



Books We Love

The Proust & The Squid by Maryann Wolf

We love this book because it explains the science behind how we read & how we take the complexity of reading for granted.

What's

Happening Next Month

April is World Autism & Occupational Therapy

Month

Siblings Day 4/10

Administrative

Professional Day 4/21

Check out our socials to see how we celebrate



TIP OF THE MONTH: *Rain or Shine Activities*

Sensory bins- fill bins with rice, beans, cotton balls, or water beads. Hide different items within the bin. Have scoopers and small cups handy to dump and fill.

Making dough- make a batch of homemade play dough and let your child roll, shape, and mold. Get a simple bread recipe together and have your child knead the dough.

Digging outside- create a section specifically for digging and exploration of the soil. Maybe even plant a garden!

Body painting- this is certainly messy but can be so much fun! Use finger paints or even pudding and use a variety of brushes or hands to create a masterpiece!

A MESSAGE FROM YOUR GALVIN STAFF:

The Beauty of Getting Messy by Kara Brogan Owner/Executive Director

We're already thinking about spring here in Cleveland. Our weather is very temperamental- snow one week and rain the next. This tends to make our yards and parks a tad bit muddy. Who am I kidding? It's a sloppy mess out there! Don't worry, we have some fun indoor messy activities for you.

Why get messy? The tactile system needs this exploration to gain information and understanding of temperature, pressure, pain, and textures. Our skin needs all the experience of textures it can get to give our brains information. Beyond that, messy play helps build language, motor skills, emotional connections, and creativity. Stand back and let your child be in control of the 'mess'.

Dirt Cup Recipe

Ingredients:

- 1 package Jello-O chocolate flavored instant pudding
- 2 cups cold milk (any variety of milk)
- 1 8oz tub of Cool Whip
- 15 Oreo cookies, finely chopped
- 10 worm shaped gummies
- Serving cups



Directions:

1. Beat pudding mix and milk in a large bowl with a whisk for 2 minutes. Let stand for 5 minutes.
2. Stir in Cool Whip and $\frac{1}{2}$ cup of the cookie crumbs.
3. Spoon into serving cups and top with remaining cookie crumbs.
4. Refrigerate for 1 hour. Top with worm gummies just before serving.

Tip: These can also be served frozen! Prepare as directed; cover tightly with foil. Freeze for 3 hours or until firm. YUM!

Mud Pie Recipe

Making a mud pie is a children's activity or game that consists of creating a mixture of water and soil and playing or pretending to make food or a pie. Mud pies are not meant to be eaten.

Ingredients:

- Dirt
- Water
- Play Clothes

Directions:

- 1 Dig a hole and add water to make a mud hole, or add some soil and water into a bowl.
2. Mix well with a stick or an old spoon.
3. Keep adding more soil or water until the mud is the consistency that you like. You can also add in some sand to play with another texture.
4. Enjoy!