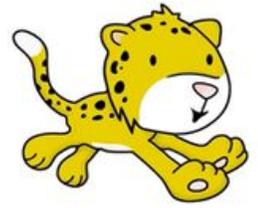


# HAZELWOOD EARLY CHILDHOOD

Family Support PBIS Newsletter



## January: "TAKE CARE OF YOURSELF" MONTH

### Practicing Spot's Rules

Take Care of Yourself at HOME by:

- Getting 11-12 hours of sleep each night.
- Try applesauce or carrots for a snack
- Get dressed by yourself
- Put dirty clothes in the clothes basket

Take Care of Yourself at SCHOOL by:

- Putting on and taking off your coat and backpack by yourself.
- Making sure your personal belongings are tucked in your cubby.
- Wearing your coat, hat and gloves to school when it is cold outside.
- Walking quietly in the hallway and staying with an adult.

### Behavior Tips for Cabin Fever

★ Make an indoor sandbox by filling a large cardboard box or plastic storage container with uncooked beans, rice, packing peanuts, or raw noodles. Throw in some spoons, Tupperware and plastic cups for hours of fun.

★ Build a fort/tent with blankets, pillows, sheets, etc. under the kitchen table or in a bedroom. Let your children stock the fort with stuffed animals, books and toys. Give them a flashlight and turn them loose for hours of fun.

★ Find ways to exercise and get energy out indoors by dancing or doing kid's exercise videos from YouTube.

★ Set up a toy rotation by choosing a small selection of toys for your child and boxing up the rest. At regular intervals, swap the current toys for the ones you stored away. The "new" toys will keep them occupied and engaged without costing you a penny.

### Books & Videos for Teaching "Take Care of Yourself"

- [I can do it by Myself](#)
- [This is the Way/Kids Song](#)
- [All By Myself by Mercer Mayer](#)

**FAMILY YOGA GROUP CONNECTION**  
Are you looking for a fun and exciting way for your child to stay active during the winter weather, build strength, and develop emotional resilience? Join us for kids yoga!

Date: 1/24/2025  
Time: 10:00AM  
Location: 12555 Partridge Run Drive, 63033



**FEBRUARY PARENTING COURSE: IEP 101 AND THE DIAGNOSTIC PROCESS**

REGISTRATION IS REQUIRED. DEADLINE TO REGISTER IS 1/28/25. SCAN QR CODE TO REGISTER

TUESDAY, FEBRUARY 11, 2025  
FROM 6-7:30 PM

CENTRAL EARLY CHILDHOOD LIGHT DINNER AND CHILDCARE PROVIDED FOR THOSE WHO REGISTER

FOR MORE INFORMATION CONTACT:  
ASHLEIGH 314-917-2877 OR BEKAH 314-917-2923

### Community Resources for RESPITE Care

Respite is FREE, government funded, short term childcare, provided to parents of children with special needs.

- [Easterseals Midwest | Respite and Social Skills Groups](#)
- [St. Louis ARC](#)
- [St. Louis Crisis Nursery](#)

