

# KCC Family News

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



## Embracing New Experiences & The Joy of Routines

From Executive Director Jeanne Alter



October is in full swing and children are learning about the routine of school. The everyday challenge to engage in new experiences and activities, make new friends, and try new foods can easily overwhelm a young child with special needs. However, when we take the time to recognize and understand a child's point of view, we can better understand their behaviors. **It is up to us, as teachers and parents, to react in a way that is responsive to their needs.**

Children of all ages often communicate their needs and wants without using words. A baby cries when they are hungry or wet; a toddler might grab your hand and lead you to the kitchen to tell you they are hungry, or hide behind you at a family reunion to say they are overwhelmed. Our preschoolers engage in the same behaviors, as delays in language skills often interfere with their ability to tell you what they need with words.

- **Think about the "why?"** When your child does something, take time to think about why they might be doing it. What are they trying to communicate to you? Do they need something from you to meet their needs?
- **Respond, don't react.** Instead of reacting with your emotions when your child does something, take a minute to think about how to respond and what words to use that might reflect what your child wants or needs. **You can help connect your child's actions and behaviors to feelings.** For example: "I know you are angry because you want the red car but you can't hit Mommy."
- **Make sure your child's needs are met.** Sometimes children have strong emotional outbursts when their needs are not met. You can be responsive to your child by making sure they have what they need to be happy and successful. Are they eating enough? Getting enough sleep? Have they gotten enough hugs, kisses and attention?
- **Be responsive.** It is much more effective to respond to your child's specific cues or needs. When your child draws on the wall with crayons, they might be telling you they are bored and need help to release their energy in a productive way. Tailor your response to your child's behaviors to fit their unique needs.



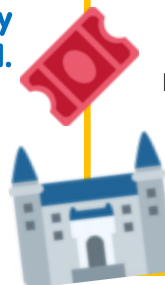
**When you respond to your child's cues, they feel loved, understood and less frustrated.**

When children are in a relaxed state of mind, they can take advantage of all the learning around them.

When children participate in routines at home and school, they learn to make sense of the world. Relish each attempt with your positive and responsive attention!

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# FALL INTO A GOOD BOOK

## Spot Goes to School

By Eric Hill

Get your child excited about going to school with colorful illustrations of Spot's adventures! Available in both English and Spanish.



## Fall

### Bright Baby Touch And Feel



This tactile book has many fall textures and colors to explore. It contains a limited amount of words, making it a fun and easy read to share with your child.

## Go Away, Big Green Monster!

By Ed Emberley

This classic picture book is a great read to share with your preschooler, especially during the Halloween season!



## Snack Recipe: Easy Apple Pie Bites



### What you will need:

- 1/4 cup packed light brown sugar
- 1 tsp apple pie spice
- 3 tbsp. butter, melted
- 1/3 cup chopped pecans
- 1 small Granny Smith apple, cored and sliced into 8 (1/2 inch) slices
- 1 (8 oz.) can Pillsbury original crescent rolls



### Instructions:

1. Preheat your oven to 375 degrees F. Lightly grease baking sheet or line with foil or parchment paper.
2. In a small bowl, combine brown sugar and apple pie spice. Set aside.
3. Toss apple slices in melted butter and set aside.
4. Arrange crescent roll triangles on baking sheet. Evenly distribute brown sugar mixture and chopped pecans onto each triangle.
5. Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple. Brush each crescent roll with remaining butter.
6. Bake 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.



## Arts & Crafts Activity: Corn Painting

### Explore fall textures and colors with this simple activity!

All you need is **corn on the cob**, colored **paint**, and **paper** for this fun activity. Paint the outside of an ear of corn all over with different colors, and then roll the ear of corn across a blank piece of paper to create beautiful fall designs while feeling the texture of the corn.