



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:



AT THE STORE


Fruit Rainbow

When shopping for fruits and vegetables, encourage your child to find a Fruit Rainbow with you. See if you can each find red, green, yellow, and orange fruits. Point them out to each other and talk about what you notice. You can look for a vegetable rainbow next!

[See what your child is learning](#)

BRAINY BACKGROUND

When you and your child work together and talk about what you're doing, they learn new words through back and forth interactions. They're also practicing focus and self-control to pay attention to what is around them and follow the rules of the game you've created.



ON THE GO


Texture Walk

Encourage your child to explore different textures around them. What does a tree trunk feel like? Scratchy? Bumpy? What does the grass feel like on their fingers? Talk together about what you notice, like: "That rock is smooth and this rock is rough."

[See what your child is learning](#)

BRAINY BACKGROUND

Children learn new words by experiencing what they mean, with you helping to describe what is happening and to build on their ideas. Supporting your child's exploration encourages their drive to learn, ask questions, and think critically.



Did you Hear That?

When you're in the park, ask your child, "Did you hear that?" each time you hear a sound. Imitate the sound out loud and make gestures to go along with it. Invite them to make the sound too.

See what your child is learning

Brainy Background

You're giving your child practice being able to hear differences in sounds. This is an important skill for enjoying and learning language so they can communicate well with others.

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 favorite things about spring, from seeds growing to splashing in puddles. Try some of these spring activities with your child!



The Little Seed / La Semillita 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.

