





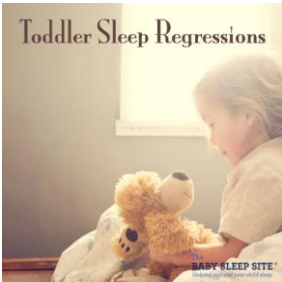


Resource Plan for Xxxxx

Resource	What it is/ Why Use it	Where to find it/Items in the Home
<p>“Supporting Language and Literacy Skills from 12-24 Months” by Zero to Three</p>	<p>We have been working on language development with Xxxxx the last few weeks. This website provides information on supporting language and literacy skills. An example the website gives is parent-child activities to promote language and literacy such as, going on a name safari, which is walking around your house or community while pointing and naming different objects.</p>	<p>https://www.zerotothree.org/resources/1285-supporting-language-and-literacy-skills-from-12-24-months</p> 
<p>“Age Appropriate Toys for Speech and Language Development” by North Shore Pediatric Therapy</p>	<p>You expressed a desire to receive more information about toys that are developmentally appropriate for Xxxxx. This website gives a list of toys that are appropriate for speech and language development. An example of a toy for development of speech and language is blocks.</p>	<p>https://nspt4kids.com/speech-and-language/age-appropriate-toys-for-speech-and-language-development/</p> 

<p>“Sleep in Toddlers & Preschoolers” by Cleveland Clinic</p>	<p>You have shared your concern about Xxxxx not sleeping. Here is a website that shares tips on what I should know about sleep, how does sleep change in toddlers and preschoolers, how can I help my toddler sleep well, safety issues, and when a parent should seek a doctor’s help regarding sleep. An example given of how sleep changes in toddlers is typically toddlers do not want to be separated from their parent/guardian or do not want to miss out on the fun happening after going to bed.</p>	<p>https://my.clevelandclinic.org/health/articles/14302-sleep-in-toddlers-preschoolers</p> 
<p>“Activities to Encourage Speech and Language Development” by American Speech-Language-Hearing Association</p>	<p>Since you’ve shared concerns about Xxxxx’s language development here is a website. This website gives activities to help foster language development. This website gives tips from birth to four years of age. An example given is around the house Xxxxx could point colors out and count objects.</p>	<p>https://www.asha.org/public/speech/development/Activities-to-Encourage-Speech-and-Language-Development/</p>  <p>AMERICAN SPEECH-LANGUAGE- HEARING ASSOCIATION</p>

<p>“Language and Play” by American Psychological Association</p>	<p>Since you’ve expressed your concern that Xxxxx isn’t speaking very much, you might find this website helpful. It explains the importance of symbolic play in language development. Symbolic play is using an object to represent something else. For example, a child may use a banana or a block as a telephone. The website also explains that how children use symbolic play with toys affects their noun vocabulary. For example, a child who uses a red block or box with wheels as a firetruck will likely use words such as “box” or “block” in addition to “truck.”</p>	<p>Language development and play: http://www.apa.org/monitor/2008/10/language.aspx</p> 
<p>“How to Help Your Child Talk” by Playing with Words</p>	<p>We’ve been working on speech development with Xxxxx over the last few weeks, and this blog has some useful information about speech and language development. It explains that speech is the ability to say words fluently, while language is the ability to convey a message either verbally or through actions, such as pointing or sign language. The writer gives many useful suggestions for helping toddlers learn to talk. It seems counterintuitive, but she suggests that quietly observing and watching for cues about what interests toddlers is an important step in the process.</p>	<p>How to help your toddler talk: http://www.playingwithwords365.com/how-to-help-your-child-talk/</p> 

<p>‘What to Do When Your Toddler Doesn’t Talk” by Made for Mums</p>	<p>During the last few weeks, we’ve been working on language development with Xxxxx. This website lists what's typical for toddlers in their language development, explains common reasons why toddlers don't talk, and offers some suggestions for parents to encourage their child to start talking. A suggestion given is talking about what your toddler is doing throughout the day, such as putting shoes on and getting dressed.</p>	<p>What To Do When Your Toddler Doesn’t Talk:</p> <p>http://www.madeformums.com/toddler-and-preschool/what-to-do-when-your-toddler-doesnt-talk/2074.html</p> 
<p>“Your Toddler’s Sleep Regressions Explained” by The Baby Sleep Site</p>	<p>Since you expressed your concern about Xxxxx not sleeping at night, here is a website that explains common reasons why 18 and 20 month olds stop sleeping at night. For example, their awake time, when they are awake during the day, lengthens as they get older, disrupting their usual routine. The website also provides a few suggestions to help toddlers get into a regular sleeping routine, such as focusing on the behavior and not the child, using a timer, and providing immediate consequences for inappropriate actions.</p>	<p>Toddlers sleep regressions explained</p> <p>https://www.babysleepsite.com/toddlers/toddler-sleep-regressions-explained/</p> 

<p>“Help! My Toddler Won’t Sleep at Night! – Here Are the Tips to Solve It” by Easy Baby Life-Simplifying Motherhood</p>	<p>Since you shared your concern about Xxxxx not wanting to go to bed, here is a website where a mother answers questions and gives tips and strategies to help toddlers want to sleep. For example, one strategy is to make sure that nighttime wakings are not fun. After checking that your child is not in danger, don’t read books and cuddle.</p>	<p>What To Do When Your Toddler Won’t Sleep At Night:</p> <p>https://www.easybabylife.com/2-year-old-wont-sleep-at-night.html</p> 
<p>“Tips for Choosing Toys for Toddlers” by Zero to Three</p>	<p>You expressed your desire for additional information on developmentally appropriate toys. Here is a website about choosing toys. It provides tips to find toys for functionality, toys that can grow with your child, toys that encourage exploration and problem-solving, and toys that spark your child’s imagination. An example of toy that will grow with your child could be plastic toy animals. A young toddler may make a shoebox house for them, while an older toddler can use them to act out a story he makes up.</p>	<p>https://www.zerotothree.org/resources/1076-tips-for-choosing-toys-for-toddlers</p> 