

Holly Ridge Happenings

Holly Ridge Center • 5112 NW Taylor Rd. • Bremerton, WA 98312 • (360) 373-2536

Volume 8, Issue 1

September & October

Calendar

Our calendar section will provide reminders of holidays and happenings, as well as other HRC activities and meetings. We will include community events as appropriate, so we welcome any additional information on community happenings or support groups.

- Sept. 12
First day of High 5
- Sept. 19
First day of playgroups
- Oct. 5
Parent Support groups begin
- Oct. 31
Halloween (classes and therapy in session, as usual!)

A New School Year is Here!

Holly Ridge Center wants to welcome all new & returning families to the 2011/2012 school year! We are starting out the year with full classes and excited staff. Please be patient while we (children, parents, and HRC staff) adjust to the new school year.

We have some new faces on staff this year. Joining us is a new speech therapist, Jenna Lee. Jenna has been with us since May, so is feeling like an old hand by now, but is looking forward to meeting all our new friends this year. An old friend of ours, Bethany Shdo, is helping out as a para-educator while Helen Tillson is recovering from shoulder surgery. Although not in the classroom, we'll see Hel-

en, answering phones, filing and doing a variety of one-armed tasks around the Center. We are hoping for a speedy recovery so we can see her back in the classrooms where we all know she belongs!

We will once again be busy all over the county. We will have seven play groups at the main site in Bremerton—one especially for Spanish-speaking families. There are three



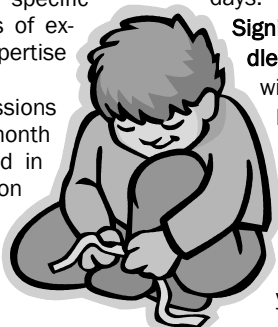
groups in our classroom at Givens Community Center in Port Orchard, and two play groups at our north site, located this year at Poulsbo Elementary School. We also will have two sessions of our "High 5" program, which provides highly intensive, structured services for children with a diagnosis of autism spectrum disorder. Our "mommy & me" classes for our 1- to 2-year-old friends, Little Tykes, will have four sessions—3 at the main site and one at our Poulsbo site. Some children's schedules are still "in process" so please be sure to talk with your Family Resources Coordinator if you have any questions or need any additional information!

Here's to a great year!!

Parent Support Groups

Parent support groups, led by Tana Tortorelli and Chris Cuneo, will occur once a month during the time that your child is in class. This is an excellent opportunity for you to meet other parents who share similar challenges and concerns in raising their children. There is time to problem solve around specific concerns with lots of experience and expertise to share.

The group discussions change each month and will be posted in the classrooms, on the family room door and in the newsletter. Dis-



cussions have included positive discipline, managing tantrums, coping with stress, brain development, sleep problems, toilet training—just to name a few! Since each site will have its own schedule, watch for postings from Tana and Chris at your child's classroom for times and days.

Signing with Babies and Toddlers, led by Becky Blake, will be offered at the Bremerton site in the evenings. This is a 3-week class designed for beginners, concentrating on improving communication with your hearing or hearing-

impaired toddler through the use of sign language. It will be offered at no cost to Holly Ridge families. Watch for notices in your child's classroom and in future newsletters for dates and times.

Other parent classes, led by various members of the Holly Ridge staff, will occur throughout the year. These classes will cover a variety of subjects, including managing challenging behaviors, sensory integration, early literacy, and calming ourselves in stressful moments. Watch for notices in your child's class and in this newsletter.

Inside this issue:

Wish list	2
Play Is A Child's Work	2
An Extraordinary	2
Playgroup Themes	3
Director's Corner	3
FICC	3
Military Special Needs	4
Labels for Educa-	4
Separation Anxiety	5
Fathers Network	5
Transition Songs	6
Sept. Signs & Songs	7 & 8
Oct. Signs & Songs	9 & 10

Separation Anxiety

If your little munchkin has a hard time saying goodbye when you leave, (while it breaks your heart) it's actually pretty normal behavior.

Here are some suggestions to help ease toddler separation anxiety:

Say goodbye quickly - don't dawdle and linger when leaving your toddler, as this will only drag out the process and make her more unsettled. Quickly say goodbye and let her know you're coming back.

Be confident - leave confidently and avoid sounding doubtful or hesitant when you leave. Be as consistent and firm, yet loving, in your departures as you possibly can.

Reward your toddler - try to identify one part of the separation anxiety which you find particularly difficult. For example, when at home, having your toddler with you everywhere (even the bathroom) because she can't bear for you to be out of sight for only two minutes. Stay calm while telling her that you won't be long. Remember that it's okay if she screams the first few times. However, give her a reward the first time she lets you go without clinging onto your leg and/or screaming.

Familiarize your toddler with teachers & other children - let your child talk with the teacher along with you, say hello to the other children and their par-

ents, point out a fun and interesting toy in the room. If you do not allow your toddler to get acquainted with the classroom, it can be a traumatic experience for your little one to suddenly find herself alone with 'strangers'.

Timing is important - try to be on time to class. If you are not hurrying to get there and then hurrying to leave, your child will have time to transition to the classroom and will "let go" more easily. And be on time to pick her up. Don't let her watch the other children leave with their parents, wondering if hers will be there soon.

Always say goodbye - Never leave without telling her or saying goodbye, thinking that your 'disappearing act' will not upset her. It may seem easier to do, but in the long run it will make her more anxious and worse still, destroy her trust in you.

Remember that you cannot make toddler separation anxiety disappear (it will go away in its own time), however you can support, encourage, and help your toddler to cope with it by giving her plenty of attention when you are with her.

~from Toddler Troubleshooting Tips
www.toddler-troubleshooting-tips.com



Save the Date—Fathers Network

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Washington State Fathers Network State Conference
Saturday, October 8, 2011-8:30am-4:30pm
Microsoft Campus, Redmond, WA

We invite all dads across the state having children with special needs to join other great dads for an exciting, informative, insightful conference just for dads! The WSN State Conference will be on the Microsoft Campus, a world class venue with remarkable hospitality. The sessions are in direct response to dads requests, with a few stalwart traditions, like the Fathers Panel, and Open Mic. Also meet and hear from Chris Cady, Military Father of the Year! We will hear about Chris' White House visit and other honors he so deservedly has received. Join us for a guaranteed unique and powerful day!

For more information go to the Fathers Network website: <http://fathersnetwork.org/>

Registration information can be obtained by contacting Greg Schell at: 425-653-4286 or greg.schell@kinding.org

We are always telling parents to read, read, read to their children—it's the best way to teach language and leads to an easier time, when they are school-aged, to learn to read for themselves. But we don't usually recommend one book over another.

This book is the exception. Go to the website: <http://thebigbookofexclamations.com> to read all about it. If you would like a book that is geared specifically to teaching language or just a fun read, check out [The Big Book of Exclamations](#).

**"One father is more than a hundred schoolmasters."
— George Herbert**

This is an exciting, informative, insightful conference just for Dads!

Transition Songs

Clean Up

Clean up, clean up,
Everybody clean up.
All done, all done.
Bye-bye toys,
Bye-bye toys.
(repeat)

Apples

It's time for:
Where-oh, where-oh, where are my friends?
Where-oh, where-oh, where are my friends?
Where-oh, where-oh, where are my friends?
Where - - - are my friends?

Apple Time

Where-oh where is my friend _____?
Where-oh where is my friend _____?
Where-oh where is my friend _____?
_____ stand up now!

Snack

It's time for:
Juice and crackers,
Juice and crackers,
Come and sit.
Come and sit.
It's time for juice and crackers,
It's time for juice and crackers,
Come and sit.
Come and sit.

Snack (continued)

This is the way we wash our hands,
Wash our hands
Wash our hands.
This is the way we wash our hands
Before snack time.

This is the way we wash the table,
Wash the table
Wash the table.
This is the way we wash the table
After snack time.

Circle

It's time for:
Hello, friends.
Hello, friends.
Hello, friends,
How are you today?

Circle Ending

Hickory, dickory dock.
The time has come to stop.
Pick up your carpets and put them in the basket.

Open, Shut Them

Open, shut them,
Open, shut them,
Give a little clap, clap, clap.
Open, shut them,
Open, shut them,
Lay them in your lap, lap, lap.

Ending Song

It's time to say good-bye, good-bye, good-bye,
It's time to say good-bye, good-bye, good-bye,
To all of our friends!
To _____ and _____ and _____
and _____,
It's time to say good-bye to all of our friends.
To _____ and _____ and _____
and _____,
It's time to say good-bye to all of our friends.

Songs for September

Apples in the Apple Tree

Way up high in the apple tree

Two little apples smiled at me.

I shook that tree as hard as I could.

Down came the apples.

MMMMMM, they were good

The Wheels on the Bus

The wheels on the bus go round and round,
Round and round, round and round.
The wheels on the bus go round and round
All through the town.

The people on the bus go up and down,
Up and down, up and down.
The people on the bus go up and down
All through the town.

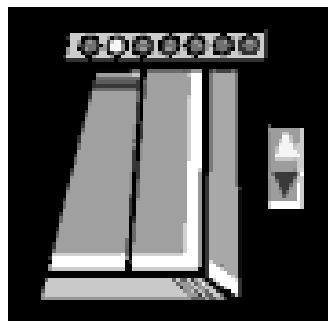
The horn on the bus goes honk, honk, honk.
Honk, honk, honk; honk, honk, honk.
The horn on the bus goes honk, honk, honk.
All through the town.

- The lights on the bus goes blink
- The babies on the bus go waa, waa, waa
- The mommies on the bus go sh, sh, sh

Open, Shut Them

Open, shut them
Open, shut them.
Give a little clap, clap, clap.
Open, shut them,
Open shut them.
Lay them in your lap, lap, lap.

Creep them, creep them,
Creep them, creep them.
Right up to your chin, chin, chin.
Creep them, creep them,
Creep them, creep them.
But do not put them in!



Ha Ha

Ha-ha this-a-way (hands slap on knees twice and then swing left)

Ha-ha that-a-way (hands slap on knees twice and swing right)

Ha-ha this-a-way all day long!

Verses:

Now we are clapping, clapping, clapping.

Now we are clapping, clapping, clapping all day long! (clap hands)

Now we are stomping... (stomp feet)

Now we are stretching...(stretch your arms up)

Elevator

Let's go riding on an elevator

(slapping lap to the beat)

Let's go riding on an elevator.

First floor (hands out in front and low)

Second floor (hands out in front higher)

Third floor (hands out in front higher)

Fourth floor (hands out in front higher)

Fifth floor (hands waving above head)

Down, down, down, down, down!

