

# Early Connections Newsletter

DECEMBER 2024

## HOLIDAY TIPS FOR SENSORY AND EMOTIONAL CHALLENGES

FROM: THE CHILD MIND INSTITUTE

1. when attending holiday parties ask the host in advance for a quiet spot your child can retreat to if needed
2. stick with typical bedtimes and routines as much as possible
3. consider bringing your child's preferred foods from home to holiday parties
4. create a written or visual schedule for activities
5. schedule a day to rest
6. avoid requiring your child to hug visitors —a high five or fist bump can be just as sweet!



# WINTER SAFETY TIPS

FROM: THE CLEVELAND CLINIC

Build a winter emergency car kit with blankets, extra food + water, flashlight, & gloves.

In weather below 0° frostbite can occur in only 10 minutes so bundle up in warm layers plus hats, gloves, & coats!

Go sledding safely: go down hills feet first and choose spots clear of trees and roadways.

Use a sleep sack if your baby's room is chilly. Never place loose blankets in a crib.

Go inside at the first sign of "frostnip" which includes red and burning skin.

## free holiday events

Country Christmas @Port Farms all month long 9am - 5pm

Holiday lights @Presque Isle 6-9pm Dec 6th-29th

Winter Wonderland @Asbury woods all month long 5:30 - 8:30 pm

Noon Year's Eve 11-12:30pm Dec 28 @Blasco Children's library

Please Note: The Dec 7th Winter Clothing Giveaway @St. Paul Center has been **CANCELLED**. If you are in need of winter clothes Bethany Outreach @204 West 11th St. holds giveaways Wednesdays 9-11am

