



WHAT'S THE BUZZ WITH LYSB



• SEPTEMBER 2020 • EARLY CHILDHOOD •



LYSB EARLY CHILDHOOD PROGRAMS

Registration is now open!

Visit www.lysb.org for more information!

Mondays:

Infant & Baby Massage

Led by LYSB's Certified IAIM Infant Massage Instructor
9/14, 21 & 28 from 1-2 p.m.

Tuesdays:

Big Book Groups 9/29 & 10/13 from 10-11 a.m.

Playdough Special 10/27 10-11 a.m.

Wednesdays:

Dino Days 9/9-9/30 10-11 a.m.

Music & Movement 10/7-10/28 10-11 a.m.

Thursdays:

Music & Movement 9/10-10/1 from 10-11 a.m.

Creatures of October 10/8, 13, 20 from 11:30-12:45 p.m.

Fridays:

New Parents Meet & Greet 9/25 from 1-2 p.m.

Sensory Playgroup 10/2, 16, & 30 from 10-11 a.m.



FAMILY FUN IN SEPTEMBER: A FAMILY BIKE RIDE

Shoreline Greenway Trail

4.1 miles stretches from Bradford Preserve in East Haven to Hammonasset State Park in Madison. Visit traillink.com for details about parking & the best places for biking along the trail

Hammonasset State Park

Paved paths along the Long Island Sound make for beautiful views. Visit portal.ct.gov/DEEP for more information.

Farmington Canal Linear Park

This greenway covers approximately 84 miles from New Haven, CT to Northampton, MA. Visit www.farmingtoncanal.org for more information on specific sections to do in our area!

Or try a bike ride in your neighborhood!



Advantages of the International Association of Infant Massage Families, parents, and babies all experience life-long benefits from practicing infant massage. The benefits can be grouped into four categories. Here is an example of some of the many benefits. Interaction; such as bonding and attachment. Stimulation; such as muscular development and growth. Relief; from digestive issues. Relaxation; Improved sleep & regulation. More information on this and all Early Childhood groups at the Lymes' Youth Service Bureau can be found on www.lysb.org



HELPFUL TIPS: CELEBRATING BIRTHDAYS AT SCHOOL DURING COVID 19

Birthday celebrations at school are going to look different this year, but it doesn't mean you can't still celebrate! Here are some ways to make it special, while staying safe:

- bubbles for each child to bring outside
- ask to video call the class and read a special story
- ask if your child's class could have extra recess to celebrate
- send in individually packaged kits to make a craft
- decorate a white cotton mask with fabric markers that say "It's my birthday".
- *of course, get approval from your school first!
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THINGS TO DO SPOTLIGHT: DEEP RIVER FARM

Come sample some of their locally sourced coffee at the coffee bar. Then take a farm tour, visit the baby goats and visit their miniature lama. Marcus. While you're there visit the farmstand with organic, fresh, pantry, and prepared farm products. Then top off your visit with a trip to grab FRMsicle popsicles that come in over 60 varieties, and are all organic and naturally sweetened. Socially distant etiquette and mask wearing please.

Open 7 days a week from 7 a.m.-7 p.m.

362 West Elm Street, Deep River, CT

Phone: (860) 227-4963 or (860) 662-9124



HAVE AN APPLE DAY AT HOME!

Apple Picking

Scott's Yankee Farmer in East Lyme
(specific COVID 19 related instructions, please visit scottsy YankeeFarmer.net for more information)



Apple Washing Sensory Bin

Get those apples home and clean by putting them in a low standing bin, bucket, or in the sink with some soapy water. Give the kids scrub brushes and let them help you clean your apples.

Source: Busytoddler.com



Apple Stamping

Cut an apple into two halves. Pour some paint onto a plate. Allow your child to press the halved apple into the paint and then stamp it onto a piece of paper. Continue until they are done with their masterpiece!

Source: Busytoddler.com



Healthy Apple Donuts

Use an apple corer to core the apple. Then turn the apple on its side and cut in 1/2 inch slices. Then top your apples with your favorite toppings (nut butter, granola, raisins, fruit, etc. Enjoy!

(Source: woojr.com)