

KCC Family News



Kennedy Children's Center: Where Children, Families & Communities Learn Together | Spring 2019

The Thing About Spring

From Executive Director Jeanne Alter

Spring: The smells, sounds, and light are different. We know it and measure it by longer days, warmer weather, greener grounds, and the buds on the trees. Green shoots peak through the brown gray earth and remind us of what has been growing beneath the surface. We know the growth was always there ... but the confirmation is sweet!

And so it is with preschool children with special needs.

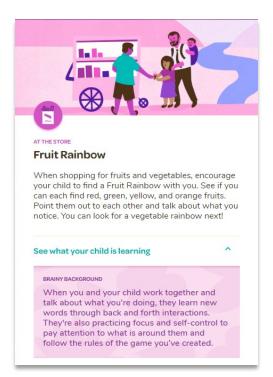
Children take their time to peek above the surface and show us what they know. Like the tentative signs of early Spring, our children are trying out new words, learning to jump and run, making friends, and learning to follow directions. We see them pay attention to us in different ways.

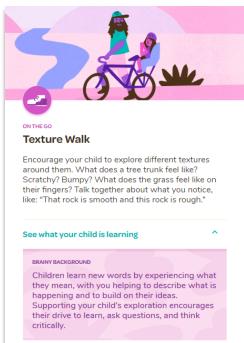


Each one of our children has been changing and growing before our very eyes, much of it below the surface. The growth we see in each reminds us of what we have been paying attention to over the fall and winter seasons. The joy in noting changes in our children confirms that love and attention are the fertilizer for learning.

Building Skills through Everyday Activities

Your child's brain grows the fastest from birth through age 5. Helping them learn now gets them ready for school, friends, and life. There are so many opportunities to add learning to mealtime, bathtime, bedtime, or anytime! We recommend visiting vroom.org for ideas and activities like the ones below:







Nest and Baby Bird Craft



What You'll Need:

- Construction paper in a variety of colors
- Scissors
- Liquid glue
- Googly eyes
- Feathers
- Brown yarn cut into small pieces

Directions:

- Start out by making your birds. Cut out two circles for your bird- one for the head and one for the body. Glue the two circles together.
- Add some googly eyes and an orange beak.
- Glue some feathers on your bird.
- Follow directions 1-4 for your second bird.
- Set your birds aside to dry and make your bird nest.
- Cut out a nest shape from some brown construction paper. Glue scraps of brown yarn onto your nest.
- Glue your birds onto the nest.
- Let it dry and hang up your finished craft for spring!

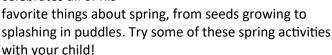
Our Favorite Spring Books

There is a wealth of books available in English and Spanish celebrating the season of spring. Here are two of our favorites:

In Spring... / En Primavera

by Susana Madinabeitia Manso, illustrated by Emily Hanako Momohara

In this bilingual board book, a joyful little boy celebrates all of his





The Little Seed / La Semillita

In Spring...

En Primavera.

by Eric Carle

Follow along as a tiny seed becomes a giant flower in this beautiful picture book from beloved author and illustrator, Eric Carle. Both English and Spanish versions are readily available.

Oatmeal Peanut Butter Easter Eggs

Ingredients:

- 2 ½ cups rolled oats
- 3 tbsps. pb2 (or any powdered peanut butter)
- ¼ cup maple syrup
- 1 tsp. vanilla
- 5 tbsps. almond milk

- 1 tbsp. peanut butter
- ¼ cup mini chocolate chips (optional)
- Sprinkles for decoration
- Plastic eggs

Directions:

- In a medium bowl mix dry ingredients and set aside.
- In a large bowl add maple syrup, vanilla, milk and peanut butter. Stir until mixture has been combined, add the dry ingredient to the large bowl and mix with hands.
- Once combined add chocolate chips and sprinkles.
- Place in plastic eggs and let set in the fridge for 1 hour.
- Once done, gently open them from the plastic eggs and decorate with sprinkles.

