

# HYCHE CENTER

## Parent's September Newsletter

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### Strength Building

After preparing our bodies in the kitchen, we are fully ready and prepared to gain and build muscle. Muscle growth/strength can be developed through active play. Activities such as jumping, running, squatting, crawling, hanging from monkey bars, etc... Through these movements our kids learn to control their own body, hold their own body weight and develop speed/agility.

### Parallel Play

Like self talk and modeling but in a play form. You use this strategy to help your kids learn to play well and continue to develop language. Example: (playing with animals) "The horse is running in the grass. I'm putting him on top of the stage. He is eating carrots." It encourages your child to play with you and also learn about appropriate situations, following directions and directional language.

### Lastly on Sleep

- Bedtime checkups should be short and sweet. The main purpose is to let them know you are there and that they are all right.
- If sleep continues to be an issue start a sleep diary in order to track naps, bedtimes, wake times, and behaviors to find patterns and work on particular problems when things are not going well.

Good mental health starts with a clear mind. A clear mind starts with a rested mind. A rested mind comes from quality sleep.

### Personal Readiness Skills

This refers to your child being able to perform self care tasks. One of the best tasks is being able to dress your own body properly. Putting a shirt on/off, putting pants on/off, and the hardest is putting socks and shoes on/off. It is helpful to allow your child to perform these tasks on their own. By allowing enough time in your schedule for error and correction, you take away the pressure during dressing time there by creating willingness to learn.