



Building Bridges



A place for fun,
friendship, and
development
through Applied
Behavior Analysis
Services



Vol 1. Winter 2023-24





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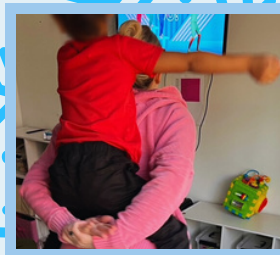
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EL EXPANSION

As we prepare to open our new location in the University City area, we are designing Early Learner Classrooms to meet the needs of our learners. The new rooms will have tables that resemble classrooms at school, bathrooms inside the rooms for easy access, and lots of natural light. When we open in University, learners will eat lunch in a large lunch room to mimic a cafeteria setting at school. The new gym will have sensory swings mounted from the ceilings for extra stability, and an amazing play structure for gross motor activities and sensory regulation.



We will open with two early learner classrooms that mirror those at our current centers. Our EL1 classroom builds foundational skills for kindergarten, while our EL2 classroom expands upon these skills.

HOW WE PREPARE FOR KINDERGARTEN



Throughout the day, our early learners engage in many activities that help them learn the skills needed to move into a full-time kindergarten classroom.

Some of these skills include:

- Walking in a line down the hallway
- Toilet training, and consistently self-initiating toilet use
- Eating at the table with peers
- Following a schedule chosen by "teachers"
- Engaging in arts & crafts including the fine motor skills or cutting, pasting, folding, tearing and tracing
- Sitting in circle times, attending to group instructions, and raising hands to gain attention
- Responding to their name with a gesture or vocal "yes?"
- Turn taking with peers
- Engaging in organized group games
- Wearing shoes throughout the day
- Requesting needed materials from adults and peers



ARTS AND CRAFTS

Our craft themes this winter have kept our learners excited to engage in new fine motor skills! Some of our recent craft themes have included:



Classic Books
Instruments
Emotions
Winter Holidays
Winter Birds



During craft time, learners work on imitating a modeled craft, cutting using adapted scissors and graduating to regular scissors, gluing using glue sticks and graduating to liquid glue, tearing paper, coloring within the lines, tracing shapes, using stickers and so much more!



GROUP GAME TIMES

This quarter, we have added many new group games to the lineup for our early learners! Some of these games include:



Act the Emotion (Charades)

Hot Potato

Match the Socks

Simon Says

Duck Duck Goose

Don't Break the Ice

Ants in the Pants



ADDING IN "SPECIALS"

In the upcoming year, the early learner classrooms will be adding "specials" to mimic an elementary school setting! We are so excited to see our learners engage in new activities and work together on small group projects.



Specials Schedule:

Music Monday

Tranquil Tuesday (Yoga)

Workout Wednesday (Physical Education)

Technology Thursday

Funky Friday (Sensory Play/Science Experiment)



GENERALIZATION: ACTIVITIES FOR HOME

Eating:

When it's time to eat at home, prompt your learner to stay at the table until they're finished. It can be helpful to sit with them or have other family members sit with them. If your learner struggles to stay at the table, try bringing a preferred toy to the table that is reserved for eating time only.



Bathroom:

If your learner is toilet trained, try not telling them when to use the bathroom. This allows for an opportunity for them to feel the urge to go and initiate the trip by themselves! This is not always possible (before long car rides, before bed, etc), but if you'll be around the house, it's a great time to learn!

GENERALIZATION: ACTIVITIES FOR HOME

Bathroom (Cont.):

When you are in the community with your learner, take them into new and different bathroom settings. Start small, not forcing them to use the bathroom. Enter a new bathroom with the plan to expose them to new sounds and settings (automatic toilets, for example) and work your way up slowly to having them use the new bathrooms. Talk about the trip before and after, and introduce supports for these times if needed! This can look like offering noise canceling headphones, staying close to your learner, and honoring their requests to leave.



GENERALIZATION:

The Holidays:

The holiday season is often challenging for our learners as they're thrust into new settings with more people, noises, and demands than usual. Whether or not you'll be celebrating winter holidays, these tips will help you through the busy season that is among us and our communities.

- Talk about what you'll be doing with your child ahead of time
- Offer supports to help them regulate themselves in overstimulating settings (noise canceling headphones, music, preferred fidgets, a calm and quiet space to decompress)
- Acknowledge your child's cues that typically come before a challenging behavior, and offer support before the behavior occurs
- Always honor their communication attempts, when possible
- Manage your expectations for activities that your child may or may not thrive in
- Have a plan to leave before anticipated, if needed
- Brush up on your child's behavior intervention plan with their BCBA so you feel confident enough to implement it in new settings
- Reflect after events on what went well
- Remember that you are your child's best advocate
- Pat yourself on the back! You can do this!





COMMUNITY EVENTS

Sensory Friendly Jump "Jump for Joy"

FearLess Adventure Park

657 River Hwy

Mooreville, NC 28117

Monday January 8 from 5:30-7pm

We Rock the Spectrum Kids Gym

Open Play and Classes Available

1061 7th St Ct SE, Hickory, NC 28602

Carolina Flipz

Class for all Abilities

10160 Pineville Distribution St

Suite B

Pineville, NC 28134

January 13th 1 to 2 pm

