Books We Love

The Boogeyman Exists: And He's in Your Childs Back Pocket
by Jesse Weinberger
A guide to discussing a safety in digital world with your child.

Cooking For Kids

Strawberry Applesauce
2 apples
1 cup strawberries
INSTRUCTIONS
Peel and cut the apples in squares.
Wash, rinse and cut strawberries in half.
Remove the stems.
Steam fruits for about 5 minutes and blend.
Enjoy

What's Happening Next Month

March 16th- Connecting For Kids Lorain County Resource Fair
March 16th- Purim
March 17th- St. Patrick's Day
March 19th- Holi

Check out our socials to see how we celebrate

A MESSAGE FROM YOUR GALVIN STAFF:
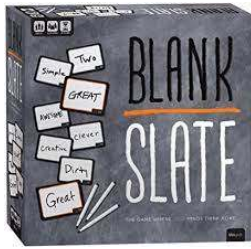
Family Love by Fiona Kessler, M.S. OTR/L

Valentine's Day is a diverse holiday and can mean different things. Typically: adults go to dinner with their significant other, buy chocolate and flowers; children get valentines at school and decorate cards for their friends at school. But keeping the ball rolling on taking part in self-care activities per the January Newsletter, let's try a new Valentine's challenge for the month of February: FAMILY LOVE!

The lack of playdates outside of school, plans constantly changing as the pandemic continues can lead to an increase in big emotions and feelings we see in our children. You may even see unfamiliar behaviors such as: crying inexplicably, taking out their aggression or frustration with siblings, needing more help than usual for daily tasks, acting impulsively or dangerously, handing you toys one after the other, saying they are bored even with typically preferred items, tantruming more than usual. These signs may be your child indirectly showing that they want to spend more quality alone time with you! Promote Family Love this month with some tips and tricks below!

TIPS & TRICKS:

1.Plan "1 on 1" time with your child for at least 30 minutes a day outside of bedtime. Activities could include: coloring a picture together, getting on the floor and playing animals/dinosaurs and cars, reading a book together, snuggling and watch a show on the couch.
2.Mealtimes are another great way to have a bonding experience. Put down the social media, turn off the TV and sit together at the table and ask your children about their days at school or daycare, or something positive that happened that day.
3.Schedule family game night 1 night a week, let your child or children pick out the game together to work on collaboration as well as family love.
4.Reach out to your child to ask for a hug, they may seem surprised by this especially if the hug is unprompted or nothing preceded you asking them for one. This is a great way to show your child how much you appreciate and need them just as much as they need you. Physical contact is also scientifically proven to calm and slow the heart rate which can be helpful if your child is frustrated or feeling sad.

GAME NIGHT

Ages 8+
Blank Slate is the clever party game from The Op Games where you try to predict what others are thinking.

Ages 3+
The game requires no reading and minimal counting skills, making it suitable for young children.
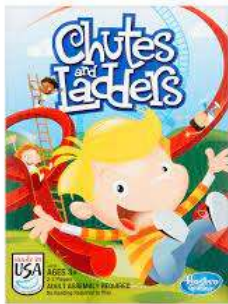
Ages 3+
The motto of the game is to make your doggie dig all three of his or her bones and make scoot back to the kennel.

Ages 10+
Family-Friendly Party Game! A roll of the dice determines how many items in a given category that player has to blurt out…but they better think fast!

Ages 3+
There are 100 squares on the board and the child advances the number of spaces that is determined by a spinner numbered 1 through 6.
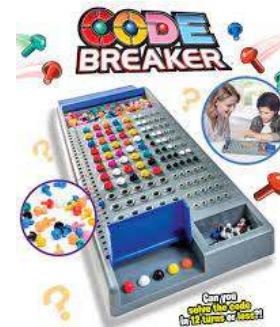
Ages 3+
A cooperative, non-competitive game. Players move six colorful snail game pieces along the path of the game board, each starting from their matching colored leaf.

Ages 6+
Players use differential yes or no questions to isolate a hidden character. The first player to guess the other players hidden character wins.

Ages 8+
The codebreaker tries to guess the pattern, in both order and color, within eight to twelve turns. Each guess is made by placing a row of code pegs on the decoding board.