

EARLY INTERVENTION: TIPS AND RESOURCES

From The Arc of Warren County, NJ



FREE FOOD RESOURCES FOR FAMILIES

Rocco's Pizza & Italian Restaurant is offering lunches to Phillipsburg or local students with school IDs from 11am to 1pm.
360 S Main St, Phillipsburg, NJ 08865

Joseph H Firth Youth Center is offering a Lunchable or Uncrustable, granola bar, fruit and juice to any child that comes and rings their doorbell between 11am-4pm!

Tobys Cup Inc is offering lunches to Phillipsburg or Lopat students with school IDs from 11am to 2pm on Mon, Wed-Friday
Memorial Pkwy, Phillipsburg, NJ 08865

Gara's is offering lunches to Phillipsburg or Lopat students with school IDs from 12-2pm and dinner from 6-8pm, 200 Strykers Rd,
Phillipsburg, NJ 08865

Rath's Deli is offering lunches to Phillipsburg or Lopat students with school IDs
450 County Road 519, Stewartville, NJ 08886

Taste Bud's on Main is offering lunches to Phillipsburg or Lopat students with school IDs
95 S Main St, Phillipsburg, NJ 08865

Italy's Restaurant & Pizza is offering lunches to Phillipsburg or Lopat students with school IDs, 200 Strykers Rd #18, Phillipsburg, NJ 08865

FREE WIFI RESOURCES:

Spectrum is offering 60 days of free internet for households with students without internet access. The number is: 1-844-488-8398

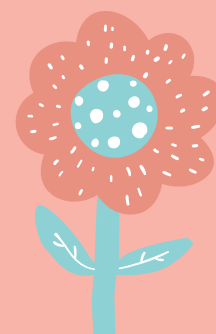
You can find the website by clicking [here](#)

<https://www.bizjournals.com/pacific/news/2020/03/13/spectrum-offers-free-broadband-to-students-forced.html>

FINANCIAL RESOURCES:

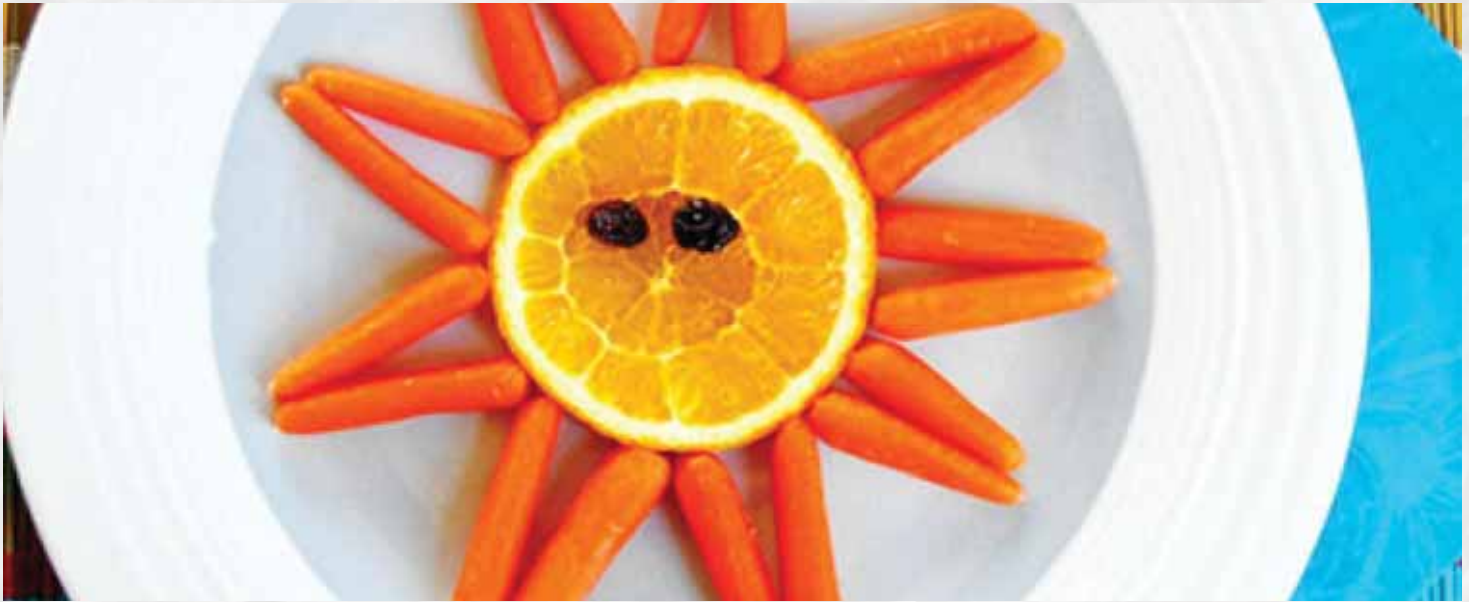
NJDOL Benefits and the Coronavirus (COVID-19): [What Employees Should Know](#)

<https://www.nj.gov/labor/worker-protections/earnedsick/covid.shtml>



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Outside Adventures

- *TRY TO SPEND 15 MINUTES OUTSIDE EACH DAY PRACTICING SOCIAL DISTANCING (SIX FEET OF APART FROM OTHERS).
- *PLAY "I SPY" AND NAME EVERYTHING YOU SEE AND HEAR!
- *PRETEND YOU ARE A BIRD, DOG, CAT, BUTTERFLY, OR FROG!

Inside Adventures

- *SEARCH FOR THINGS IN THE HOUSE THAT HAVE A ZIPPER. HOW MANY DID YOU FIND?
- *PRACTICE PULLING THE ZIPPER UP AND DOWN (USE HAND OVER HAND ASSISTANCE IF NEEDED).
- *PRACTICE FAST THEN SLOW, STOP HALF WAY, MAKING ZIPPING NOISES.
- *HELLO! MAKE A PRETEND OLD FASHIONED TELEPHONE:
MAKE A HOLE IN THE CENTER OF PAPER OR PLASTIC CUPS USING A PIN. TIE ONE PAPERCLIP TO ONE END OF A STRING, PULL THE OTHER END OF THE STRING THROUGH THE HOLE IN ONE OF THE CUPS. INSERT THE FREE END OF THE STRING INTO THE OTHER CUP AND TIE. HOLD IN THE BOTTOM OF THE SECOND CUP AND VOILA! SIBLINGS CAN TALK, SPEECH SOUNDS CAN BE PRACTICED, SINGING OF SONGS IS ENCOURAGED.

RECIPES (SOME TO EAT AND ONE FOR FUN)

*ORANGE AND CARROT SUN :

THINLY CUT ONE LARGE ORANGE INTO CIRCULAR SLICES. PLACE ONE SLICE IN THE CENTER OF A PLATE. ARRANGE BABY CARROT STICKS AROUND IT INTO A TRIANGULAR-SHAPED RAYS. GIVE IT A HAPPY FACE BY PLACING TWO RAISINS IN THE ORANGE AS EYES.

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Inside Adventures

*APPLE DONUTS:

START BY THINLY SLICING AN APPLE AND USE A SMALL COOKIE CUTTER TO CUT A HOLE IN THE MIDDLE SO YOUR SLICES RESEMBLE A DONUT. SPREAD THE "DONUTS" WITH NUT OR SEED BUTTER OR YOGURT. FINISH WITH FUN TOPPINGS LIKE BERRIES, SEEDS OR SPRINKLES.

*PLAYDOUGH:

2 CUPS OF ALL PURPOSE FLOUR

$\frac{3}{4}$ CUP OF SALT

4 TEASPOONS OF CREAM OF TARTAR

2 CUPS OF LUKEWARM WATER

2 TABLESPOONS OF VEGETABLE OIL

FOOD COLORING (OPTIONAL)

VANILLA, ALMOND OR OTHER ESSENCE (OPTIONAL)

KEEP IN TIGHTLY SEALED CONTAINER I.E. TUPPERWARE OR PLASTIC

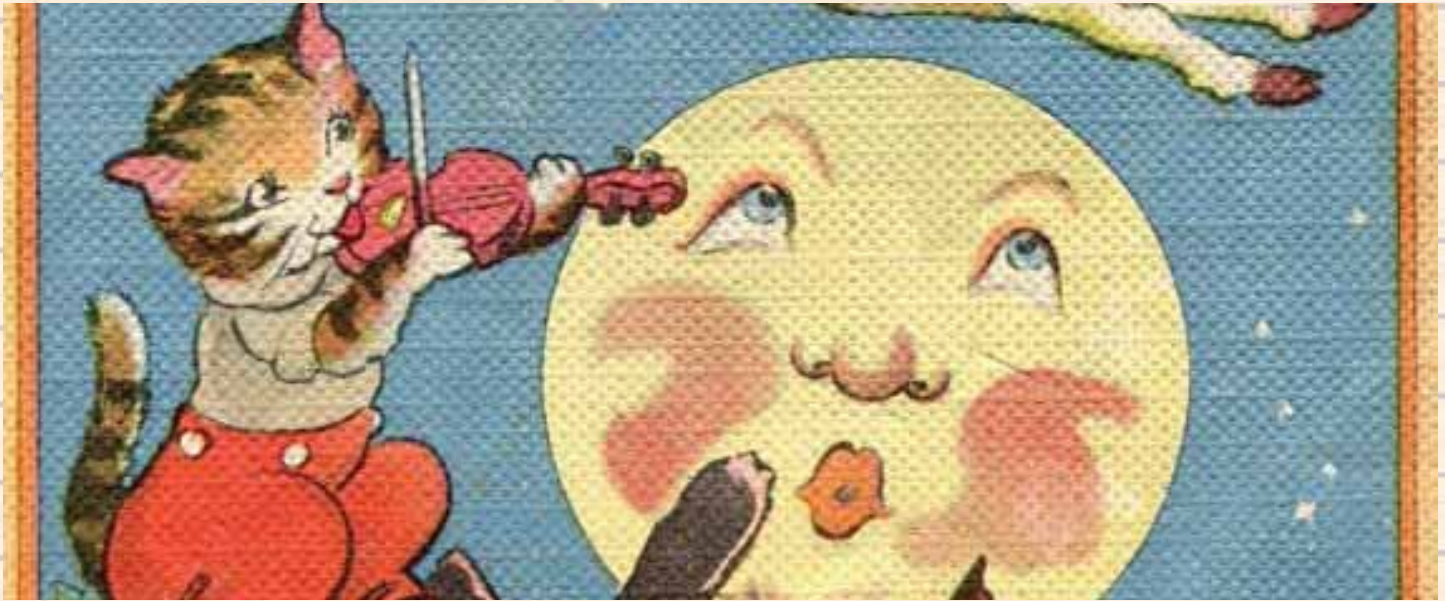
*LAUNDRY BAG FUN:

MAKE THE CHORE FUN FOR THE TOTS! USE LOTS OF ACTION WORDS TO STIMULATE LANGUAGE: PUSH/PULL THE BASKET, TAKE CLOTHES IN/OUT, PUT IN/TAKE OUT. NAME THE CLOTHES, SORT SHIRTS, PANTS AND SOCKS. MATCH SOCKS.

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Songs & Nursery Rhymes

"Rain, rain go away, come again another day little "Your Child's Name" wants to play, rain, rain go away"

For more songs: YouTube: [Little Baby bum](#), [Jugnu Kids](#), [Dave and Ava](#), [Liv Kids](#), [PBS Kids](#) (nursery rhymes)

Oral Movement Exercises

Bubbles, Bubbles Bubbles!

Use dish-washing liquid mixed with water and food coloring, then encourage blowing out the straw (sucking up the soap is not recommended)!

Books

Try reading one book each day, or just talk about the pictures. For active little ones, say one sentence per page. Encourage them to turn the page. Encourage pointing to familiar objects. If possible try books that rhyme, have predictable repetitive phrases such as Brown Bear Brown Bear, What do you see? Try sitting across from your child and read teacher style, maybe read a book when they are in the high chair or even in the bath tub! Make your own texture book with paper and materials from around the house, you can glue on cotton balls or pom poms, sand paper, piece of cloth, aluminum foil (be careful for the tots not to mouth the items)

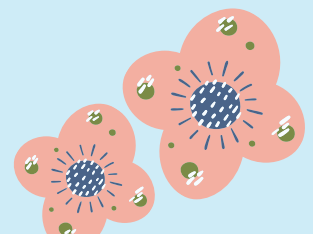
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Fun with Blankets!

1. Drape it over the kitchen table – It makes a great “quiet spot” or calm place for a child to play or read and be free of other distractions. Increase the appeal by putting in a blanket, pillow and some quiet books or sensory bottles.
2. Baby Burrito or Hot dog: Let the child roll up in the blanket – it is great for calming and also to see how they can plan out to get out of it.
3. Make a texture walk – use blankets with a variety of different textures and set them out on the floor for the child to walk over. Put some pillows underneath to change it up and work on balance skills. If the child can jump, ask them to jump from one to the next.
4. Put a blanket on the floor to host a picnic or tea party with your stuffed animals. For your picky eaters this can be a chance to introduce a new food in a fun way. You can also have your child “invite” toys or dolls by asking them to get them from around the room or their bedroom.
5. Use it as a swing – the back and forth movement can help some kids organize their behavior. You can also make it into a flying carpet and pull them along the floor. These are great language stimulation activities – prompt “READY, SET . . . GO!”
6. Let your child crawl under it – like a snake – try using blankets of different weights and textures.
7. Put a blanket down on the floor to let your child participate in play with rice bin – this makes for easy clean up and lets them know the boundaries for the activity.
8. Play peek a boo.
9. Use it like a parachute – use a ball or balloon on top and see if you (and maybe brother and/or sister can work together to move the ball or balloon up and down.
10. Hang some clothes and blankets over some pool noodles or mop handles hanging between two pieces of furniture and pretend it’s a car wash – some can even be wet!
11. Roll up blanket/sheet place around child’s back, parent holding in front, child can hold on to and aid in independent walking.
12. Roll up blanket/sheet position on floor straight/squiggly for child to step over “obstacles”.
13. Pretend it is a boat, bus or a magic carpet – Sing songs like “Row Your Boat”, “Wheels on the Bus” or for you Disney fans - “A Whole New World”! Encourage your child to sing along, make gestures or use stop/go to keep the activity going.
14. Have various blankets of a variety of different colors, can be used for large color sorting task, the kiddos can find toys/objects that match the color.
15. Roll the child up in a blanket as sensory input.



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Tips for Using Tech with Toddlers

During this period of social distancing, we are all probably using more technology screen time than normal and our kids are no exception. School is now online as well as opportunities to engage with people. Here are some tips for using technology with young children.

- Technology should never replace opportunities for active engagement with people, books or toys! Make sure kids have plenty of opportunities to learn through touching, feeling and moving. Play outside, read with your children and encourage play with other children in your family if applicable.
- Consider what makes an app appealing to your child- the music and features and novelty of the activities or the routine and predictability?
- There are so many apps to choose from and usually something related to your child's interests; animals, trains, shapes, letters, numbers, coloring, etc.
- Using an app can be a great shared experience-talk to your child about what they see. They can sit in your lap and you can hold the device.
- Limited screen time is recommended by the American Academy of Pediatrics-especially close to bed time. For kids ranging from age 2-5, it is recommended limiting screen time to no more than **1 hour per day**.

With that being said, there are some great apps that can be fun, educational and help your child begin to develop a sense of cause and effect. *Peek A Boo Barn* is a simple, fun app that teaches about animals and animal sounds. Your child is able to open and close the barn door to see who is hiding!

The app is available for Android & Apple. It earns a 4 star rating on Common Sense Media. You can get a free version which is just the right amount of animals for younger kids.

Follow up with walking like the animals, making animal sounds and playing with a toy barn. Make a toy barn out of a cardboard box or drive by a nearby farm to see the animals. There are so many ways to translate this into things you can touch, feel, move and see in the real world. Enjoy!