



Family Newsletter

THIS MONTH'S THEME

Sights & Sounds

This month will ignite your child's sense of sight and sound as he hears and sees the beauty of the winter months. He will make a drum, a ribbon wand for dancing and a pretend piano. The journey continues outside by hunting for sights and sounds in nature. Listen to the hoot of an owl, the crack of ice and ringing bells. Head inside to warm up and investigate familiar indoor sights and sounds. Hear a whistling teapot and the crunch of cookies. End the month by exploring light and dark during the short winter days. What lights up the night sky and what makes shadows? A full, fun month of sensory exploration fills this theme.

Look for the daily notes about your child's art projects!

Today I made a starlight wand.

Stars are hot balls of gas that shine in the dark. After creating my star I shining a light through it. It is made of different materials and



Today I made a winter candle.

Before electricity, people used candles to see in the dark. I made my own candle and used materials to look like it is burning. I can pretend to use my candle when it is dark.



ASK ME How did you decorate your candle? Do you know any safety rules for candles?

★ Mother Goose Time ★

Improving Transitions

A transition refers to any occurring change. Transitions can be stressful and frustrating for children who are either not ready to end their current activity or who struggle with change. Here are some ideas to help make transitions smoother for your child:

Give your child a preview.

Prepare your child for transitions by alerting her of the upcoming change before it happens. The more your child can predict her routine, the smoother the day will flow.

Use music to ease transitions.

Sing a favorite tune, changing the words to include your child's name and what needs to be done. Here's an example (sung to the tune of 'Row Your Boat'):

Clean, clean, clean the room

Let's pick up the toys

Maggie is going to have some lunch

So let's clean up the room.

Introduce Movement Sticks.

Write movement words on craft sticks, such as "Jump like a frog," or "Hop on one foot." After your child has completed the desired task (e.g. putting away the blocks), encourage her to choose a craft stick and move in that way to the next activity (e.g. washing up for lunch).



THIS MONTH'S FEATURED CONCEPTS

Letters Bb, Oo and Pp

Shape Rectangle

Numbers 7 and 8

Color Green

Character Trait Brave

PHONIC PHOTOS

Letter Bb bear, bell and bird

Letter Oo owl, orange and octopus

Letter Pp pig, penguin and piano

- 1 Drum
- 2 Woodwinds
- 3 Horns
- 4 Stringed Instruments
- 5 Piano



- 6 Animal Tracks
- 7 Ice
- 8 Owl
- 9 Bells
- 10 Winter Birds



- 11 Mice
- 12 Pots & Pans
- 13 Cookies
- 14 House Guests
- 15 Fireplace

- 16 Candle
- 17 Star
- 18 Shadow
- 19 Winter Days
- 20 Winter Nights



Topics your child will explore this month.

RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

Downhill Fun
by Michael Dahl

Freezy Breezy Fun
by Allan Poulsen

Jingle-Jingle
by Nicola Smees

Snowy, Blowy Winter
by Bob Raczka and Judy Stead

Snow Sounds
by David A. Johnson

Snowsong Whistling
by Karen Elisa Lotz



Family Activities



Pound the Drum

(To the tune of "Row Your Boat")
Take turns deciding what else you can use to make noise with and how to move around. (For example, clap your hands as you twirl around.)

**Pound, pound, pound the drum,
Pound it soft or loud,
Pound, pound, pound the drum,
As you march around.**

Take a Listening Walk

Go for a walk around your neighborhood. Close your eyes now and then and listen to the sounds. What do you hear? Pack a notebook and pencil and write down what you heard. Which of the things you heard could you also see? Discuss how your listening walk might be different in another part of town or another part of the world.