

Holmen Public Preschool

Early Childhood Special Education Services and 4K Program
Prairie View Elementary and Viking Elementary

Public Preschool Office

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Holmen, WI 54636

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2019

Sue Eitland, Administrator

eitsue@holmen.k12.wi.us

From the principal's desk...

It's hard to believe that December is already here! As you are aware, we're getting close to more holidays and winter break!

A special THANK YOU is extended to all EC/4K students and families for supporting the ringing of bells for the Salvation Army at Festival Foods at the end of November. We will be in the Holmen location again on December 3rd between 4:00 and 6:00 p.m. if you'd like to have your child join us as you grocery shop or if you just want to say HI.

Please keep in mind that we are partners with you regarding your child's education, health, and well-being. Feel free to reach out to your child's teachers and/or me at your convenience if we can be of support to you, and we will do the same. Thank you for all you do to guide your children as they play, learn, and grow while exploring their interests.

I recently came across an article from the Technical Assistance Center on Social Emotional Intervention for Young Children that I would like to share with you. It's about "Making Life Easier" for you and for your children. The article containing various tips is on the last few pages of this newsletter. I hope it comes in handy!

Have a wonderful Holiday Season, and best wishes for the New Year!

~Sue Eitland, Administrator



- **Wednesday, December 13th**
Early Release – No School EC/4K Students
Children's Museum of La Crosse Outreach Event
10:00 a.m. – 12:00 p.m.
- **Monday, December 23rd – Wednesday, January 1st –**
No School



“Meet the Staff”



My name is Jennifer Luloff and I teach 4K at Viking Elementary. I was born and raised in La Crosse, and am the oldest of four girls. After graduating from Logan High School, I attended Winona State University where I received a Bachelor of Science Degree in Elementary and Early Childhood Education. I graduated from Winona State in 2005 and later received my Master Degree from UWL. I began teaching 4K in Holmen in 2010. Prior to joining this 4K team, I taught Kindergarten as well as a K-6th grade healthy lifestyles class in Fountain City, Wisconsin. Working with young children and advocating for their success is my passion. Supporting their learning and finding ways to help them overcome hurdles while developing pride in their accomplishments is what makes this an amazing job! I currently live in Holmen with my husband, daughter, and black lab. My husband teaches physical education and coaches football and wrestling at Holmen High School. Our family loves to be outside together. We enjoy fishing, hunting, going to the park, going for bike rides to the library, and visiting the ice cream shop.

My name is Penny Marrinan. I live in Onalaska, WI, with my husband, Matthew, and my daughter, Maggie. I like to cook, bake, try new arts & crafts, and spend time with my family and friends. I have been working as an educational assistant for eight years now and with Mrs. Luloff for seven years. I enjoy working with children and watching them grow. I have been on a leave of absence due to an extensive foot injury. Fortunately, I am looking forward to returning to school soon to see all of you again! I aspire to see the kids work cohesively with their peers, learn communication skills, show independence in daily tasks, and have fun while simultaneously enjoying playtime! The children are eager to learn and that is what makes my job so worthwhile!



Hi, My name is Leslie Marconi. I have been working in the Holmen School District as a substitute Educational Assistant for about a year now. Last year I worked at Evergreen and ended the year subbing in Mrs Luloff's room. Since the start of this school year I have had the privilege of once again long term subbing for Ms Penny in Mrs. Luloff's classroom. I live outside of Holmen in a house we just bought with my husband and our 2 kids. I graduated from Holmen in 2002, and love living in such a great community. I love spending time with my children, traveling, being outside, and learning new things.

Hello! My name is Ann Wilson, and this is my twelfth year teaching 4K. This is my fifth year teaching in the School District of Holmen. I graduated from the University of Wisconsin La Crosse where I earned my Bachelor's Degree in Early Childhood - Middle Childhood Education. I live in Onalaska with my husband Robbie and my daughters Kennedy (7 years), Desiree (4 years) and Eva (19 months old). I enjoy every minute that I have with my family. We especially enjoy playing and watching sports together! I love teaching young children because they have such a natural curiosity about the world around them! It's so much fun to empower them to be lifelong learners. Each 4K class has an educational assistant, and I am lucky enough to be partnered with Lori Taylor. I can be contacted through email at wilann@holmen.k12.wi.us or by calling [608.526.1381](tel:608.526.1381).



Hi, my name is Lori Taylor and I have been an educational assistant with the School District of Holmen for over 16 years. I began as an Early Childhood Special Education Assistant and then moved into a 4K Educational Assistant position when the program started. I have the privilege of working with Mrs. Wilson in the classroom. My husband and I love living in Holmen and truly enjoy the beauty of this area. Some of my favorite things to do is spend time with our three granddaughters, watch movies, read, kayak, bike and simply be out in nature.



Hello 4K families! My name is Melanie Brooks and I teach 4K at Prairie View Elementary. This is my third year teaching for the Holmen Public Preschool Program, and my sixth year of teaching overall. I am originally from a small town in Minnesota, not far from Rochester. After high school, I went to UW-Stout and graduated with a bachelor's degree in Early Childhood Education. My husband and I live in Bangor and we love to find things to do outside together like kayaking, camping, hiking, etc. Teaching 4K has become a passion of mine! The enthusiasm that my students have for learning is infectious and makes every day an adventure. I love that my students keep me busy and on my toes. No two days are the same.

Hi!! My name is Lee Thoma and I am an Educational Assistant in Mrs. Brooks' classroom at Prairie View. I have been working in the Public Preschool/4K program since 2011. I also work at Burn Boot Camp in Holmen during the week nights and on the weekends. I have a degree in Marketing and am a few credits shy of my Bachelor's Degree in Marketing Education from UW-Stout. I grew up in Holmen and now live in Galesville with my husband. My husband and I will be celebrating our first wedding anniversary at the end of April. Outside of school, my husband and I love to enjoy time with our families and friends. We also love to go camping, boating, motorcycle riding and spending time on our ATV riding around on our land. I love to play volleyball, softball, weight training and running. I have just recently finished running my 5th half marathon and am training for a Ragnar Race coming up this summer. I tell everyone that I meet that I have the best job ever!!! I get to play with the students in the classroom, offer them snack and ride the bus with them; their 3 most favorite things in the entire world at the age of 4!!!



Hello! My name is Ms. Eitland. This is my seventh year as the administrator of the Holmen Public Preschool Program, and my 24th year in the School District of Holmen. EC/4K is the place to be! Our team enjoys working with young learners and their families, as well as collaborating with community partners. You won't want to miss out on our Family Outreach Events where we play, learn, and grow together! When away from work, I enjoy playing piano; cheering on the Packers, Badgers, and Brewers; and spending time with family and friends. We hope you are having a great year!

Greetings Holmen Public Preschool families! My name is Kristy McKnight and I am the Holmen Public Preschool Administrative Assistant. I have been with the School District of Holmen for 14 years. I am privileged to have had the opportunity to have been a part of "launching" our 4K program 13 years ago!

I am a graduate of Holmen High School. My husband and I have two children and reside in Holmen. My son is 8 years old and in third grade and my daughter just turned 5 and is in 4K.

I look forward to connecting with all of our Preschool families at some point throughout this school year! I can be reached by email at mckkri@holmen.k12.wi.us or by calling 608.526.1381.



News from Reading Together

We have enjoyed a full month of Reading Together with our students. We have all acclimated to the routine and are making great connections. We enjoyed reading many fall books despite the more winter-like weather we've had!

During December, we'll explore our winter theme books and transition into the Echo Reading strategy. We'll choose books with fewer words (board books work great). We'll have the students echo each sentence we read aloud while tracking the words with their fingers. This strategy really helps students realize where the words are on the page, identify letters, and track from left to right and top to bottom.

We will also start sending book bags home. Students may read the books at home and have fun with the projects/games for one week. We hope you enjoy this special time with your child!

Students in the Reading Together program are encouraged to attend Story Time at the Holmen and/or Onalaska Libraries. We have a special relationship with these libraries. As a Reading Together student you can attend Story Time and fill out a coupon to win a FREE book from our program. Congratulations to our October winner, Trey from Mrs. Brooks' classroom. As a reminder Holmen Public Library Story Times are Tuesdays at 6:30 pm and Wednesdays at 10:15 am. Onalaska Public Library story times are Mondays at 6:30 pm and Thursdays & Fridays at 10:00 am.

We hope our students are enjoying Reading Together at school and at home. If you ever have questions, please contact us.

Mrs. Chelsy Miller, milche@holmen.k12.wi.us

Mrs. Shari Ireland, iresha@holmen.k12.wi.us

Health Office:

Emily Hanes BSN, RN

Vision Screenings: The Lion's Club was here for vision screenings during the end of October at Viking and are in progress at Prairie View due to SPOT camera issues. If any issues are found your building's nurse will contact you. In Kindergarten, your student will receive both a hearing and vision screening.

Many vision issues are first noticed when children enter the school setting. Poor vision can affect a student's ability to learn. Letter, words, and numbers are not clear on paper or on the board, creating mistakes and making the child frustrated. Safety issues can also arise if children are unable to see potential danger. The earlier an issue is found, the easier it is for some to be treated.



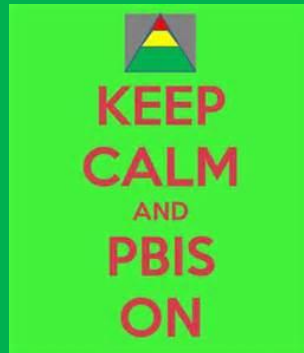
**Wednesday, December 13th is
a District Early Release Day.
Therefore, EC/4K students
will not have school!
Please join us at the
Children's Museum from
10:00 a.m. - 12:00 p.m.**

PBIS - Second Step Social curriculum Strategies for School AND Home

All 4K students are learning the *Second Step* social curriculum in their class. This is a series of lessons that teach specific social skills that are age appropriate, such as listening, following directions, identifying and naming feelings, managing strong feelings, joining in play and thinking of solutions when there is conflict. One of the lessons each week uses puppets to act out scenarios and the children can help the puppets figure out how to use strategies to solve their problems. It is often easier for children to identify what others should do before they are able to react appropriately in the moment. You and your child could create and name a puppet to use at home. Have the puppet help act out a problem your child might be having and have your child help the puppet work out what they should do.

Some other specific strategies your child will be learning in this curriculum include the following:

- *Belly breathing* is taught as a way to help children calm themselves when they are feeling strong emotions. A good way to practice this is to have your child lay on the floor with a stuffed animal on their stomach and work on breathing in and out and watching the animal go up and down.
- They also practice using "*attentoscopes*" which is making pretend binoculars with their hands to focus their attention on what they should be focusing on.
- Additionally, a focus is working on *naming their feelings* when they get upset by placing their hands on their stomach, belly breathing and saying "Stop. I feel _____", this is something you can model for your kids when little upsets like spilling a glass of milk happen to you at home!



***No School Monday, December 23rd – Wednesday, January 1st. Classes will resume on Thursday, January 2nd.**



Winter Fun

It is important for kids to stay active in the winter months and to get some fresh air. Safety is a priority. Be aware of the winter terrain. Wear a helmet when skiing, snowboarding, snowmobiling, and sledding. Always dress appropriately for the weather and be aware of changing weather conditions. Get outside and enjoy winter!

10 Winter Activity Ideas:

1. Go sledding
2. Build a snowman
3. Search for animal tracks
4. Shovel snow
5. Try snowshoeing
6. Make a snow golf course in your backyard and play
7. Take advantage of a friend's offer to go ice fishing, skating, skiing, etc.
8. Make a snow sculpture
9. Build a fort
10. Make snow angels

Dress for the Weather

- Wear several layers of loose fitting, lightweight warm clothing rather than one layer of heavy clothing. The outer layer should be tightly woven and water repellent.
- Mittens are warmer than gloves.
- Wear a hat. Most of your body heat is lost through your head.
- Cover your mouth with a scarf to protect your lungs.
- Keep dry. Change wet clothing to prevent a loss of body heat.

CREATIVE CURRICULUM INTEREST AREA: LIBRARY

The Library Area is a very important part of your child's classroom. It's where children gain the foundation for reading and writing. It's also a place where students can relax and enjoy the wonderful world of books.

We encourage students to look at books, listen to recorded stories, retell stories, and "write" their own stories throughout the day. Sometimes children dictate stories to an adult, which we record for them.

We read stories to the children every day. Reading introduces new ideas, helps students learn how to handle problems that come up in life, and mostly encourages children to develop a love for books. As children listen to us read, their own reading skills begin to develop.

Here are some of the things we do as we read:

- Look at pictures and ask: "What do you see?"
- Encourage children to predict what will happen next: "What do you suppose will happen now?"
- Encourage children to repeat words, rhymes, and phrases they've memorized.
-

What You Can Do at Home

Research has shown us the important role families play in helping children learn to read and write. The single most important thing you can do is to read to your child every day. When your child sits next to you as you read, he begins to connect books with good feelings. Here are a few more things you can do with your child.

- Encourage your child to talk about the stories you read.
- Ask questions like, "I wonder what will happen next, or "I wonder why..."
- Try to relate the story to something in your child's life ("That looks just like Grandpa's dog!")
- Visit the library and check out books that interest your child.
- Give your child paper and pencils, pens, or markers and let him experiment with writing.

If you would like some help choosing books, or guidance on how to read with your child, please let us know. To keep your child's home library well stocked, you can draw on the resources of your local public library. When you take the time to read to your child every day, you are doing the very best thing to help your child grow up to be a successful reader.

Be Prepared for Inclement Weather or Emergencies

In case of inclement weather or other emergencies that may arise, you will receive communication from the district's notification system in the form of a text message. You must have opted in to receive the message.

You may also wish to check the following locations online for various types of communication:

School District of Holmen website at www.holmen.k12.wi.us

School District of Holmen Facebook Page

Holmen Public Preschool Facebook Page

The following radio and television stations will be kept informed of school cancellations and delays, as well.

Radio stations:

WQCC—FM	CC 106.03	106.3 FM
WLXR-FM	Magic 105	104.9 FM
WLFN-AM	AM 1490	1490 AM
WKBH-FM	Classic Radio	100.1 FM
WKBH-AM	Relevant Radio	1570 AM
WFBZ-FM	ESPN	105.5 FM
KQEA-FM	The Eagle	102.7 FM
WIZM-FM/AM	Z-93	93.3 FM/1410 AM
WKTY		580 AM
WRQT	The Rock	95.7 FM
WCOW-FM	Sparta	97 FM

Television Stations: WKBT TV Channel 8 and WXOW TV Channel 19



Please note:

If there is a 2-hour school delay, the AM session of Early Childhood and 4K will be cancelled for the day, but the PM session will run as usual.

If school is cancelled or there is an early release due to inclement weather, all Public Preschool activities and programs for the remainder of the day/evening will also be postponed.

Virtual Backpack

The School District of Holmen has implemented a “green” approach for distributing flyers from community organizations, and has discontinued the process of sending paper flyers in your student’s backpack, unless they are school related. The information is divided into three sections, by grade levels, and updated on a regular basis.

Click on this link: <https://www.holmen.k12.wi.us/community/pre-k-elementary-school-flier.cfm> to be directed to the actual webpage which is housed in the COMMUNITY/PARTNERS tab of the homepage.

Note that most of these advertisements are not district publications (unless marked). The District enables their online distribution as a community service to inform you of educational opportunities, activities and events available in our area.

ALICE Emergency Drills

Student, staff, and visitor safety within our school settings is our top priority, and we will practice ALICE Drills throughout the school year.

What does ALICE mean?

Alert: We will get the word out using clear concise language and describe the location of the event.

Lockdown: We will teach students and staff how to lockdown in secure areas while barricading entrances.

Inform: Keeping the staff and students informed continually allows for good decision making.

Counter: Apply skills to barricade, and if necessary, distract, confuse and gain control.

Evacuate: Reduce the number of potential targets for the intruder, and reduce chances of injuries resulting from friendly fire when help arrives.

The School District of Holmen has trained all staff in ALICE emergency procedures. EC/4K teachers are introducing students to ALICE drills through a slideshow presentation and discussion. Students are told in "4K friendly terms" that ALICE is the name of the procedures we use when there is a person in the building who we do not want here. Please note that our main message is that whenever there is an ALICE announcement, the students are to immediately stop what they are doing, look/listen to their teacher, and do exactly what they say because teachers have been trained on how best to try to keep the children safe.

Please contact your child's teacher or Sue Eitland, EC/4K principal, should you have any questions pertaining to ALICE.

A Friendly Reminder...

The Public Preschool Office phone number is 608.526.1381.

Please use this number whenever you are trying to contact your child's teacher, the principal, or the administrative assistant.

We ask that you refrain from calling the Prairie View or Viking Elementary Offices for questions or matters pertaining to Early Childhood or 4K.

Thank you for your attention to this matter!





Speech and Language

With the holidays coming, parents may be looking for gift ideas. Why not think about some toys that are good at improving speech and language development? Here are some ideas below (in no particular order):

Mr. Potato Head



This toy is great for little kids, along with preschoolers to work on language skills, such as labeling and understanding body parts, prepositions (e.g. on his head, under his body), and basic concepts such as 'in' and 'out'.

Matchbox Cars



These are an all-time favorite of many children. They are inexpensive and provide opportunities for children to make sounds that will improve oral motor coordination, such as making raspberry sounds with lips. They are also great motivators for working on describing words (fast/slow, big/little, start/finish).

Blocks



Blocks are another favorite toy. They can encourage learning colors, counting and not to mention hand eye coordination. Children can learn to count from 1-10 by imitating and counting blocks repetitively.

Baby Dolls/Stuffed Animals



Dolls and Stuffed animals are great for feeding, changing and using 'everyday' basic language, such as "night-night," "more" and "please." Many children will 'talk' to inanimate objects when they won't talk with others. It's always interesting to hear what they have to say and how they say it. It's amazing how you will sometimes hear your own voice!

Puzzles



For younger children, the board puzzles with knobs are good for talking about spatial concept, such as "in", "out" and "on." Talking about the theme of the puzzle can also be fun! Animal and transportation puzzles are good for encouraging sounds, identifying colors, and counting.

Farm Set with Animals



This is a great set we use in Speech Therapy to elicit sounds in very young, non-verbal or children with limited communication, and sounds. Play farm sets can promote turn taking skills, sound development and labeling different animals

Play Kitchen



Imaginative play is important for a child's development. Talking about the daily chores and activities we perform helps to encourage speech, language and pragmatic skills. Play kitchens are even better if a child has another young playmate, or even a parent, to engage with.

Books



A staple for encouraging many aspects of a child's development, books can be used in many different ways. While literacy is an extremely important skill, books can be used to teach so many language concepts before a child can read. For younger kids, books can be used for labeling basic items (either receptively by having the child point to the item you name or expressively by having the child verbally identify the objects), forming sentences, working on individual sounds, phonological awareness, and literacy skills. We like the board books with flaps that can open to reveal a picture. This teaches object permanence, cause and effect, categories and early inferencing skills.

Coloring Books and Crayons



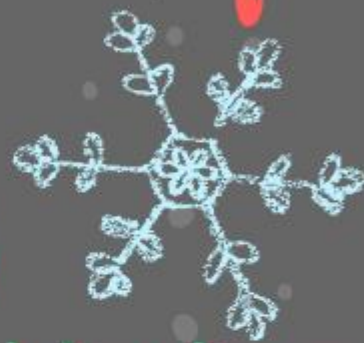
Probably for the reason you'd expect, coloring books and crayons are a great gift. They can help with sound development, counting, identifying shapes, colors, and objects. Coloring is also good for positive reinforcement after working in Speech Therapy or at home.

Universal speech screenings have taken place in 4K classrooms at Prairie View and Viking Elementary. If your child could use some extra practice or if there is a specific concern, one of the speech/language pathologists will contact you.

If you ever have any questions about your child's speech and language development, please call speech pathologists, Jolie Steinke or Elizabeth Dahlen, at (608) 526-1381.



Looking for some **extra**
income this **holiday**
season?



Sub Bus Drivers
\$20.98/Hr

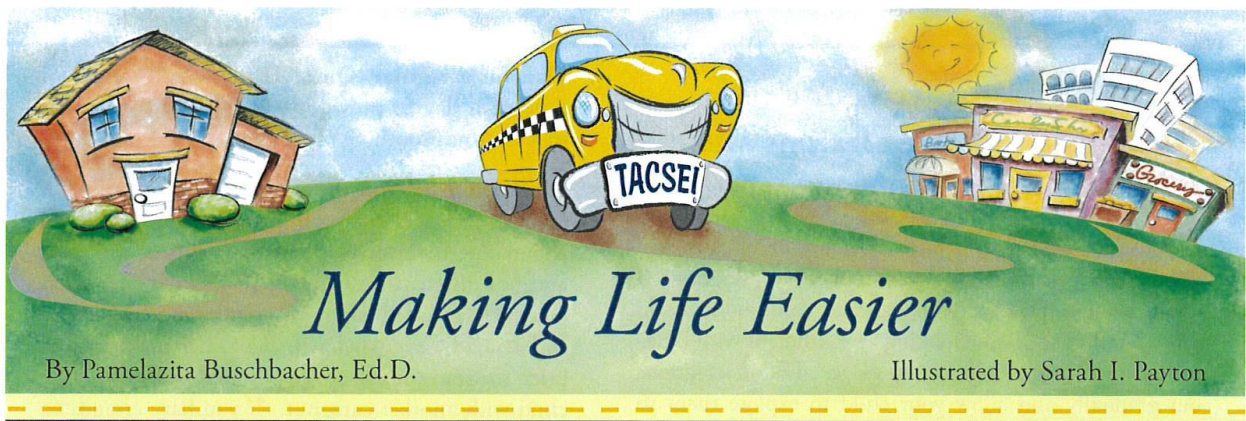
Sub Van Drivers
\$14.42/Hr

Sub Custodians
\$14.40/Hr

Visit www.holmen.k12.wi.us and
click the **EMPLOYMENT** tab
to learn more or contact
Wendy McCoy @ 526-6610 for
assistance with the online
application.

The School District of Holmen is
an EOE





Making Life Easier

By Pamelazita Buschbacher, Ed.D.

Illustrated by Sarah I. Payton

Holidays: Strategies for Success

While the holiday season is filled with enjoyable activities, events and traditions, it can also be a hectic and stressful time. Travel, shopping, loud music, bright lights, unfamiliar food, and busy schedules can turn typical routines upside down! The disruption to routine can be particularly difficult for children who depend on routine and predictability to engage in appropriate behavior.

The following tips will help ensure that the holiday season is enjoyable for you and your child.



Tip: Prepare your child for changes.

Talk to your child about changes to the schedule and environment. Look at pictures from previous holidays and talk about what happened during those events. Also talk about this year's special programs and about behavior expectations, e.g., "we will sit and listen quietly during the presentation...when the program is over, we will go to the lobby and have some cookies and punch." Discuss upcoming trips several days before the departure date. Let your child know when you will be leaving, where you will be going, and what you will do while away. Repeat these conversations several times before traveling.

Tip: Involve your child in preparations and minimize surprises.

If you are going to decorate the house or bake special goodies, involve your child and make the tasks fun! It could be upsetting for your child to come home from school to find the home looking very different with unfamiliar items and things out of place. Take decorations out gradually and allow your child to explore them so that she has time to adjust to the changes.



Tip: Pace your holiday activities.

Busy holiday calendars can leave adults and children worn out and stressed. When possible, balance times of high activity with calm, relaxed times. Try to spread activities out over the holiday season.

- ★ **Keep aspects of your typical routine whenever possible.** Consistency and familiarity can help build coping skills for the unfamiliar. As much as possible, preserve bedtimes and other routines. Allow for a leisurely bath, story, song or cuddle. Eat meals together.

- ★ **Plan for a regular 'Quiet Time'.** Try to build in time each day to provide your child with activities that she finds soothing or relaxing.

- ★ **Don't shop 'til you drop.** If your holiday season involves lots of shopping or errands, think carefully about how to involve your child. Stores will look and feel different this time of year as they are often extremely crowded and noisy. Children may become frightened or overwhelmed. Consider making trips brief, shopping at less crowded times, or leaving your child with another caregiver. If you have errands to run, limit the number of places you visit and let your child know that the errands will end at a fun place for her (e.g., a park, playground, ice cream store, etc.).

Tip: Give clear directions.

Give your child a positive direction that assumes she will cooperate. For example, instead of saying "Amy, do you want to get on the plane?" it is better to say, "Oh look, it's time to walk onto the plane. 1-2-3-4-5, Let's go." Remind her of expectations. For example, you might say, "Remember, walking feet on the plane." It is also helpful to show your child the behavior using pictures or by modeling it yourself.

- ★ **Use Positive Words.** Clearly and simply state what you expect your child to do instead of what not to do. Encourage your child in a way that lets her know that she is exhibiting the desired behavior.
- ★ **Give warnings that change is coming.** Most young children need help transitioning from one activity to another, especially if they are engaged in an activity that they enjoy. Let your child know in advance that a change is coming. Give a few staggered warnings letting her know how much time is left in the current activity as well as what is coming up next. Help your child through the transition by talking to her or singing a song such as "The Clean-Up Song" or adapting a familiar song to the task.



★ **Use 'Wait Time'.** A wait time of about 4 to 20 seconds is often all that is needed for a child to process and respond to a request.

★ **Provide choices, whenever possible.** Providing limited choices (two or three) for a child in a difficult situation can be a powerful strategy in preventing challenging behavior and redirecting a child to more acceptable behavior and cooperation. Choices help give children a sense of control over their surroundings and activities while still doing what needs to be done! Be sure that ALL the choices you offer are helping reach that goal! For example, if it is time to get dressed ask your child if she wants to get dressed by herself or with your help.

★ **Provide frequent and specific praise.** Let your child know when she is being cooperative and helpful by praising her specifically for what she is doing. For example, you might give your child a high five for sitting quietly in the car or you might say, "Thank you for holding my hand in the parking lot."

★ **Empathize with your child's feelings.** If your child cries, hits, bites, screams or hides, provide an emotional label for how she might be feeling and reassure her. Avoid punishment (e.g. "If you don't sit still, I am going to spank you.") and negative, and usually, untrue comments "Big girls don't cry" or "There is nothing to be afraid of." Let your child cry and comfort her by hugging, patting and/or using a soothing touch.

Tip: Prepare family and friends.

Inform family and friends of helpful strategies. Talk to your family and friends about strategies that might help ensure your child's success before spending time together. Consider specific aspects or situations that might have a negative impact on your child's behavior (e.g., sensory issues, difficulty waiting, food allergies or sensitivities, etc.) and share strategies that have worked for you. Be sure to focus on your child's strengths and strategies for success.



Tip: Pack for success!



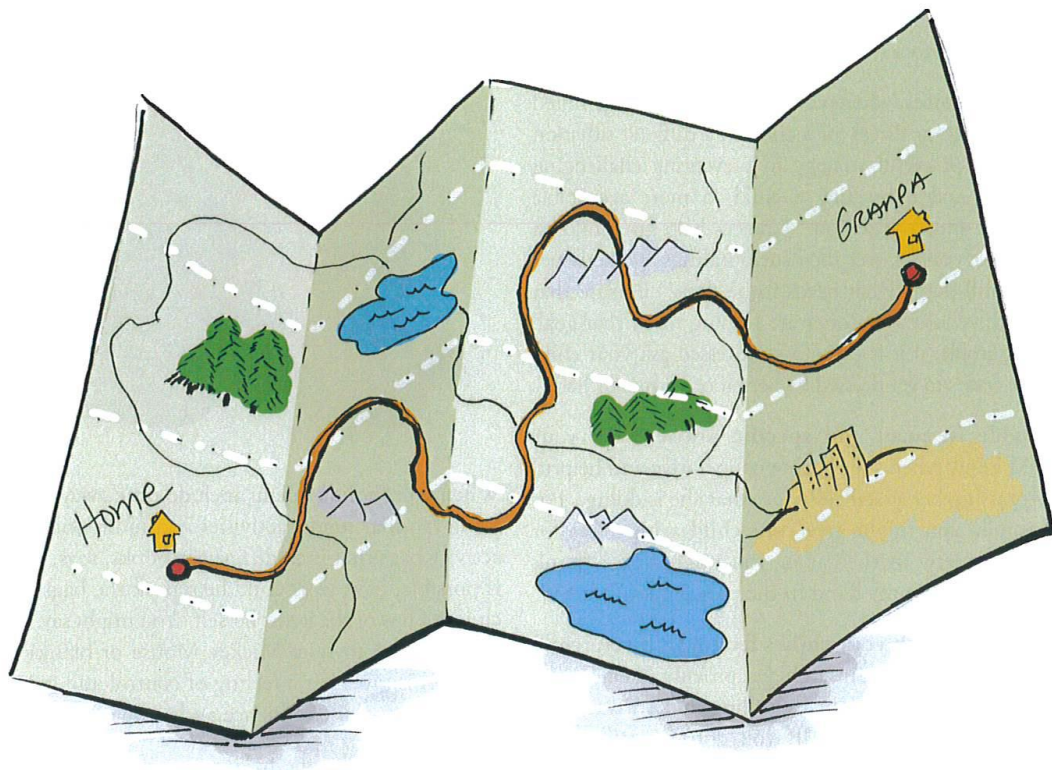
When your holiday plans include time away from home, bring familiar items, activities and foods with you. Pack activity bags that include favorite books, toys, and games. If possible, have your child help pack the bags so she can choose a few of the items herself. You might say, "Brianna, do you want to take Mickey Mouse or blankie in your bag?" This gives her a feeling of control and supports her growing sense of confidence and sense of competency.

For many families the holidays are a time of feasting and enjoying all kinds of yummy treats. Be attentive to diet changes and how they may affect your child. Chocolate, caffeine, sugar, and dairy products may have an impact of your child's digestion, well-being, and behavior. If your child follows a particular diet, be sure to bring items with you that might not be available where you are going. Pack nutritious food and drink options to balance out sweet, holiday treats.

Tip: Pre-travel planning.

★ **Reassure your child.** Let your child know that you will be with her and that she can take along a favorite toy or blanket. For example you might say, "Daddy will be with you" or "You can hold blankie on the plane."

★ **Rest stops aren't just for resting.** Familiarize yourself with your travel route as well as with parks and rest areas along the way. These offer great opportunities for children to run, jump, play with a ball, blow bubbles, and stretch. Many family-friendly restaurants and airports have play spaces also. A good rule is to take a ten minute break every two hours.



★ **Create a personal picture story about the trip.**

Create a small book with photos of the airport and plane or of the bus depot, bus, car or train. As you read the book with your child, let her know what will happen and how you expect her to behave. Read this to your child several times before the trip. Also, make sure to bring it along as a reminder. When children understand what is going to happen, they are less anxious which can increase cooperation and reduce challenging behavior.

Tip: Celebrate the successes along the way.

In closing, please remember that the team of professionals that support you and your child will have additional

specific ideas about how to help your child. Don't forget to ask them! Your child's speech and language therapist, physical therapist, occupational therapist, teacher, or other professional should be able to help you think about the best way to support your child over the holiday season. They are usually more than willing to help you make any needed specific supports (for example, a Travel Book, a Waiting Bag, a personal picture story, etc.). If your child is having persistent challenging behavior, you should ask the professionals who work with you to help develop a behavior support plan that will provide more specific strategies to prevent challenging behavior and help your child develop new social and communication skills.

Technical Assistance Center on Social Emotional Intervention for Young Children

www.challengingbehavior.org



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