



# Family Newsletter

## THIS MONTH'S THEME

### Ocean Commotion

Your child will take a journey through the ocean. From the top of the waves to the ocean floor, she will discover many creatures of the sea. Your child will blow like a whale, put sharp teeth on a shark puppet, dance with a jellyfish and count baby seahorses.

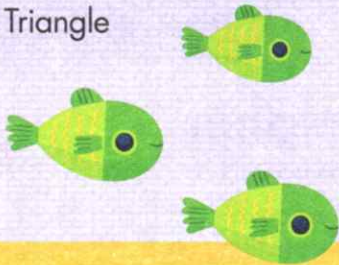
#### BASICS TO REINFORCE AT HOME

LETTERS Oo, Ww and Xx

NUMBERS 15 and 16

COLOR Blue

SHAPE Triangle



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

#### Today I made oyster pearls.

If you are lucky, you may find a pearl inside an oyster. I made my own oyster by folding a paper plate. After stringing beads onto a pipe cleaner, I bent it to make an O. Now I can close my oyster and keep my pearl safe.



#### Today I made a seahorse stick puppet.

Seahorses have spiky plates on their bodies and resemble a horse. I created a seahorse stick puppet with a seahorse cutout, sequins, yarn and a stick. It's fun to play with stick puppets and pretend my seahorse is floating in the ocean.



ASK ME: Did you play with your seahorse puppet with friends? What other sea animals would you want as a stick puppet?

★ Mother Goose Time ★

## Keep It Positive

When you are looking for ways to help your child behave, think positively. Research has shown that the behavior and reactions you show may set your child's expectations. Stay positive with these guidelines:

- Keep irritability, anger and general negative behaviors from showing through. Even a forced smile can make us feel better.
- Phrase your requests in a positive way. Instead of telling children what you don't want (e.g. "don't run"), express what you do want to see (e.g. "please walk").
- Replace sarcasm with constructive criticism. Children often misinterpret sarcasm.
- Set expectations and, just as important, share expectations with your child. Avoid yells, threats or punishments.
- Let guidance and praise replace teasing and humiliation. Your child's self-esteem is extremely fragile and may be broken or boosted with each statement you issue.
- Respect your child and his choices, belongings and emotions. Ask for a respectful attitude in return.

We all have "off" days, but find a suitable way to work out your anger (e.g. exercise, writing or bubble baths). This doesn't mean that your child should not see any emotions you have and the way you deal with them. Simply keep your emotions about you and not about your child to help him learn how to deal with his own emotions. Create a caring environment to help your child feel secure and loved.





# Ocean Commotion

## Seascape

- 1 Ocean Water
- 2 Ocean Floor
- 3 Ocean Caves
- 4 Ocean Plants
- 5 Coral Reefs

## Large Sea Creatures

- 6 Dolphins
- 7 Octopuses
- 8 Whales
- 9 Sharks
- 10 Sea Turtles

## Ocean Exploration

- 16 Divers
- 17 Shipwrecks
- 18 Fishing Boats
- 19 Submarines
- 20 Aquariums

## Small Sea Creatures

- 11 Jellyfish
- 12 X-Ray Fish
- 13 Seahorses
- 14 Rainbowfish
- 15 Sea Stars



Topics your child will explore this month

### RECOMMENDED READS

# Cuddle Up WITH A GOOD BOOK

- Hello Ocean*  
by Pam Muñoz Ryan
- Ocean Liners*  
by Karl Zimmerman
- We're Sailing to Galapagos*  
by Laurie Krebs & Grazia Restelli
- Sea Shapes*  
by Susie MacDonald
- Exploring the Oceans*  
by Stephen Hall
- Swimmy*  
by Leo Lionni
- Starfish*  
by Edith Thacher Hurd



### Sing-Along Song

## Jumping Dolphin

(Sing to the tune of "Frère Jacques")

Use other sea creatures and/or actions for additional verses (such as swimming shark, etc.). Take turns being the leader and the follower.

Jumping dolphin,  
Jumping dolphin,  
I watch you,  
Then I can, too.  
Jump and swim like you,  
That's what I can do,  
Jumping dolphin,  
Jumping dolphin.

