

Recommended Read for March



Don't Throw That Away!

A Lift-the-Flap Book about Recycling and Reusing

Follow an eco-conscious super hero as he teaches kids how to recycle and reuse common household items! The six large flaps throughout show that ordinary trash is really a treasure. From turning old clothes into fun costumes or an old box into a brand new car, kids will learn that saving the environment is super cool!

Providing Speech-Language Pathology Services to Adults and Children Since 1985



One of the best ways to pack a green lunch box is to replace disposable containers, wraps, and utensils with reusable alternatives.

Here's a list of things you will need to ensure a green lunchbox for your child:

- ♣ Stylish, reusable lunchbox. Some good brands include: Mimi the Sardine or Laptop Lunches Bento System.
- ♣ A Reusable water bottle (can also be filled with juice) such as: The 9oz by LifeFactory. They come in all kinds of fun colors and can be purchased at Target
- ♣ Cloth napkins, can be purchased at Target or World Market.
- ♣ Reusable utensils: Trudeau Corporation's Fuel line of kids bowls, bottles, and utensils are BPA-free, colorful, and fun which make them perfect for green kids' school lunch boxes.
- ♣ Reusable plastic bags - a good brand to try is ReUsies.

For more tips, visit: <http://childparenting.about.com/od/nutrition/tp/Green-Lunch-Box-Ideas-For-School.htm>

Check out our **NEW BLOG!**

Early Speech and Language Intervention

This blog is a new resource featured by The Swain Center.

The Swain Center is a speech-language pathology center in Santa Rosa, California.

The focus of this blog will address early language intervention for children up to 3 years old.

This valuable source of information is an effective way to get prompt accurate information about any questions or concerns you may have regarding communication delays.

Questions will be answered frequently throughout the week.

Visit us at:
www.swaincenterearlyintervention.wordpress.com

The Swain Center

Listening, Communicating and Learning



Listening



Communicating



Learning

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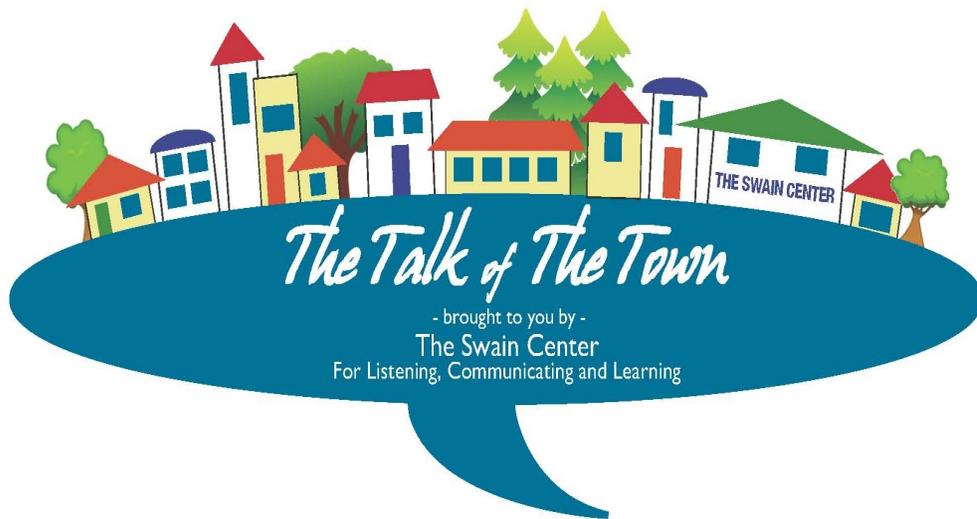
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Newsletter March 2015





The month of all things green is upon us! We have taken advantage of the green theme and decided to not only celebrate St. Patrick's Day but to celebrate keeping our planet green as well. Reusing and recycling are such important things to teach our kids at a young age but sometimes it's hard to get started, let alone be consistent with it. We have listed some ways below to get you and your family trekking on the path to going green, from reusable lunch box ideas to recycling with The Swain Center! We have also started a NEW BLOG! Read below for more information.



The green movement is here to stay, and many families want to know what they can do to cut back on energy and become more environmentally friendly. Below are a few simple tips on going green for families ready to take the step.

Cut Your Water Usage

It's easy to waste water, and easy to save it. Show your kids that they can cut back on water usage by turning off the faucet when they are brushing their teeth or washing their face. Turn it back on to rinse. They can do the same while showering. Just rinse, turn the water off, lather up, and turn the water back on for a final rinse.

Cut Back on Energy

Going green can be as simple as cutting back on energy. You can reduce your energy consumption by turning off appliances and lights when not in use. Teach your child to turn off the lights, television and radio when leaving the room. Encourage your child to put the computer on sleep mode when not in use. Any appliance that's warm to the touch when not in use is using energy. They should be turned off and unplugged when they're not needed.

Going Green? - Get Outdoors

Think about it, if your child is playing outside, he's not using the television, game system, or the computer. Encourage outdoor play as an important step in going green.

Reuse School Supplies

At the end of the school year, go through your child's school supplies and set aside any items that can be used again next year. Folders, binders, book covers, and highlighters are just a few items that your child might be able to use again.

Go Biking

It's easy to get into the habit of driving everywhere, but if you live in an area that offers bike trails or sidewalks, you might want to consider biking or walking to certain destinations such as your child's school, the neighborhood swimming pool, church, the library, or the park. When you bike together, you're not only going green, but you're showing your child how important it is to exercise and be outdoors with one another.

Plant a Family Garden

If you have a yard, you might want to consider planting a small vegetable or herb garden with your child. When you grow your own vegetables you make fewer trips to the market, and can reduce your energy consumption.

Recycle

Recycling is easier in some regions than in others, but even if your neighborhood doesn't offer curbside recycling, you can still show your child how to reuse items by taking used clothing, toys and books to your local thrift store. A much better alternative than disposing of the items in the trash.

For more information on this article, visit: <http://tweenparenting.about.com/od/familyhome/qt/Going-Green-With-Kids.htm>

PALS Recycling Program



Paws As Loving Support (PALS) Assistance Dogs, founded in 2009, is a 501(c)(3) nonprofit organization dedicated to enhancing quality of life throughout our community by providing "Special PALS for Special Needs". PALS Assistance Dogs receives 2 cents per item, except energy bar/granola bar wrappers which are 1 cent and Brita/Pur items which are 50 cents a pound. It all adds up, so tell your friends, family, coworkers, everyone to start collecting. Help support PALS and save the environment, a win win!! Any questions contact Cheryl at Cheryl@pawsaslovingsupport.org. Thank you. Visit our website at www.PawsAsLovingSupport.org for more information.

Our specially trained dogs are placed as:

- ♣ Service PALS help children with disabilities, including autism, and their families to assist with daily needs both in the home and community.
- ♣ Facility PALS are placed with professionals working with children with special needs.
- ♣ Social PALS, Therapy PALS, Reading PALS and Comfort PALS Teams are certified to volunteer and serve the special needs of the community.
- ♣ Courthouse PALS provide emotional support and comfort to victims and witnesses of violent crimes before, during and at the conclusion of a trial.
- ♣ Here are some things you can bring to The Swain Center to Recycle!

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| <ul style="list-style-type: none"> ♣ Dental: Mouthwash Bottles, Dental Floss Containers, Toothbrushes, Toothpaste tubes ♣ Brita and Pur Filters and filter packaging, pitchers, bottles, faucet filtration systems, dispensers ♣ Solo Cups or any #6 plastic cup ♣ Drink pouches: includes Capri Sun and Honest Kids (these get sticky so please bag separately) ♣ Energy Bar Wrappers: Clif, Luna, Powerbar, Balance, Nature Valley Granola ♣ Any foil lined Energy or Granola Bar Wrapper ♣ PLEASE NO: Chip Bags, Cookie or Candy packaging, Tea Envelopes, Fruit Snacks and Ice Cream packaging | <p>Personal Care and Beauty Brigade:</p> <ul style="list-style-type: none"> ♣ Lipstick, eye shadow, eyeliner, powder & bronzer cases ♣ Mascara, eyeshadow, concealer & chapstick tubes ♣ Eyeliner & lipliner pencils ♣ Concealer sticks ♣ Foundation bottles ♣ Face lotion jars, bottles & tubes ♣ Hand & body lotion bottles, dispensers & tubes ♣ Body wash bottles, dispensers & tubes ♣ Hair gel tubes, hair paste jars ♣ Shampoo & conditioner bottles ♣ Bath and face soap dispensers & tubes ♣ Sunscreen bottles and tubes ♣ Deodorant containers ♣ Soap Packaging ♣ No eyecare products please |
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For instructions on how to build this Leprechaun trap visit: <http://www.dltk-holidays.com/patrick/mtrap3.htm>

Clever Leprechaun Trap

Materials

- ♣ Clean coffee can with lid
- ♣ Green Paint
- ♣ Paint Brush
- ♣ Glitter glue, markers or crayons to decorate the can
- ♣ Scissors
- ♣ Kleenex
- ♣ Green Tissue Paper
- ♣ Light cardboard
- ♣ Glue
- ♣ Bait (Skittles, chocolate gold coins or marshmallows from Lucky Charms cereal)