



# B.C.O.E Early Start Parent Connection

SPRINGTIME 2009

## Communications hints for you and your family

**Communication:** The developmental area that involves skills that enable people to understand (receptive language) and share (expressive language) thoughts and feelings. Communication can be in the form of speech, facial expressions, body language, gestures or print.

Encourage your baby to make sounds such as "ma," "da," and "ba." When your children respond, make a big deal and reward them. Imitate your baby's laughter and facial expressions. Teach your baby to imitate your actions, including clapping your hands, throwing kisses, and playing finger games such as pat-a-cake, peek-a-boo, and the itsy-bitsy-spider.

Talk as you bathe, feed, and dress your baby. Talk about what you are doing, where you are going, what you will do when you arrive, and who and what you will see. Identify colors.

Count items. Use gestures such as waving goodbye to help convey meaning. Introduce animal sounds to associate a sound with meaning: "The doggie says woof-woof." Acknowledge the attempt to communicate. Say things like: "Here is Mama." "MaMa loves you". Read to your child from the very start.



Butte County Office of Education  
Student Programs & Services  
EARLY START PROGRAM  
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Phyllis Clarke

Occupational Therapist: Meg Palmer

Nurse: Anne Hays

## Vision Statement

*Families who have young children with disabilities are valued, educated, and supported. Children receive the services needed to reach their highest potential. They are connected to needed resources and feel welcome participating in their community.*

## Activities for Toddlers

Toddlers, or children older than about one year of age, enjoy many more physical activities than infants. Unlike infants, toddlers have begun to be mobile and can explore the world around them without the help of an adult. Unfortunately toddlers have not yet learned all of the safety precautions that go along with this independence, so adult supervision is still necessary. Most activities that are suitable for toddlers will help them practice their gross motor skills (walking, kicking, throwing, etc.), fine motor skills (drawing, cutting, buttoning, etc.) and/or overall balance and coordination. Many toddlers enjoy activities such as:

- Stacking items or building with blocks.
- Playing house/family with dolls and action figures.
- Dressing up and pretending to be a character.
- Drawing or "coloring" with crayons.
- Cutting up or tearing paper or magazines.
- Walking and running around, particularly outside.
- Climbing, even on furniture, and bouncing, even on beds.
- Kicking and/or throwing a ball.

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