



Buddy Builders Newsletter **November 2025**

Pumpkin Play

This month, we're exploring pumpkins! From their rough outsides to their smooth seeds inside, pumpkins are full of opportunities for sensory learning and discovery.

Through pumpkin play, children can explore concepts like rough and smooth, on top of, wet and dry, heavy and light, big and little.

These hands-on experiences help build early understanding of how things feel, move, and relate to one another, laying the groundwork for language, problem-solving, and independence, all while having fun together!



Song of the Month!

5 little pumpkins sitting on a gate,

First one said, "Oh my, it's getting late."

Second one said, "There are witches in the air."

Third one said, "But we don't care!"

Fourth one said, "Let's run and run and run."

Fifth one said, "I'm ready for some fun!"

Oooooooooo went the wind and out went the light and the 5 little pumpkins rolled out of sight.

Upcoming Dates

Out + About to [Clark Family Branch](#)

from 9:30 to 11 am - **11/18/25**

Buddy Builders Week 1 - **12/2/25**

Buddy Builders Week 2 - **12/9/25**

Questions?

Email Maggie at maggiev@dgckids.org or call 314-448-2866.



Resource! Building Independence through Everyday Routines

Independent living skills, often called life skills, are the everyday tasks that help children learn to follow routines like eating, sleeping, dressing, and bathing.

Establishing consistent routines helps even very young children begin to understand the rhythm of their day and what comes next.

Talking with your child about chores is a simple way to teach responsibility and independence while showing them that they are capable and valued.

Here are a few activities that can help empower your child:

- Throw diapers in the trash after a change.
- Place napkins on the table before meals (a mat or tray can be a helpful guide).
- Put dirty clothes in the hamper, adding a light near the top can make it easier to see.

- Feed a pet.
- Water a plant (try a small watering can filled just a little bit).
- Put books or toys on a shelf.
- Place shoes in a designated spot (so they're easy to find next time!).

For babies and toddlers, involve them in your daily tasks by narrating what you're doing:

"I'm done changing your diaper, and now we're walking to the kitchen to throw it away."

These small, everyday moments build confidence, independence, and a sense of belonging, one routine at a time.

At Buddy Builders, we believe independence begins with practice and encouragement. Every time your child helps with a task, they're learning important life skills that will support them for years to come.

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