

The opinions, activities and/or services mentioned, are neither sponsored nor endorsed by the Hilliard City School District.

SON Ministries and UALC The Church at Mill Run are working together again to give winter coats to children in Hilliard who are in need.

We will be asking for \$2 per coat and will hand them out at UALC Mill Run from 6-9pm on a Thursday (tentative 12/1) and Tuesday (tentative 12/6).

Please have families contact me via this email or 586-7939 for exact details.

Thank you.

Kim

Kim Emch
Executive Director
Serving Our Neighbors (SON) Ministries
and UALC Hilliard Missions
614-586-7939
kemch@ualc.org

Sensory Overload and the Holiday Season

The Holiday Season is upon us and so is a Sensory Overloaded Experience. We have all experienced the delight and dreaded overstimulation associated with holiday parties, festive events, and shopping. The wide variety of sights, sounds, smells, tastes, and tactile stimulation can be overwhelming to parents and children. Here are a few tips to help parents manage all of this, and still enjoy the excitement and joy of the holiday season.

Allow for quiet time everyday – With special activities at school, family parties, neighborhood holiday events, sports and so on, young children need transition and decompression time each day. Structure and down time are important for maintaining calm. Mom and dad need down time too!

Earmuffs, earplugs or MP3 player with calming music – The sounds and sights of a toy train running under the flashing lights of holiday decorations can suddenly become more like an Amtrak station.
Sunglasses – So many exciting colors, lights and decorations can be especially over stimulating to children. Sunglasses or even a hood or hat with a bill can help cut down on some of the visual intensity.
Comfortable clothes – Our holiday attire may look great for photos, but scratchy or tickling fabrics can be a nightmare for a tactile defensive child or adult. If you need special clothing for your family photo take the outfit along and change once at the studio or photo shop. Don't risk a tantrum right before or during the photo session.
Preplan for a quick escape – Be aware of your child's warning signs for becoming over stimulated. Find a quiet corner, take a walk outside, take a play break or just head home.

Know what your child's triggers are – You know what issues your child struggles with so try to come up with a plan to combat them before a meltdown occurs.

Maybe less is more – Oftentimes, sitting together and reading a holiday story or playing with your child can be just as memorable as going to the latest holiday movie or play.

Update on Campbell Labels

Please keep sending in the Campbell labels and the General Mills Boxtops as they are VERY helpful to the preschool! We had accumulated enough points from the Campbell label program to purchase some new items for our gross motor cart. We now have 12 scrimmage vests to use to indicate teams (pinneys), a set of 10 yoga pose spots and a Connect a Chute that can be used as a long chute or put together to be a parachute. The teachers are VERY

appreciative of these new items and will be using them for a variety of activities. THANK YOU!!

Book Reviews

Einstein Never Used Flash Cards by Kathy Hirsh-Pasek, OH.D., Roberta Michnick Colinkoff, PH.D. with Diane Eyer, PH.D.

This book focuses on the development of learning and the focus of play. They also give 4 Principles for parents to live by:

1. The best learning is within reach
2. 2. Emphasizing process over product creates a love of learning
3. It's EQ (emotional intelligence), not just IQ
4. Learning in context is real learning – and play is the best teacher

The New Language of Toys Teaching Communication Skills to Children with Special Needs by Sue Schwartz, PH.D

The focus of this book is to teach parents how to stimulate language in their children. There are chapters discussing development, toys and ideas for play up to age 6. Technology, television and videotapes are also discussed.

How Full is Your Bucket? Positive Strategies for Work and Life by Tom Rath and Donald Clifton, Oh.D.

This book was the focus of the preschool team and families a couple years ago. It discussing filling and how to empty each person's emotion bucket and how our actions affect others. This is an easy to read book with great worksheets and easy to follow ideas. Always a great focus for families!

All these books can be found at the local library and bookstores or borrowed from our Preschool Parent Library in room 212. Please help yourself!

LOOKING FOR A SITTER

Looking for a sitter. Our sitter is going back to work and we will need to get something set up by Jan. 2. We have two daughters one 5yrs.old and the other 21 months. It would be four days and a week and would also need to be willing to transport to Alton Darby pre-school(am classes). If anyone out there has any suggestions, please email nathan_bobek@hboe.org.