



# Parents as Teachers



Serving Families Since 1998

November/December 2013

Leander I.S.D.

## When the weather outside is frightful... Here are some ideas for technology-free indoor play!

### HOMEMADE TWISTER

Using four different colors of paper, cut four circles of each and tape them to the floor. No need for a spinner—put some pieces of paper in a hat with the different combinations on them, like “Left Hand, Blue”.

### USE PAINTERS TAPE TO CREATE ROADS FOR TOY CARS TO DRIVE ON AROUND THE HOUSE



### DISCO DANCE PARTY

Dim the lights, close the blinds, hand each child a flashlight (for the disco effect) & a scarf to twirl around. Cue up some music & dance!

### FAMILY OLYMPICS

- Bowling:** Set up empty water bottles, block towers, or even use jumbo crayons and knock them down with a ball.
- Hockey:** Grab a squishy ball for a puck & brooms for sticks.
- Volleyball:** Stretch a piece of string or yarn between two chairs. Hit a balloon back and forth over the net while sitting. Mix it up by playing on your knees, or hitting the balloon with your feet.

### RAID THE RECYCLING BIN! BUILD SOMETHING OUT OF EMPTY BOXES AND CONTAINERS!



### TOY EXCAVATION

Freeze a variety of objects in a block of ice. Place the block of ice in a bathtub, and give your kiddo plastic hammers, water, and salt to get his/her toys out.

### MAKE PAPER AIRPLANES! HAVE CONTESTS FOR HIGHEST, LONGEST, SHORTEST, AND LOWEST FLYING

### MAKE MINI VOLCANOES

Fill a dish/plate with a layer of baking soda. Fill a few cubes of an ice cube tray with vinegar dyed with different colors of food coloring. Use an eye dropper to drop the vinegar onto the baking soda and watch it “erupt”!

### LINE UP CHAIRS AND PLAY PRETEND TRAIN



### SENSORY TIME

Fill a large bowl or plastic bin full of peeled grapes, cold cooked spaghetti, sand, water, cornstarch, rice, or dry beans. Add kitchen utensils for digging and dumping.

### PENGUIN SHUFFLE

Have the children stand with their "eggs" (beanbags or socks stuffed with beans & tied) on top of their feet. Try to shuffle across the room without dropping their eggs.

### SKIING

Use empty tissue boxes as skis and long sticks as poles. Child puts his feet inside boxes and slides feet along floor pretending to ski.

### JUMP ON BUBBLE WRAP!

### TREASURE HUNT

Create a treasure map, and hide “treasure(s)” in the house. You may even dress up as pirates.

### MITTEN PLAY

Set out two bowls, one empty and one full of cotton balls (“snowballs”) the child moves cotton balls from one bowl to the other while wearing mittens. Or wear mittens and explore ice in bowls or in the tub.

### COOK SOMETHING TOGETHER!

### WRAP A SNOWMAN RACE

To play, divide your group into pairs, each with a builder and a model. Give each builder a roll of toilet tissue, a length of crepe paper, and three circles cut out of black paper backed with a loop of tape. Builders race to wrap their partner with the roll of toilet tissue, finishing off the look with a crepe paper scarf and the three card stock buttons. The first builder to complete her snowman wins.



### STRING CHEERIO OR FRUIT LOOP NECKLACES

### INDOOR SNOWBALL FIGHT

Have an indoor snowball fight with socks or cotton balls.

### HOTTER/COLDER

Hide small toys or edible treats around the house and encourage your child to find them. Tell her she is "hotter" when she is closer to the hidden item, "colder" as she moves away from it.

### FAMILY-PHOTO BINGO

Improve your child's memory and learn who's who in your family with this photo game. Take nine family photos and arrange them into rows of three, then give your child playing cards or checkers pieces to serve as bingo chips. When someone calls out "Daddy" or "Grandma," your toddler covers the photo. Whoever gets three in a row wins.

### MESS FREE FINGER-PAINTING

Put a few blobs of washable finger paint in a zip-top bag, press the air out of it, seal it with clear packing tape and let your tot have at it.

### USE PRETZEL STICKS & LARGE MARSHMALLOWS TO CREATE!

### SHAPE SHAKE

Cut out a cardboard shape and pierce a small hole in the center. Tie one end of a string to the doorknob of your child's room and thread the opposite end of the string through the shape's hole. Have your child stand across the room holding and shaking the free end of the string. See how long it takes her to shake the shape from one end to the other.

### ANIMAL CHARADES

Place several stuffed animals in a pillowcase. Close your eyes while your child takes one out and looks at it. Have her put it back in the case and act out the animal, while you try to guess what it is.

### HOPSCOTCH ON YOUR FLOOR USING TAPE

### Cedar Park Holiday Tree Lighting & Santa's Workshop

Music, carriage rides, and arts & crafts. Free!  
December 6th, from 6:30pm to 9:00pm  
Heritage Oak Park, 875 Quest Parkway (by the big oak tree)

# BURNET

### Christmas on the Square

December 14<sup>th</sup> 9am-9pm. Free!  
Arts & crafts booths, live entertainment and music throughout the day, Parade, Great Bicycle Giveaway!

### Main Street Bethlehem

December 6, 7, 8, 13, 14, 15 6pm-9pm. Free!  
Washington Street, east of town square.  
Walk the streets of the ancient town. Step through the city gates and begin your journey back in time. Free cookies and hot chocolate.



### Elgin Christmas Tree Farm

Hayrides, animals to visit, crazy maze, and playground.  
Also, visit the kid-friendly Barnstore.  
Tree cutting (tools provided).  
Opens the day after Thanksgiving

120 Nature's Way off Roy Davis Road, Elgin TX 78621  
(512) 281-5016 [www.elginchristmastreefarm.com](http://www.elginchristmastreefarm.com)

# Belton

### Nature in Lights

*Belton Lake Outdoor Recreation Area*

Drive through over 5 miles of holiday-inspired scenes. Visit Santa's Village for snacks, crafts, and a picture with Santa.  
November 16th-January 6th  
(254) 287-2523 [www.hoodmwr.com/nature\\_in\\_lights.htm](http://www.hoodmwr.com/nature_in_lights.htm)

### Christmas on the Chisholm Trail

*Yettie Polk Park on the Nolan Creek*

Seasonal vendors and food. Local entertainment. Visit with Santa. Thirty foot Christmas tree. Lighted Hike & Bike Trail.  
(254) 933-5860 [ci.belton.tx.us](http://ci.belton.tx.us)



### Marble Falls

### Christmas Walkway of Lights

Over 2 million lights. Santa visits on the weekend.  
Free!

November 22<sup>nd</sup>-January 1<sup>st</sup>  
Open every night from 6:00 to 10:00pm.

### Christmas Light up Parade

November 16, 6:00pm



## TEMPLE, TEXAS

### Silo Christmas Tree Farm

Nov. 23<sup>rd</sup>-Dec. 22<sup>nd</sup>  
Choose & cut your own tree  
7617 McGregor Park Road  
(254) 986-7985



## Johnson City

Hundreds of thousands of lights, carriage rides, and a lamplight tour of LBJ's boyhood home. Info: (830) 868-7684

# AUSTIN

### Pioneer Farm—Ebenezer's Journey

 Fridays and Saturdays, Dec. 7, 8, & Dec. 14-15. 7pm-10pm, rain or shine.

In this unique style of theatre, the audience moves through the story as a group, experiencing the tale as Mr. Scrooge. The town square will be filled with caroling, storytellers, and other family friendly activities and entertainment. Plus, the General Store will be stocked full with historical and educational gifts and toys.

10621 Pioneer Farms Drive, Austin (512) 837-1215

**Chuy's Christmas Parade** November 30<sup>th</sup>, FREE. The parade starts at the Capitol at 11am and moves south down Congress Avenue. All attendees are encouraged to bring a new toy for Operation Blue Santa, which helps disadvantaged children enjoy the holidays. (512) 837-1215

**Trail of Lights** December 8<sup>th</sup>-22<sup>nd</sup> at Zilker Park. FREE.

**Capitol Tree Lighting Ceremony** December 1<sup>st</sup>, 6-9pm. Holiday sing along and downtown stroll. Attendees are encouraged to bring canned goods for donation. [www.downtownaustinholidays.com](http://www.downtownaustinholidays.com)

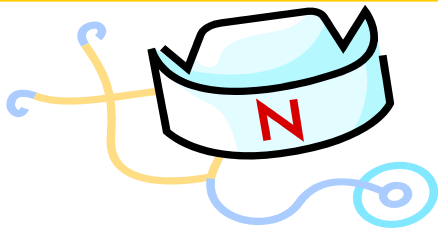


## Georgetown Christmas Stroll

December 6<sup>th</sup> 5pm-10pm and December 7<sup>th</sup> 9am-8pm



Parade to welcome Santa to the square, listen to classic holiday carolers, stroll along magical main street with sparkling lights and jolly window displays, munch on wonderful holiday treats at the bakery and candy store, become part of a live Nativity in Bethlehem Village, tease the Grinch in Whoo-Village, eat dessert with the Grinch from 6pm to 9pm, lunch on some festival foods, and shop in every nook and cranny with 200 plus vendors! [www.thegeorgetownsquare.com](http://www.thegeorgetownsquare.com)



## HEALTHY HOLIDAY HINTS FROM NURSE REBEKAH

It's hard to believe the holidays are just around the corner! I hope everyone has had a fun fall and is ready for the whirlwind of the holidays.

With the holidays approaching, we are facing cooler weather, and we will be inside more with the possibility of germs, cold and the flu virus everywhere. Though it's almost impossible to keep your kids healthy year round, you can take some precautions to reduce the risk of colds, flu, and other illnesses. Regular hand washing is one of the keys to keeping your kids healthy. Teach your kids to wash their hands using warm water, soap, and to scrub for at least 15 seconds. Stress to your child that they should never share drinks with other children. Replace toothbrushes when your child has a cold or the flu. Disinfect toys and surfaces such as tables, sinks, light switches and bathtubs with a weak bleach solution (1/2 cup bleach to a gallon of water). A healthy diet and plenty of sleep will also help to keep your child's immune system strong. Also, getting a flu shot is a very good idea. This will protect not only you and your child, but those you come in contact with. The flu vaccine is now available in a mist or a shot so you have more options to choose from.

Have a healthy and happy holiday season!!

### Do You Know What STEAM Stands for?

Science, Technology, Engineering, Arts, and Math...and it's all going to be at your child's fingertips when The Thinkery opens on December 7<sup>th</sup>. The Thinkery is the new name, face, and philosophy for the old Austin Children's Museum. One writer said, "The museum is not only a place for learning and experimentation, but also a place that is visually and architecturally beautiful." Interactive exhibits and innovative hands-on programming are key elements of the museum and they have expanded the activities to reach children up to 11 years old. So, save the date and enjoy a day with the entire family. **If you want to read more about The Thinkery, go to [thinkeryaustin.org](http://thinkeryaustin.org).**

### MARK YOUR CALENDARS!

#### November Parent Connection:

Tuesday, Nov. 19<sup>th</sup> 10-12 (Eng)

Wednesday, Nov. 20<sup>th</sup> 10-12 (Spanish)

#### Annual Holiday Family Night:

December 11<sup>th</sup>, 6pm-8pm

#### A New Face Around Town...

The Leander PAT Program has been in partnership with the University of Texas for the past 10 years as a registered site for interns. Our newest intern, Valeria Grimaldo, is from Harlingen, TX and is a fourth year Human Development and Family Sciences major. While studying at UT, she has learned about parenting and child development and is thrilled to see it in action with Parents as Teachers. Seeing the impact that PAT has had on families within the Leander community has inspired Valeria to become a parent educator. In her spare time, she loves to cook and listen to music. She is looking forward to learning more about the program and can't wait to see what the future has in store. Valeria will be with us until early December and we are working hard at keeping her very busy!

#### Parents as Teachers Staff

Erin Garner, Coordinator	570-0320	Elaine Scott	570-0323	Neshmayda Rojas, Bilingual	570-0324
Malissa Wheeler	570-0360	Emily Buratti	570-0322	Sarah Dickson	570-2261
Cindy Kawejsza, Bilingual	570-0326	Bonnie Hahn	570-0338	Rebekah Love, RN	570-0321

# NOVEMBER & DECEMBER BIRTHDAYS, NEW FRIENDS & NEW ARRIVALS



## November

Adalynne Middleton	11/20
Andrea Esquenazi	11/23
John Gupton	11/20
Saumya Mittal	11/5
Titus Guzman	11/12
Abby Zapalac	11/4
Yuzniel Benavidez	11/16
Salvador Escobedo	11/6
Zoe Collazo	11/23
Alexandra Hernandez	11/1
Fabianna Sanders	11/25
Omar Saldana-Hernandez	11/17
Elliot Love	11/27
Marley Brylynn Stringer	11/19
Walker Weilhart	11/25
Iris Beal	11/29
Julia Gray	11/5
Mia Hernandez	11/4
Courtland Hutchison	11/11
Joshua Steinbach	11/25
Julianna Garcia	11/10
Julian Lash	11/10

## December

JP Payne-Stolle	12/9
Iker Muniz	12/23
Andres Salazar	12/3
Jesus Jaramillo	12/25
Samantha Jaramillo	12/29
Makayla Mendieta	12/12
Kai Anastasis	12/25
Natalie Gonzalez	12/16
Malachi Kimball	12/3
Ava Bailiff	12/28
Avelyn Doucet	12/29
John Feldman	12/29
Calvin Hargrove	12/13
Robby Harris	12/30
Keira Phillips	12/3
Alayna Rodriguez	12/8
Allison Morales	12/29
Kavien Ware	12/17
Caleb Williams	12/16
Alexis Whitcomb	12/25
Jaylon Berry-Hood	12/8
Titus Kasper	12/18
Joseph de los Reyes	12/19



## New Arrivals

Julian Cardona was born on  
August 18, 2013.

Amelia Bryant was born on  
September 26, 2013.



## New Friends

Jimena Quijada	Bryan Govea	Dylan Govea	Jesus Jaramillo	Samantha Jaramillo
David Resendiz	Alexa Resendiz	Ashlyn Holmes	Markell Thomas	Andrea Rojas-Carrillo
Sam Dyer	Brielle Sheldrup	Sofia Brooks	Ryla Oliphint	Yuzniel Benavidez
Sebastian Jaimes	Iker Lopez	Brian Garcia	Allison Cummings	Estrella Mireles
Avery Kolinek	Devon Blake	Ian Cummings	Tyson Cummings	Savannah Cummings
Olivia Feldman	John Feldman	Usbaldo Garcia	Colt Garner	Robby Harris
Cohen Hennrich	Dallen Hennrich	Dylan Johnson	Nathan Kasper	Michael Kendrick
Clarence LeChien	Josephine LeChien	Turner Lowery	Aiden Manuel	Attlee Manuel
Marissa Martinez	Cullen Mayfield	Yajaira Mendiola	Thomas Norwood	Hayden Pelt
Keira Phillips	Cali Phillips	Jeziel Quintero	Natalie Ramos	Lizeth Martinez
Brielle Spradling	Joshua Steinbach	Lydia Steinbach	Charlotte Toole	Alejandra Valdez
Michael Valdez	Walker West	Paisley West	Alexis Whitcomb	Kylee Whitcomb
Emma Woods	Kaila Schey	Logan English	John Schey	Tyler English
Michael Moore	Anamarie Guzman-Munoz		New Provider: Karen's Kids in Leander	