



Tidbits for Tots

Meet our newest Interventionist, Alicia Bullinger!!



Hello! My name is Alicia Bullinger and I am a new Early Interventionist in Grand Forks.

I am a Licensed Doctor of Physical Therapy in North Dakota. I graduated from the University of North Dakota in August, 2014 with a B.S. in Kinesiology and in August, 2017 I obtained a doctorate in physical therapy. My educational background focused a lot on children and their gross motor development. I also have an array of personal experience with many of the services offered to children and families around Grand Forks. I am excited to be part of the team at Anne Carlsen and I look forward to giving back to the community that has helped me so much!

HOW SICK IS TOO SICK FOR A HOME VISIT?

If your child has the following symptoms:

- A temperature of 100 degrees or greater.
- Behavior changes or other signs that your child does not feel well.
- Diarrhea and/or vomiting in the past 24 hours.
- A runny nose accompanied by a fever, cough, crankiness or difficulty breathing.
- Itchy, watery eyes (often symptoms of pink eye).



Contact Information:

Ramona Gunderson, Director
701-775-8934 x5078

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*The best and most beautiful things in the world cannot be seen or touched,
they must be felt with the heart.—Helen Keller*

How to Introduce Toddlers & Babies to Books

The first—and best—tip for sharing books with your children is to have fun together! If children are engaged and enjoying themselves, they are learning. When children have positive interactions with books, they are developing good feelings about reading, which will motivate them to continue seeking out books and other literacy materials as they grow. Below are some ideas for nurturing literacy skills in your baby and toddler:

- **A Few Minutes at a Time is OK. Don't Worry if You Don't Finish the Story.**
- **Talk or Sing About the Pictures**
- **Let Children Turn the Pages**
- **Show Children the Cover Page**
- **Show Children the Words**
- **Make the Story Come Alive**
- **Make It Personal**
- **Ask Questions About the Story, and Let Children Ask Questions Too!**
- **Let Children Tell The Story**
- **Create Books Together**
- **Make Books a Part of Your Daily Routine**



<https://www.zertotothree.org>

Kid's Corner Playgroup



The Kids' Corner Playgroup has been relocated temporarily to the **Calvary Lutheran Church at 1405 South 9th Street, Grand Forks**. The playgroup meets on Wednesdays from **9:30 AM to 11:00 AM**. Please use the front door.

September

Sept 6 Activity: Holiday-No Group

Snack:

Sept 13 Activity: Create a Fall Wreath

Snack: Turkey/cheese pretzel bites

Sept 20 Activity: No Group

Snack:

Sept 27 Activity: Cork Painting Fall Tree

Snack: Apple nachos

October

Oct 4 Activity: Painting Pumpkins

Snack: Tangerine pumpkins & banana ghosts

Oct 11 Activity: Frankenstein Handprint

Snack: Ritz cracker spiders

Oct 18 Activity: Masking Tape Mummy

Snack: Halloween trail mix

Oct 25 Activity: Halloween Party (come in costumes)

Snack: Halloween Treats

Any questions, please call Lori Ann or Reesa at 775-8934.

LEARNING WITH LEGOS!



First, concentrate on learning lower case letters—how some letters are tall, some are small and some fall below the line when we are writing. Next, you can move on to upper case letters and eventually words.

Creating a complete alphabet by using Duplo blocks is as simple as writing on them with a Sharpie (you can use Aerogard to remove permanent markers after use).

<http://www.youclevermonkey.com/2016/07/learning-letters-with-lego.html>

PLAY!

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Did you know that every child should play at least 1 hour every single day?

Play is a child's work!

Hi my name is Barb Delohery and I am the Lekotek Specialist here at Anne Carlsen – Grand Forks. I wanted to provide some information for you regarding the Lekotek Program. The mission of this program is to make the world of play accessible to ALL children, especially those who have disabilities or special needs. Toys and play empower children to reach their potential and increase inclusion within their family and community. To facilitate this mission, Anne Carlsen has started offering family play sessions. Your family will meet with a Lekotek Play Specialist on how to make play accessible for your child. All family members including parents, grandparents, and siblings are welcome and encouraged to attend. Toys for each session are chosen specifically to meet the developmental needs of your child. Another great feature of the Lekotek program is the Toy Lending Library. This allows each family to take home up to five toys each month that are specific to your child's needs and abilities. Not only do you play at Lekotek, you get to take it home!!!

If you would like more information on this wonderful program please feel free to contact me at:

Barb Delohery, Lekotek Specialist

701-317-1225

barb.delohery@annecenter.org



At a Glance: Different Types of Learning Strengths

All kids have natural abilities they can use to learn and work with new information. Their areas of strength can open up pathways to help them work on weaker areas. Here are some examples of different types of learning strengths.



Learning by Looking

The strength:
Learns most naturally by taking in information visually.

This may mean:
* Looking at body language to understand what someone is saying
* Getting the most information from charts, maps & other visual displays



Learning by Listening

The strength:
Learns most naturally by hearing information.

This may mean:
* Preferring to hear about something to fully understand it; learning most from lectures & conversations
* Getting meaning from tone of voice, pitch & other auditory clues



Learning Through Language

The strength:
Learns most naturally by engaging with words.

This may mean:
* Getting the most from written & spoken information
* Making sense of information by talking & reading about it



Learning Through Action

The strength:
Learns most naturally by moving, touching & doing.

This may mean:
* Seeking new experiences
* Moving around while learning to help keep focus
* Hands-on activities



Learning Through Logic

The strength:
Learns most naturally by finding logic and patterns.

This may mean:
* Categorizing & connecting what they learn with what they know
* Wanting to know why & how in order to make sense of things



Learning With Others

The strength:
Learns most naturally by working with others.

This may mean:
* Wanting to share & compare information
* Preferring to work & study in groups



Learning Independently

The strength:
Learns most naturally by working alone.

This may mean:
* Using their own organization system, & setting their own goals
* Not choosing to collaborate or exchange ideas with others

For more tips and resources, go to www.understood.org