

# Accepting the Spectrum

A monthly newsletter sharing information and support for families, caregivers, and friends of children on the Autism Spectrum

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Winter is here and many children are in holiday mode! Some children may not understand the change of seasons and might be overwhelmed by it, while others may embrace it completely. No matter which side your child falls on, it's a good time of year to incorporate new activities and learning experiences! Here are some fun activities you and your child can do together this winter!

- Create a frozen sensory bin! This activity requires time as items need to freeze, but it has the potential to keep your child busy for a while! In a Tupperware container or plastic bin, add water. Then add winter items such as pinecones, cranberries, tree clippings, and plastic snowflakes to the water. Put the container in the freezer to create a large ice block. Once ready to play, take it out of the freezer and run some warm water over the bottom to loosen the ice. Once it is somewhat unfrozen, you can give your child a spoon or toy hammer to break the ice and play with the items that were frozen. This is a great activity to become comfortable with different textures and temperatures.



- Paint with ice! Fill an ice cube tray up with water and add three drops of concentrated food coloring to each cube. Add popsicle sticks to each cube and place in the freezer. Once frozen, you can then paint with them! The ice paints will melt as you glide them across the paper.



- Create a winter sensory bag! Sensory bags are a simple way for children to build fine motor skills and builds cognitive development. Get a large Ziploc bag and draw a winter design on it such as a snowman. Next add hair gel and items like pom poms, plastic snowflakes, glitter, buttons, and much more!



- Make holiday cookies! With an adult present, this is a fun activity that your child can help you with! Following a recipe is a great way to work on completing step by step instructions and to practice waiting. Your child will most likely be very excited with the end result!



## Agency News:

This is a friendly reminder that Collaborative ABA Services, LLC will be closed on the following days:

- Monday, December 25, 2023 in observance of Christmas Day
- Monday, January 1, 2024 in observance of New Years Day

Congratulations to Alison Lachapelle for recently passing her BCBA exam! Alison is a new BCBA at Collaborative ABA Services!

Additionally, please welcome Nicole Morris who has joined our team as a Behavior Technician!

HAPPY  
*Holidays*



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