



# 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***

- ★ Work together as a family to establish and write down "inside rules" for winter months. Set up a positive reinforcement system where kids earn stickers, rewards, etc., for following the rules.
- ★ 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.
- ★ 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. Your child will enjoy the "new" toys and spend more time actually playing than weeding through piles of toys.

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

[All By Myself by Mercer Mayer - Little Critter - Read Aloud Books for Children - Storytime](#)

[This Is The Way | Kids Songs | Super Simple Songs](#)

[I can do it by myself](#)



### ***Community Resources-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- [In-Home Support \(ARCH\)](#)
- [St. Louis Crisis Nursery - For all children ages 0-12](#)