



Play, Learn and Grow...Together

A CUSD Early Childhood Newsletter for Parents of Preschoolers



September

Issue 2

Dedicated to Excellence

Early Learning Standard

Focus:

Social Emotional

Children learn and thrive when they feel emotionally secure and physically safe. Early in life children demonstrate feelings of competence and take pride in their accomplishments. Children need to develop the capacity to experience, express, and gain self-control over their emotions and social interactions in order to mature socially and emotionally. This development is enhanced through nurturing relationships and positive early learning experiences.

A consistent and predictable environment strengthens a child's confidence in approaching new challenges. Confident children approach new tasks and situations enthusiastically. They recognize and express emotions appropriately as well as share information about themselves and others.

Social and emotional development is the building block of children's **cognitive development** and lifelong learning. This domain becomes the foundation for helping children understand themselves, form constructive social relationships and relate to the larger world.

Book Nook

1. *I'm Gonna Like Me: Letting off a Little Self-Esteem* by Jamie Lee Curtis and Joanna Cotler
2. *Best Best Friends* by Margaret Chodos-Irvine
3. *Glad Monster, Sad Monster* by Ed Emberley
4. *I Like Myself* by Karen Beaumont
5. *Spaghetti on a Hot Dog Bun: Having the Courage to be Who You Are* by Maria Dismondy

Teaching Independence

Showing your child how to do things for himself will make him more self-confident, self-reliant, and save you time later. Write "I can do it!" in big letters at the top of a piece of paper. When he asks for help with a task (i.e. washing hands), walk him through the steps (wet hands, pump soap, scrub, rinse, dry). Once he can do it on his own, he gets to put it on his "I can do it" list. The next time he wants you to wash his hands, you might remind him, "That's on your list!"

The App Store

These educational apps were developed with preschoolers in mind and have been previewed and recommended by parents and education specialists.

1. Book Builder for early readers (4 years +)
2. Beck and Bo (editor's pick, Commonsense Media)
3. Monkey Preschool Lunchbox (Math and logic)

Learning at Home

Developing Positive Relationships

A positive relationship between parents and children will encourage children to feel good about themselves and gives them a healthy model for getting along with others.

Look for positive things your child does and acknowledge them. This helps children gain a positive self-image and self-esteem.

Give your child choices where either answer is acceptable. "Which do you want to do first, brush your teeth or get dressed?"

Give your child the chance to make decisions. This shows that you have confidence in your child's developing independence.

Plan a special play time with your child. Let him/her decide what you will play together. Being "in charge" is a very positive feeling for children.

Say what you expect your child to do, not what you don't want him/her to do. For example, say "hold my hand when we cross the street" instead of "don't run across the street."

Let your child know that you love him/her. Smiles, hugs, "I love you" and special notes all help a child feel special.

September

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Talk about safety with your child. Look around your house for things that could be dangerous and talk about them together. (PD) | | | Make a book out of familiar cereal box covers or advertisements. Have your child "read" them to you. (LL) | Teach your child about transitions. Give a warning or "heads up" 5 minutes before needing to stop an activity. "In five minutes, we'll need to stop playing to make dinner." (SE) | | Encourage your child to make a collage with glue and paper, gluing leaves, twigs, flowers and other things you find outside. (FA) |
| | Play "Who's My Baby?" Name an animal and ask your child to tell you the names of the baby. For example, dog-puppy, cat-kitten. (S) | Tell your child 4 things you love about him/her. Write them on a sheet of paper and give it to your child to keep. (SE) | | | During meal times allow your child to practice pouring from a small pitcher or serve him/herself from a serving dish using a spoon. (PD) | Before you go shopping, give your child paper to "write" a "list" of things you are going to buy at the store. Have him/her "read" it as you go through the aisles. (LL) |
| Encourage your child to count items around your house. Count the stairs, windows, etc. (M) | | | Create a prop box for dramatic play. Fill it with old shoes, clothes, purses, jewelry, etc. (FA) | Talk about favorites. What is your favorite food, color, toy or TV show? What are your child's favorites? Talk about what you both like. (SE) | | Stand in front of a mirror with your child. Take turns showing different emotions with your faces: happy, sad, nervous, excited... (SE) |
| | Bring out baby pictures and current pictures of your child. Talk about the changes you see. (SE) | Give your child materials to imitate you doing daily chores, like cooking and cleaning. Talk about what you are doing. (SS) | | Go on a number hunt around the house- where can you find numbers- the clock, microwave, telephone, books, etc. (M) | Practice throwing and catching with different objects, such as scarves, soft balls, or balls of socks. (PD) | |

Domains of Learning: PD- Physical Development; LL- Language and Literacy; FA- Fine Arts; M- Mathematics; SS- Social Studies; SE- Social Emotional; S-Science; AL-Approaches to Learning