

WINTER 2021 NEWSLETTER

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THE BEST HOLIDAY MEMORIES

Now is such a precious time. Having little ones at home around the holidays creates an energy and excitement that is contagious!

It can also be a stressful time. Trying to decide who to spend time with on which part of the holiday season. How to keep routines (especially bed time) somewhat normal during extra activities. For many children, the different people, unique smells and tastes and noises can be a bit overwhelming, too. I have a video on my website on the importance of routines and how to begin to enhance the routines you already have in place. Take a peek for some ideas.

In this issue I hope you find a few ideas of ways to enjoy some quiet time, create a fun memory or have a chance to connect with those that you love. I highly recommend a drive around town to see the lights on the houses. Put the kids in their jammies and pour yourself a little hot cocoa for the trip, listen to holiday music to set the mood and enjoy the oohs and aaahs.

We celebrate Christmas in our home, but I know there are other holidays and traditions in other families during these winter months. I hope when we see each other in our sessions you can share those with me. I love listening to the ways that families celebrate.





UNIQUE EXPERIENCES IN THE WINTER

In the winter are unique sensory experiences that are fun to present to little ones. There's the smell and prickliness of pine needles, the brown stacked parts of a pinecone, the taste of peppermint or a special family food, the crinkle of bows, shiny tinsel and lights and of course the cold, wet snow. You can explore frost on window panes, blow bubbles in the freezing temperatures outside and carefully break off an icicle to explore or freeze for later inspection. One way you can revisit these experiences (most of them) is to make a **tactile experience book**. I have uploaded on my website a tutorial for making one. <http://michellkaiserotr.com>



Tips for Choosing Toys

Many holidays this time of year include giving gifts to young children. I'm often asked during the holidays and when a birthday or other celebration is near how to pick out good quality toys for infants and toddlers. Check out this resource on characteristics to look for in toys.

<https://www.zerotothree.org/resources/1076-tips-for-choosing-toys-for-toddlers>

 These are a few of my favorite things...

Infants

baby gyms, baby tunnels, O-ring rattles and balls, busy ball drop activities, board books, bath books, suction cup spinners to stick on strollers and high chairs, ring stackers, baby play tables, push toys, books and items with crinkly sounds

Toddlers

baby dolls, shape sorters, mega blocks, free-standing blocks, puzzles with knobs, books (textures, lift-a-flaps, repetition and rhymes), ride-on toys, Mr. Potato Head, stacking and sorting activities, pretend play items (work bench, cook stove, dress up clothes), figurines - barn, house.

Keep in mind your child's interests and abilities and of course, safety. My website has an additional pdf on ideas, too!

Winter Activity Ideas

These activities are meant for you and your little one(s) to enjoy together. Select a time that your child is alert and interested. Pick a good time for you, too. Having fun is the #1 objective! Pick the activities that you think your child is ready for and could do safely. Remember infants and toddlers are not focused on the end product - they are in love with the process. If you need any help with these activities, please contact me.

Ways to PLAY with Snow Indoors



Bring the Snow Inside

Bring the snow inside and explore the temperature, how it melts, and ways you can scrunch it. Scoop it, paint it, and make a Mr. Potato Head Snowman.



Bubble Wrap Run

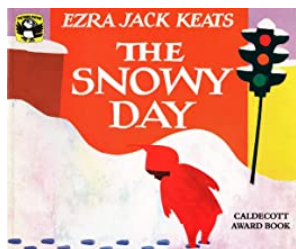
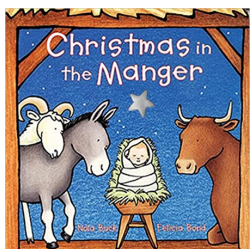
A fun way to use up some of that packaging you've gotten in the mail. The sound the feel of popping the bubbles - heavenly! Monitor closely as this is plastic bag type material.



Egg Carton Tree

Have little ones paint egg cartons green before nap. While they're sleeping, cut apart individually and when they're awake stack them up like a Christmas tree.

Book Corner



Local Resource Highlight



<https://www.frcsterling.org/>

120 MAIN STREET, STERLING, CO 80751
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Services Include:

Parent Education
Youth Development
Student Enrichment Days
Supervised Visitation
Safe Exchanges
Family Support
Colorado Community Response Program
Free childcare while at Justice Center
Resource and Referral Services
Blessing Box with Food & Hygiene Products

30 SELF-CARE IDEAS FOR WINTER

1. Practice gratitude
2. Journal your thoughts
3. Make 10 minutes for yourself
4. Enjoy a bath with bubbles
5. Make a hot cup of coffee, tea or hot chocolate
6. Walk in the cold
7. Enjoy mulled wine
8. Think about your goals for next year
9. Sort your winter clothes
10. Light a scented candle
11. Decorate your home with seasonal colours and accessories
12. Read a book
13. Bake
14. Learn a skill
15. Keep hydrated and drink plenty of water
16. Declutter your home
17. Spend time with loved ones
18. Enjoy and experiment cooking stews and soups
19. Have a pyjama day
20. Call a friend or loved one
21. Be organised and prepared for Christmas so there's no stress
22. Think about the last year
23. What do you remember most about the past year?
24. Identify 3 things you'd like to achieve or do over the next year
25. Arrange a fun and cosy night in for you and your partner/family/friends
26. Enjoy the seasonal festivities but don't over-indulge
27. Be careful with your money
28. What's your word for next year?
29. Share a hug
30. Remember you are special!

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Recipes

Reindeer toast with pb, pretzel, raisins & M&M nose.
Snowman bagel with carrot and raisins or olive pieces.

Merry Christmas!

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REINDEER SNACKS

