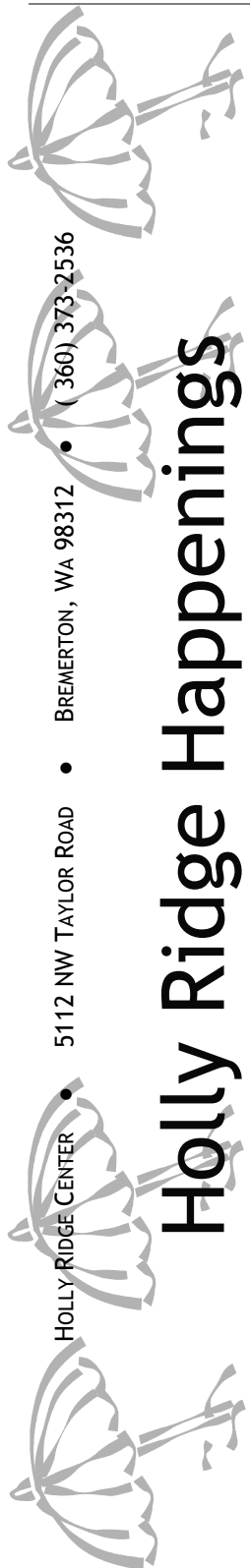


Our calendar section will provide reminders of holidays and happenings, as well as other HRC activities and meetings. We will include community events as appropriate, so we welcome any additional information on community happenings or support groups.

**Calendar:**

- Mar 28–Apr 1 Spring Break—No playgroups
- April 16 Managing Challenging Behaviors class



# Holly Ridge Happenings

## Easter Egg Hunt

Thanks to many generous people in our community, we are able to celebrate different occasions throughout the year with our Holly Ridge friends and families. The children of Holly Ridge Center and their siblings are invited to a wonderful Easter egg hunt sponsored by the Bremerton #117 Free and Accepted Masons of Washington.

It will be Saturday, April 23, 2011, here at Holly Ridge Center, 5112 Taylor Road, Bremerton.

We have four hunts planned for that day so that the hunting field is not so crowded. And don't worry—the bunny plans to replenish the field before each hunt, so there will just as many eggs to find at the last hunt as for the first! So, please plan to attend the egg hunt at the time listed corresponding to your child's last name.

- ♦ If your child's last name begins with "A" through "F", the hunt begins 11:00 am.
- ♦ If your child's last name begins with "G" through "L", the hunt begins 12:00 noon.

- ♦ If your child's last name begins with "M" through "R", the hunt begins 1:00 pm.
- ♦ If your child's last name begins with "S" through "Z", the hunt begins at 2:00 pm.

Each child will get an Easter basket, a picture with the Easter Bunny, and candy-filled eggs. Lunch will be provided for the whole family.

Registration forms will go out on April 4. We request that you RSVP by April 15, so that we can plan for your family.

If parents want to contribute they may bring: plastic eggs, Hershey kiss candy & cookies the week before.

Questions or registration: call Holly Ridge Center at (360) 373-2536

Be prepared to tell us how many children 3 and under; children 4- to 6-years old; children 7 and over; and number of adults who will attend.



## Taco Time Fundraiser

Our Taco Time Fundraiser is drawing to a close and we want to thank all of you for your help in making it a success again this year.



Please be sure to get the money to your teacher as soon as possible and if you know of more people

who would like to get in on this great deal, we still have a few books left!



We rely on this fund raising event to purchase classroom supplies and replace tired and broken toys each year. So, we appreciate all of your efforts in making this a success once again.

**THANK YOU!**

*¡Gracias!*

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## Wish List



Some parents ask if there is something they can do to help us out. We are always in need of supplies for craft projects. Sometimes we'll ask for an item from a store. Sometimes we'll ask you to recycle a certain item. Here are a few things to get us started:

- Rice
- Bubbles (Gazillion Bubbles are best!)
- Check the board for food donations

Donations for the Easter Egg Hunt:

- Plastic eggs
- Hershey's Kisses
- Cookies



*Babies are such a nice way to start peoples*

-Don Herold

The IECC provides high quality, evidenced-based workshops, and networking opportunities for families to learn, share and advocate on behalf of their children.

## Infant and Early Childhood Conference



On May 4<sup>th</sup>-6<sup>th</sup>, all Holly Ridge playgroups and most therapy sessions will be cancelled so that teachers and therapists can attend the IECC in Tacoma. We look forward to this each year as it gives us a chance to sharpen skills and network with other people in early childhood education. But this conference is not just for teachers—parents, foster parents, grandparents, and other relative care givers are encouraged to attend. This event will be held at the Greater Tacoma Convention Center and will feature more than 125 different speakers. Eleven Pre-conference sessions on Wednesday will offer an array of full-day training sessions. The two-day conference follows with keynote speakers and more than 90 sessions and exhibits. The conference provides high quality, evidenced-based workshops, and networking opportunities for families to learn, share and advocate on behalf of their children, especially those with developmental delays, disabilities and/or other special health care needs.

Go to <http://www.ieccwa.org> to find out more and for registration materials.

**There are Parent /Family Scholarships Available.** You can find a scholarship application

online at [www.ieccwa.org](http://www.ieccwa.org). To be considered for a scholarship you need to complete the Application and the Registration Form online or mail both forms to the conference registrar.

### **STARS Training: Managing Challenging Behavior**

Explore the possible causes & functions of challenging behavior and how to implement effective prevention & intervention strategies for children 1-5 years old.

**Date:** April 16, 2011

**Time:** 9 a.m. -11 a.m.

**Location:** Holly Ridge Center  
5112 NW Taylor Road  
Bremerton, WA

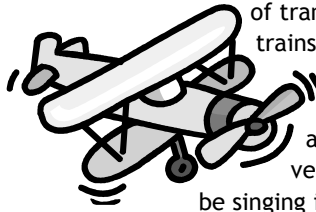
**Cost:** \$20 per person

*Sorry, No Childcare Available.*

To register, please obtain a registration form online at <http://www.hollyridge.org/stars.html> **or** call Tana Tortorelli at 360.373.2536.

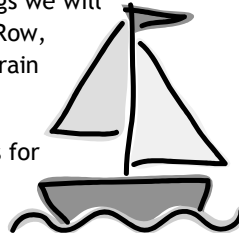
# Playgroup Themes

## March: Transportation



The focus will be on a variety of modes of transportation—particularly trains, planes and boats. We will be washing vehicles in the sensory table and there will be art projects focusing on particular vehicles. Some songs we will be singing including “Row, Row, Row Your Boat” and “The Train Goes Choo-choo.”

Look for the songs and signs for March at the end of the newsletter.



## April: Gardening & Insects

The focus will be on Spring and what we find out in the garden—that means plants and insects! We will be raking and shoveling and filling flower pots in the sensory tables. We’ll let our collection of plastic bugs hop, crawl, and buzz through our sensory table. At the end of the month we’ll play house, do a little Spring cleaning, and imitate the things we see at home.

The songs for this month, along with the signs are included in this newsletter.



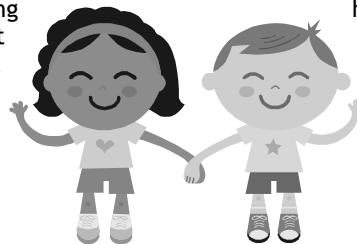
*KICC’s focus is on making services easier for families to access locally and on building community capacity for early intervention services.*

## The Director’s Corner



Happy Spring and hopefully warmer weather! As I walk the halls and visit our north & south sites I am amazed at how busy and active we all are. We currently have 270 children in program, our highest number yet. Parent participation in early intervention is crucial to its success. It is wonderful to see families, therapists, and children all actively engaged. Our goal is to provide positive relationship-focused services to parents, family members, foster parents and caregivers ~ you, who are with the children for extended periods of time during the day, it is what you do that matters! The upcoming Infant

and Early Childhood Conference in Tacoma, May 4-6<sup>th</sup> is a wonderful opportunity for parents/caregivers to obtain more education around the area of special needs and early childhood, and there are parent scholarships available. Look for the website in this newsletter or ask a teacher for an application. Another way for parents to get involved is through the Kitsap Interagency Coordinating Council (KICC). This is a group of individuals from agencies providing early education services in Kitsap that really want parent involvement and feedback. Go to the website: [www.kitsapicc.org](http://www.kitsapicc.org) for details. We hope to be offering more trainings here at HRC as well. We hope to see you there!



## KICC

### YOU’RE INVITED!

If you are the parent of a young child with disabilities,  
YOUR EXPERTISE IS NEEDED!

If you are interested in contributing  
In a positive way to improve services for  
Young children in Kitsap County,  
PLEASE CONTACT US!

The Kitsap Interagency Coordinating Council is the advisory body to Holly Ridge Center and

### Early Supports for Infants & Toddlers.

The focus is on making services easier for families to access locally and on building community capacity for early intervention services.

Meetings are held on the 3<sup>rd</sup> Thursday of the month from 10 to noon at Olympic ESD 105 National Ave. in Bremerton (no July, August or December meetings).

If interested contact Kathy Avery (Lead Family Resources Coordinator) or Connie Zapp (Holly Ridge Center Infant and Toddler Program Director) at Holly Ridge Center-360-373-2536.

# Tips for Reading to Infants and Toddlers

It's never too soon to start reading to your children! If your child learns early to associate reading with pleasure, she is more likely to enjoy reading on her own when she is older.

Try these successful reading tips for reading to infants and toddlers:

- Snuggle with your child with her favorite blanket or toys as you read.
- Read with expression using different voices for different characters.
- Emphasize rhythms and rhymes in stories. Give your toddler opportunities to repeat rhyming phrases.
- Use pictures to build vocabulary by varying objects and their colors.
- Use pictures to develop speaking vocabulary by talking about what is shown.
- Encourage your child to re-



peat what you say or comment on it. Encourage your child to ask questions. Provide models of interesting questions and examples of possible answers. "I wonder what is going to happen next? I think the rabbit will get lost because he is not paying attention to where he is going. What do you think?"

- Look for books that are about things that interest your toddler. For example, does your child like cars, insects, or animals?
- Make reading a habit for bedtime, after lunch, or after naptime.
- Give your child a chance to choose his own books. If your toddler chooses a book that is too long to hold his attention, read some and skip some, discussing the pictures and how they relate to the story.

Read stories again and again. Your toddler enjoys repetition and it helps him become familiar with the way stories are organized

From NEA  
www.nea.org

*Toddlers' tummies are smaller than most parents imagine. Choose nutritious foods to keep him full and energized.*

## Feeding Your Toddler

The toddler years are full of exploring and discovery. Good nutrition gives your child what he needs for growth, health, and energy for playing, moving, and learning. Here are a few suggestions to help feed your toddler.

Offer your toddler a variety of foods with different tastes, textures, and colors.

Since appetites change daily, it is important that you don't make your child clean her plate.

The following gives guidelines for how much your toddler should be eating each day.

### Grain Group – 6 servings

- $\frac{1}{4}$  -  $\frac{1}{2}$  slice of bread
- 2-3 crackers
- $\frac{1}{4}$  -  $\frac{1}{3}$  cup cooked rice, pasta, or cereal
- $\frac{1}{4}$  -  $\frac{1}{2}$  bun, muffin, or bagel

### Fruit and Vegetable Group – 5 servings each day

- $\frac{1}{4}$  -  $\frac{1}{3}$  cup cooked, canned, or chopped raw

- $\frac{1}{4}$  -  $\frac{1}{2}$  small fruit/vegetable
- $\frac{1}{4}$  -  $\frac{1}{3}$  cup juice

### Milk Group – 3 servings

- $\frac{1}{2}$  cup milk or yogurt
- $\frac{1}{2}$  ounce of cheese **Note:** You do not need to give your toddler low-fat foods.

### Meat Group – 2 servings

- 1-3 tablespoons lean meat, chicken, fish
- 2-4 tablespoons dry beans and peas
- 1 egg

### Fat Group – 3-4 servings

- 1 teaspoon margarine, butter, oils

### If you have a picky eater:

- Offer new foods one at a time, and remember that children may need to try a new food 10 or more times before they accept it!
- Avoid "short order cooking." Serve at least one food you know your child will like, but then ex-



pect him or her to eat the same foods as the rest of the family.

- Make food simple, plain, and recognizable. Some kids don't like food that is mixed (like a casserole) or food that is touching.

### Additional tips:

- Set a good example of healthy eating for your child.
- Plan regular meals and snacks and give kids enough time to eat.
- Plan a quiet time before meals and snacks. Kids eat better when they are relaxed.
- Don't use food as a reward.
- Involve your children in making the food.
- Use child-size plates, cups, forks and spoons.

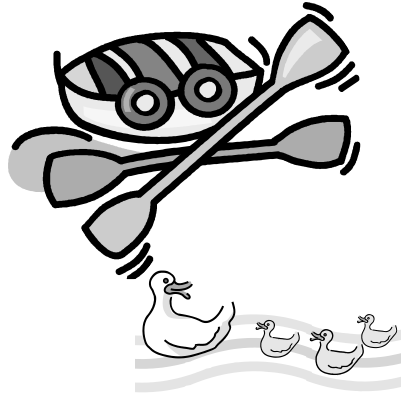
~From Medline Plus

# SONGS FOR MARCH

## Row, Row, Row Your Boat

Row, row, row your boat,  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

Row, row, row your boat,  
All around the lake.  
Merrily, merrily, merrily, merrily,  
Life's a piece of cake!



## Three Little Ducks

Three little ducks went out to play,  
Over the hills and far away.  
Mother duck said, "Quack, quack, quack!"  
But only two little ducks came back.

Two little ducks went out to play,  
Over the hills and far away.  
Mother duck said, "Quack, quack, quack!"  
But only one little duck came back.

One little duck went out to play,  
Over the hills and far away.  
Mother duck said, "Quack, quack, quack!"  
And all of the 3 little ducks came back.



## The Train Goes Choo, Choo

The train goes choo, choo.  
The train goes choo, choo.  
The train goes choo, choo, choo.

The plane goes zoom, zoom.  
The plane goes zoom, zoom.  
The plane goes zoom, zoom, zoom.

The boat goes toot, toot.

The car goes beep, beep.

## 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)

## 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
- ◆ The wipers on the bus go swish
- ◆ The doors on the bus go open and shut



## Little Red Car

The little red car goes up the hill,  
Up the hill,  
Up the hill.

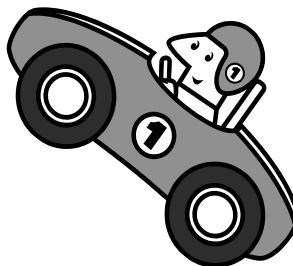
The little red car goes up the hill,  
Zoom, zoom, zoom.

The little red car goes down the hill,  
Down the hill,  
Down the hill.

The little red car goes down the hill,  
Zoom, zoom, zoom.

The little red car goes on the road,  
On the road,  
On the road.

The little red car goes on the road,  
Zoom, zoom, zoom.



# SIGNS FOR MARCH



## AIRPLANE

Right I-L hand, palm-down, jerks forward, repeat



## BUS

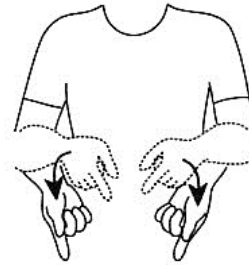
Left B, palm-right, in front of right B, palm-left; right moves back towards right shoulder

(see CAR)



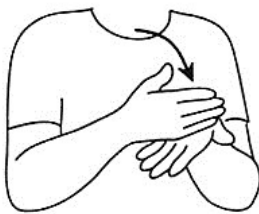
## CAR

Right C-hand behind left C; right moves backwards



## GO

G-hands face each other, roll out to point forward



## STOP

Side of right palm-left flat hand strikes left flat palm



## TRAIN

Palms-down H-hands, right fingers rub on back of left fingers



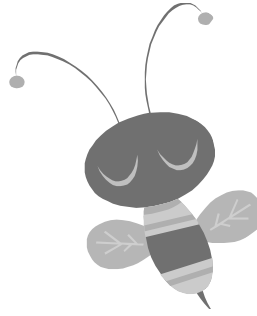
## WAIT

Palm-up right hand behind palm-up left, all fingers fluttering

# SONGS FOR APRIL

## Baby Bumble Bee

I'm bringing home a baby bumble bee.  
 Won't my mommy be so proud of me!?  
 I'm bringing home a baby bumble bee.  
 LISTEN! (hands by ear)  
 BUZZ BUZZ BUZZ  
 OUCH! He stung me!  
 Bye Bye bee. (wave goodbye)



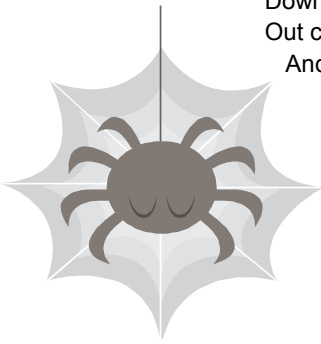
## This Is the Way

This is the way we sweep the floor,  
 Sweep the floor,  
 Sweep the floor.  
 This is the way we sweep the floor,  
 So early in the morning.

- Vacuum the floor
- Wash the floor

## Itsy Bitsy Spider

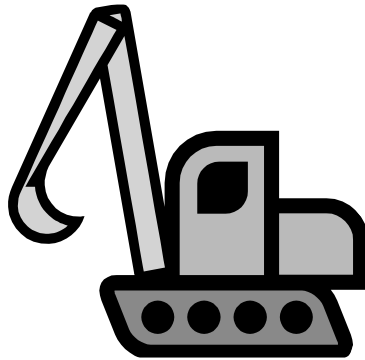
Itsy, bitsy spider went up the water spout.  
 Down came the rain and washed the spider out.  
 Out came the sun and dried up all the rain.  
 And the itsy, bitsy spider went up the spout again.



## Peter is Digging

Peter is digging with one shovel,  
 One shovel,  
 One shovel.  
 Peter is digging with one shovel,  
 All day long.

Peter is digging with two shovels,  
 Two shovels,  
 Two shovels.  
 Peter is digging with two shovels,  
 All day long.



## Speckled Frogs

Three green and speckled frogs  
 Sat on a rolling log'  
 Eating some most delicious bugs.  
 Yum! Yum!  
 One jumped into the pool  
 Where it was nice and cool.  
 Now there are two green speckled frogs.  
 Glub! Glub!

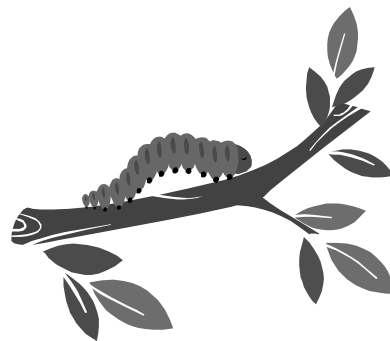
Two green and speckled frogs  
*Repeat 1<sup>st</sup> verse lines.*  
 Now there is one green speckled frog.  
 Glub! Glub!

One green and speckled frog  
*Repeat 1<sup>st</sup> verse lines*  
 He jumped into the pool  
 Where it was nice and cool.  
 Now there are no green speckled frogs.

## Caterpillar

There was a little caterpillar, climbing up a tree;  
 He wiggled here, he wiggled there,  
 He wiggled right in front of me.

I put him in a little box.  
 "Don't go away." I said.  
 And when I opened up the box  
 He was a butterfly, instead!



# SIGNS FOR APRIL



**BABY**  
Hold and rock baby



**BUG**  
Thumb of 3-hand on nose, wiggle the two fingers



**BUNNY**  
B's at temples, fingers of both hands flop forward and back  
(see RABBIT)



**CLEAN**  
Right palm wipes once off left palm  
(see NEAT)



**FLOWER**   
Flat-O at right of nose, then at left



**SOAP**  
Flick fingers of bent right hand back, off left palm; repeat



**SPIDER**  
Little fingers interlock and fingers wiggle forward



**WASH**   
Palm-down A-hand scrubs circularly in flat left palm