



Mother's Day

Britain Development Pathways Team



**BRITAIN
DEVELOPMENT**
B.E. SMITH FAMILY CENTER

AdventHealth

A hospital department of AdventHealth Shawnee Mission

Objectives

- We want to help you feel supported with ideas while your child is at home.
- Feel free to use any of these ideas but no pressure. Just have fun!
- These ideas shared are meant to be general enough that you can modify it to meet your child at their level.
- We will try to include only activities or ideas that use common household items. You do not need to go out and purchase anything! Be creative!
- Reach out if you need help or have questions about information shared.
- Enjoy time with your child!



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Educational Activity

"Mother Says"

Try a game of "Mother/Mama Says" instead of "Simon Says"

You can play this game with or without the "mama didn't say...." part.

- "Mama says...touch your toes."
- "Mama says...jump up and down."
- "Mother says...find something you eat."
- "Mama says...put the cars in the basket."
- "Mother says...do this."

There are many skills you can work on with this game including: identifying body parts, following directions, identifying objects by feature, function, or class and motor imitation.



Art

Mother's Day Rocks

Moms, stop reading...Dads, this is an activity for you! 😊

Let mom know you think she rocks!

1. Go outside and find a rock your child can decorate.
2. Decorate the rock with any of the following: paint, crayons, markers, ink or any art materials you have around the house.
3. Let the rock dry.
4. Write a special message to mom.

Tip: Decorating the rocks outside will be less messy and will keep mom from seeing!



Speech-Language

"Little Blue Truck's Springtime"



Little Blue Truck visits his friends at the farm and sees all the mother animals with their babies! This is a lift-the-flap book, which helps keep your child engaged in reading. Open each flap to see which animal you find!

As you read: See if your child can point to the animal you name ("Where's the duck?"), name the animal ("Oh look! Who is this?") or imitate the animal sound as you come across each character in the story. Imitating animal sounds may be easier for your child than other "real" words.

Blue greets each animal friend with "Yoo hoo!" Practice waving and saying "Hi!" on each page of the story. You can also practice waving and saying "Bye bye!" on each page as you close the flap. Imitating gestures, such as waving, is an important foundational step in learning to imitate sounds and words.

Communication Device: If your child is using a communication device, model "see" or "look" on each page when you open the flap. Model "turn" when you turn the pages of the book.

Your child can also try to find each animal from the story if you have an "animals" vocabulary folder on the device. If they aren't able to find the right animal, model it for them!



Feeding

Happy Mother's Day!

Your gift is less time presenting meals and snacks!

- No more **grazing!**
- It is recommended that children eat every 2.5 to 3 hours.
- Snacks are designed to provide small amounts of food in between meals.
- By limiting the amount of food at snack time, your child will develop appropriate hunger and will eat more at mealtimes.
- Practice eating in the same spot, preferably at the table, every time.
- **Parent's job:** What, When, Where children eat.
- **Child's job:** How much they eat.

Example Schedule:

7AM	Breakfast
10AM	Snack
12:30PM	Lunch
3:30PM	Snack
6:30PM	Dinner

Benefits:

- Increase nutrition
- Improve dental health/hygiene
- Reduce constipation
- Improve sleep



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Sensory

Have your child do some chores for **Mother's Day!**

- Household activities are a great way to include "**heavy work**"
- **Heavy work** = calming and regulating
- **Heavy work** = pushing, pulling, carrying, climbing, chomping

Chore List:

- Put wet laundry into dryer
- Wipe table/window with washcloth
- Carry groceries in from the car
- Clean bathtub with shaving cream *Not Heavy Work, but deep pressure input from water in bathtub can be calming*



Fine Motor

Handprints or Footprints for Mama

1. Wet hand or foot with washcloth to prepare sensory system
2. Put paint on a paper plate. Dip hand or foot into paint.
3. Stamp onto paper.
4. Let it dry.
5. Once dry, child can draw you a picture next to their handprint.

Targets:

- Exploration of tactile input
- Identification of body parts and body awareness
- Pre-writing skills

Sticker Art for Mama

1. Draw a heart on piece of paper
2. Have child place small stickers all along line of heart
3. Start with a medium size heart. If they can complete, continue to large heart.

Targets:

- Pre-writing strokes and tracing line
- Pincer grasp for manipulating small objects
- Visual-motor integration
- Attention to task



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Music

Create a song with your child about MOM!

Dads you can create a song with your child and sing it for Mom during her very own private concert! Don't worry – we have an easy fill-in-the blank format for you to follow!

You will find the lyrics and an audio example below. Visuals for the fill-in-the blanks are on the next slide.

"I Love Mom" (Sung to the tune of 'Mary Had a Little Lamb')

- My favorite things to do with mom are _____ and _____.
- My favorite things about my mom are her _____ and her _____.
- My mom reminds me of _____. I love you, Happy Mother's Day.



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Music

Blanks 1 & 2:

Riding Bikes



Reading Books



Walking outside



Swinging



Blanks 3 & 4:

Hair



Eyes



Smile



Hugs



Blanks 5:



Sunflowers



Purple Flowers



Orange Flowers



Pink Flowers



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Wrap Up

- Remember to have fun!
- It's always fun to take photos of your kids involved in activities. During this time, photos are even more appreciated by friends, family members, teachers, and therapists who are not able to be with your kids. Share with them!
- Some weeks you may do many of the activities, some weeks you may not have as much time or maybe you make up your own activities! It is totally up to you!



Have a great week!

**Extending the Healing Ministry of
Christ**



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