



TOY & RESOURCE CENTER BUILDING BLOCKS

ONE ITEM ONE SITE ONE IDEA



October is National Children's Health Month!

Our focus is on toys that address healthy habits. **Food** is fuel for the body and brain—what we consume matters. Good **dental habits** keep away harmful bacteria while proper tooth formation supports proper speech. **Physical activity** builds strong bodies, sends oxygen to the brain and reduces stress. Proper **sleep habits** are essential for improving focus and cognitive ability.

Here are a few TRC items and corresponding activities that can help teach healthy living:

Battat Little Foodies Wooden Food Groups

Get kids in the kitchen to shuck corn on the cob or tear lettuce for a fun, fine motor activity!

Melissa and Doug Dentist Kit

Conduct the tooth decay science experiment that can be found at Science Sparks website:

<http://bit.ly/3KkxYPE>



Glow and Music Stepping Stones

Call out, "The floor is lava!" At that time, everyone scurries to get on a stone, so their feet don't burn! It is great for developing listening skills too.



Melissa and Doug Day and Night Routine

Chart Play a game of "I Spy" as a calming activity at bedtime. Smell the flowers (inhale), blow out the candle (exhale). Provide a predictable routine and turn off all screens at least an hour before bedtime.



Related play experiences can help create the groundwork for a healthy and active lifestyle!

ONE SITE

Sign up for an interactive nutritional chart to track fruits and vegetables eaten throughout the day (for kids three and up).

<https://www.todayiatearainbow.com/today-i-ate-a-rainbow/>



ONE IDEA

Healthy choices *count*.

Five-two-one-almost none
equals a healthy, active life!

- 5** fruits and vegetables a day
- 2** hours or less of screen time per day (or a healthy, balanced limit you've set in your family media plan)
- 1** hour of physical activity a day
- 0** sugar-sweetened drinks



FREE while supplies last!

Stop in to the TRC for a child's toothbrush and mini toothpaste for your little one.

We are grateful to local dentists, Dr. Arthur S. Benson and Dr. Joseph D'Amico, for their donation of these items.



TRC HOURS

Tuesday	2 - 5 p.m.
Wednesday	2 - 5 p.m.
Thursday	11 a.m. - 2 p.m.

Why buy when you can borrow? United Disability Services' toy lending library loans developmental toys and resource materials to its members. Stop by and see us!

UDS ♦ 701 S. Main St., Akron, OH 44311 ♦ 330-762-9755
www.udsakron.org

Sponsored by:

- *Summit County Developmental Disabilities Board*
- *GPD Group Employees' Foundation*
- *RePlay for Kids*
- *R.C. Musson and Katherine M. Musson Charitable Foundation*