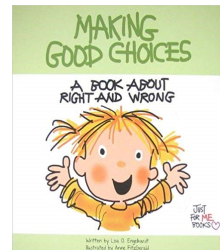
## Summer Reading Fun!



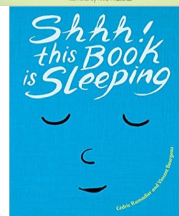
Early literacy skills are essential to a preschool aged child. What better way to develop this skill than reading to your child! The single best measure of primary reading success in kindergarten and primary grade levels is how much a child was read to before entering school. Reading to your child at least 15 minutes a day makes for future reading success. When it is just too hot or wet 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 appropriate behaviors.



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



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 Cedric Ramadier  
A mouse invites you to read the book a bedtime story, tuck it in with a cozy blanket and give it a hug and kiss.



By Ruben Lora and Ksenia Startseva-Lora

Sofia doesn't know that sharing can be magical. She wants to play with her friends at the park, but she is not sure about sharing her favorite toy. See what happens when Sofia and her friends work together!

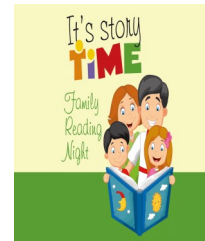


By Steve Herman

This is a cute story to teach kids about listening and following rules.

The Dragon series also includes books on:

Screen Time, Following instruction, Accepting "NO", Understanding Consequences, Respect and more



Check out your local library's website!  
Many offer FREE programs all summer long!



**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. One way to get a picky eater to try new things is getting them involved in the cooking process. A child is more likely to try something new if they had a part in its making. The recipes below are designed to be simple and kid friendly

**THE FOLLOWING RECIPES, ALTHOUGH KID FRIENDLY, REQUIRE ADULT SUPERVISION AND GUIDANCE. ONLY ALLOW YOUR CHILDREN TO PARTICIPATE IN WHAT YOU SEE AS SAFE FOR THEM. DO NOT USE IF YOUR CHILD HAS ALLERGIES TO ANY INGREDIENT.**

### GLUTEN FREE TATOR TOT CASSAROLE (*check all labels for gluten free*)

**What you need:** 1.5 pounds of ground beef, 1/2C of chopped onion, small bag frozen peas, 1.5 Tbsp of Worcestershire sauce (gluten free brand) 1Tbsp Chili powder, 2tsp sugar, 2 tsp cornstarch, 3/4 tsp salt, 1/4 tsp pepper, bag of Ore Ida Tator Tots (gluten free) 8 oz package of shredded cheese (any kind), 1 can of Cream of Chicken Soup (gluten free can), 9x13 baking dish greased

**What to do:** Parents brown beef and onion in large skillet over medium heat, stirring to create a crumble 8-10 minutes, drain well. Cool. Then with your help have your preschooler pour in the peas to beef mixture. With your assistance have your preschooler add the Worcestershire sauce, chili powder, cornstarch, salt and pepper. Parents add the can of Cream of chicken soup. MIX well. Place beef mixture into greased 9x13 baking dish. With your help have your preschooler sprinkle the shredded cheese over the top of the beef mixture. Then place the tator tots in rows on top. If desired add more cheese on top of the tots. Parents place in oven at 350 for about 45 minutes to an hour, until tots are golden.



### SMORES ON A STICK! A Summer time classic !

**What you need:** regular or large sized marshmallows, graham crackers, chocolate chips or bars, popsicle or candy sticks (straws work too)

**What to do:** Adult, melt chocolate in a microwave safe bowl a few seconds at a time to make sure the chocolate does not burn. While the chocolate is melting place marshmallows on the stick. Place graham crackers in a baggie, zip shut and using a plastic toy hammer, a rolling pin or your hands, crush the crackers up. Place crushed crackers in a bowl. Dip the marshmallow in the cooled melted chocolate then in crackers. Place the dipped marshmallows on wax paper to set up or poke the sticks in a piece of Styrofoam board to set up. ENJOY!



### MILK AND CEREAL BREAKFAST POPSICLES

What better way to start a HOT summer day than with a popsicle !

**What you need:** popsicle mold and sticks, (paper cup and sticks work too), 1/2 cup of favorite cereal, 1 medium/large banana, 1 cup of Greek yogurt, 1/2 cup of milk

**What to do:** in a mixing bowl smash up banana and then add Greek Yogurt and milk. Mix all the ingredients well. Add dry cereal to your mold about 3/4 full. Pour in banana mixture. Add your sticks. Freeze for at least 8 hours or over night. For a little extra flavor use a flavored milk like chocolate or strawberry. \*\* Use Almond, Oat or Soy milk if needed

**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](http://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](http://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 its 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 offers many community events

### **DOWN'S SYNDROME**

Support groups connections throughout Pennsylvania go to;

[www.globaldownsyndrome.org](http://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/peclists.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](http://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.



# HOW DO I GET MY PRESCHOOLER TO LISTEN ??

Many parents may feel their child always seems to say "NO" or show refusal behaviors when a request is made. Often, as the adult, we may react by getting louder, being angry or not even bothering to just avoid the meltdown. If we approach refusals in such a way the only result is frustration with both you and the child. If we, as adults, are always yelling our preschoolers will become tone deaf to us.

So how do we get our little people to listen when we make requests of them or give them a directive. It is important to begin to know why your child may not be listening in that moment.

## Ask the following keeping the child in mind :

- Did they hear me?
- Do they want to ?
- Do they understand ?
- Are the asserting their will ?
- Are they tired ?
- Are they hungry ?
- Are they sick/not feeling well ?

## Ask questions of ourselves as adults:

- Do you give too many warnings?
- Do you make meaningless Consequences or not follow through ?
- Do you engage in power struggles?
- Do you raise your voice ?
- Do you fully acknowledge your child when they request your attention?
- Are you speaking at your child's level both physically and cognitively
- Do you keep it simple?



So what can be done to get your child to listen? First be a good example. When your child requests your attention are you buried in your phone, social media, or something else and tend not to acknowledge your child within a second or 2? Be honest, how many times have you continued and not even looked up at your child? Children learn from us, if we want them to acknowledge us as adults then we must do the same.

The following are a few strategies that may help you get your child to listen.

### 1. Get on Their Level.

Lower yourself down and look at your child in the eye to gain full attention so you know the child hears and sees you.



### 2. Keep it positive; skip the "DON'T"

Using Don't such as "don't touch the dog" "Don't run in the house" requires children to process 2 things; What does she NOT want me to do? What am I supposed to do? Having to process 2 or more things can be difficult for many children.

### Instead, tell your child what to do; Keep it simple

"Pet the dog easily" "Please walk in the house"

### 3. Try using YES instead of NO all the time

If NO is your go to answer eventually your child will tune you out. To avoid selective hearing try using YES.

Example: "No we can't go to the playground" instead "The playground is a great idea we should go Saturday" OR "No you can't have candy" "We can have a piece of candy for dessert after supper"

However, there will be times when "NO" is absolutely necessary to use.

### 4. Keep your request short and clear

If you need your child to put their toys in the toy box simply say "Please put your toys in the toy box" instead of "It is time for bed and you need to clean up your toys before you brush your teeth". The second statement has too many things the child needs to consider and process.



Keeping it to "Put your toys in the toy box" is quick and simple so your child has no time to tune it out. Remember to use strategy number one with this.



### 5.Thank you in advance.

Once you have asked your child to do something such as "Please put your toys in the toy box", follow up with a Thank you. "Thank you for cleaning up your toys" as soon as they begin or even before they start. The advance "Thank you" sets a higher expectation.

### 6. Recognize good behavior instantly

Try catching your child in moments throughout the day when they are doing preferred behaviors or following directions and in that moment verbally recognize them; "I love how well you are sharing!" "You are great helper, thank you for picking up your toys!"

### 7. Motivators Not Bribes

As part of a child's development they will begin to assert their will and desire to control a situation. Children may need a little extra motivation to get to the desired behavior or follow through with requests when they are asserting themselves. By giving the children choices you choose it allows them to have a sense of control.

For example, if you need your child to wear an outfit that would be suitable for the weather you can leave out 2-3 shirts and pants and allow your child to choose the outfit the night before.

Other motivators that are often well received by children are reward systems. Reward systems are not bribes. A reward system is something you and your child can plan together. A reward system defines the goal behavior or activity, the consequence and the earned reward. Reward systems provide children full ownership of their behavior. Once you and your child have set forth the reward system it is essential to follow through exactly as outlined in order for it to be effective. For example, if you expect your child to behave when at the store, a reward system outlines the behavior expected, what can be gained if the child follows through and what can be lost if the child does not. This also helps your child understand the boundary that not every single behavior will get a reward, that it is earned over a period of time. This will help your child learn they are not entitled, rather than earn. (see the last page for reward ideas)

A bribe is something that happens in the moment. An example of a bribe would be if your child is acting up in the store you tell them if they stop you will get them candy at the check out. So your child will learn that if they act up they can get something in the end instantly if they behave for a moment creating a sense of entitlement.



## FAMILY RIGHTS PROCEDURAL SAFEGUARDS

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

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.

We will offer you at least one copy of the procedural Safeguards each year at your child's IEP and whenever you request a copy.

## Satellite Office Sites and Phone Numbers

Office hours are 8:00 AM to 3:30 PM

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

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

**Ebensburg Office** ..... 814-472-7690

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

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



## COUNTY TO COUNTY ACTIVITIES FOR COMMUNITY AND FAMILY CONNECTIONS

- **Check out the DCNR website** for state park information on outdoor activities for families to do together; fishing, swimming, hiking, boating nature programs and other outdoor recreation activities. **MAY 29TH & JULY 4TH FREE FISHING DAYS IN PA!!** Check out Canoe Creek and Prince Gallitzin State Park for many family friendly activities all summer long!

**Bedford County:** June 9 Jalopy Jubilee Hot Rod Show 9am \$10 adults kids under 16 Free at Bedford Fairgrounds, **June 24** Tractor Pull at the Southern Cove Power Reunion 4pm **June 24 & 25th** Wild West Weekend at Old Bedford Village 9am—5pm call 814-623-1156 for details. **June 28-July2** Saxonburg Volunteer Fire Company Festival **July 6th - 9th** Alum Bank Classic Weekend Alum Bank Fire Co. (intersection Rt. 56 & Rt. 96), Alum Bank. 814-839-2490. Weekend of food, rides, tractor pulls and more! **July 23-29** Bedford County Fair, visit website for details [www.bedford-fair.com](http://www.bedford-fair.com) **August 12** Imler Ox Roast

**Blair County:** **Fridays May—June** Come to the Darkside Blacklight Adventures Lincoln Caverns. Check the website for many more events <https://lincolncaverns.com/events/photo/> **May—September** first Saturday of the month Tyrone Food Truck & Vendor Festival at Railroad Park check FB page for details **May 27th** Brumbaugh Fireworks Demo Williamsburg Community Center **June 10** Touch-A-Truck at noon—4pm Lakemont Park First Responders will be there with their vehicles and other heavy equipment trucks **July 16 5-8 pm** Sundae Funday on the Farm 164 Mill Hill Rd Williamsburg **July 22-23** Altoona First Frontier Festival **August 12-14** Summer Fest on the Lake Altoona check Facebook page for vendors, Paul Bunyan Lumberjack show and more, **Summer Sounds Heritage Plaza Altoona PA** check the FB page for dates and times

**Cambria County:** **June 2—4** PolkaFest at People's Natural Gas Park Johnstown **June 4** Vale Wood Farms Summertime Jubilee 11am—5pm Pasture party 5pm **June 25, July 9 & August 6 June 9, 10 & 11** Nanty Glo Community Days **June 10th** National Get Outdoors Day Prince Gallitzin Park 1pm—5pm call 814-674-1000 x 105 **June 15-18th** Annual Miner's Festival Windber check see facebook page **June 17** Coalport Street Fair Downtown from 10am—4pm, parade, over 80 vendors, music, art, food, crafts and kids activities **June 22** Wheels and Wings 5pm—10pm wing off begins at 4pm, check the website for details <https://ebensburgpa.com/wheels-and-wings> **June 22— 25** Thunder in the Valley Peoples Natural Gas Park Johnstown visit the website for details <https://www.visitjohnstownpa.com/thunder-valley/rally-info> **June 27—July 1** Lilly Fireman's Carnival 7pm—11pm **July 8** 7th Annual Northern Cambria County Heritage Festival Philadelphia Ave. **July 9- July 30** Downtown Shutdown 7pm-11pm live music bring a blanket and enjoy, High & Center Street **July 31** Ebensburg Homecoming 9am— Join in the yearly celebration of Life, Laughter, family, friends and community **August 5th** St. Maurice Church Summer Festival Forest Hills, check the FB for details **August 7th** Johnstown Family Kitchen Summerfest 3pm—9pm Peoples Natural Gas Park music, food and fun.

**Somerset County:** **May 27-28th** Chickentown Gas and Steam Show, featuring antique farm equipment and family fun, visit website [www.chickentowngasandsteamassociation.org](http://www.chickentowngasandsteamassociation.org) **June 5** Antique & Craft Fair 9am—3pm Georgian Place **June 13-17** Fireman's Block Party Berlin PA **June 19** Free Family Movie Night 8—10pm 159 Airport Ln Friedens PA Free snacks and beverages **July 21— 23** Maple City Classic Tractor Round Up 7—9pm Somerset Fairgrounds **August 3—6** Stoystown Lions Antique Tractor Festival; Tractor pulls, parade, vendors food and more. **August 5 11am—9:30pm** Confluence 150th Anniversary Celebration at the Town Park **August 18** Somerset County Fair for details visit the website: [www.somersetcountyfairpa.com](http://www.somersetcountyfairpa.com)

**LAKEMONT PARK** in Altoona offers a "Quiet Time" sensory—friendly time every Thursday from 11:30am until 1pm so children with special needs can experience the tranquility of the park, while enjoying the main attractions. View the website for more information on what is available <http://lakemontparkfun.com/park-information/>



**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;**

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

**PHONES:** 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](http://safety.smart911.com)



## 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 are the best means of educating.***



PRESCHOOL &  
KINDERGARTEN



BARNYARD GAMES FOR  
KIDS

RosiMosi Academy offers a variety of free games for children ages 2 and up that offer learning opportunities that address, letters, numbers, colors, shapes and more !



Toddler Games: learning puzzles is designed to offer the following skills for children 3 and up; Sorting and Classifying, hand-eye coordination, concentration, visual perception and vocabulary.



Doctor Games for Kids by SKIDDOS; If your child is afraid of the doctor or dentist, this app allows them to help the game friends feel better all while working on counting skills, do puzzles, and problem solve. Great for children 3 and up



***The BEST teacher is you!***

***The BEST learning experiences come from spending time with you!***

***The BEST memories are time spent with you!***

### 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

You Tube: Autism 209: Toilet Training for Individuals with Autism and Developmental Disabilities (2015)



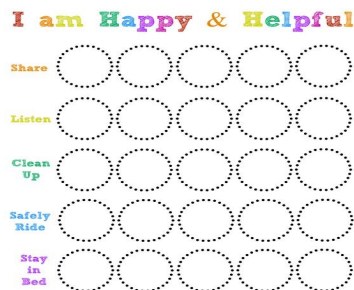
## Reward System

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!

## STICKER CHARTS

This is the simplest reward system to begin with. Preschoolers are often easily motivated by stickers. Using a blank piece of paper or poster board write your child's name and objective (desired behavior) on it. Allow your preschooler to help decorate it as this will give them a sense of ownership for the chart. Decide with your preschooler where it should be hung. Preschoolers enjoy displaying their achievements! Take your child to pick out stickers that will be used on the chart. Stickers can be found at dollar stores, department stores (Walmart) and card stores. The stickers are to only be used for the chart. Remember when your child displays the desired behavior immediately offer them a sticker to put on their chart. The sooner you recognize the behavior with verbal praise accompanied by the sticker the more likely the child will make the connection and repeat the desired behavior. The following are examples of very simple charts to more complex. For more ideas check out Pinterest!



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 to 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.

## Reward Coupons for Kids

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

**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.