



Buddy Builders Newsletter September 2025

Welcome to Buddy Builders!



All About Apples

We'll explore the concepts of smooth, hard, crunchy, and colors. The sensory bins are full of apples to stir and scoop, along with cinnamon-scented oats. In the motor room, we'll practice stacking apples and picking apples.

You can continue learning at home by pointing out the different varieties of apples at the grocery store and letting your child pick out two for a snack.

Compare the colors, sizes, and tastes of the two apples. For babies, applesauce is a great sensory option in the highchair—encourage your little one to touch, swirl, and taste!

Click this [link for the September Flyer](#) and a fun Apple Cider Jell-O Dig activity—perfect for all ages!

Song of the Month!

*3 little apples swinging in a tree.
3 little apples are smiling at me.
I shook that tree as hard as I could.
Down came an apple...mmm,
it was good!*

(Repeat with two apples, then one.)

Next Buddy Builders Event...

This October, we'll be exploring the sights, sounds, and textures of fall leaves.

Upcoming Dates

Buddy Builders Week 1 - **10/1/25**

Buddy Builders Week 2 - **10/8/25**

Out + About Nature Walk - **10/15/25**

Questions?

Email Maggie at
maggiev@dgckids.org.



Resource! Focus-Sensory Efficiency

Helping Your Child Notice and Explore the World Around Them

Every child uses their senses—like touch, hearing, and sight—to learn and play. We call this sensory exploration.

Some children may need extra support to feel comfortable using their senses, and that's okay!

You can help by keeping things simple. Try turning down background noise, limiting distractions, or using a tray (even a cookie sheet!) to keep toys and materials in one space.

This makes it easier for your child to focus.

Not every child is ready to dive right in and that's normal! Some may just want to sit near a toy or explore it with their feet first.

Give them time and space to go at their own pace.



Here are a few ways to encourage sensory play at home:

Choose toys with clear properties:

- ✓ Wooden toys and metal bowls
- ✓ Toys with weight
- ✓ Velcro
- ✓ Squishy and pokey things
- ✓ Pots and Pans

Provide lots of movement throughout the day:

- ✓ Hold the baby in a baby carrier
- ✓ Infant massage
- ✓ Bouncing on a ball
- ✓ Swinging
- ✓ Swimming and water play

Point out environmental sounds:

- ✓ Microwave beeping
- ✓ When someone is entering the house
- ✓ Bathwater starting

Adapted from Teaching Life Differently: The Expanded Core Curriculum for Babies and Young Children with Visual Impairment by Judith Greeley and Melinda McCall (2018).

You can find all the newsletters and resources for Buddy Builders by clicking [HERE!](https://www.dgckids.org)