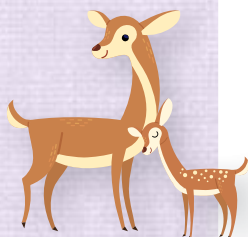


# Family Newsletter

## THIS MONTH'S THEME

## Cozy Winter Senses

This month will ignite your child's sense of sight and sound as they hear and see the beauty of the winter months. They 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 dripping icicles.

When ice melts it starts to drip. I used and explored how to make paint drip with materials when I'm doing art! M and don't look like an



Today I made a snow owl puppet.

Snow owls are hard to see in the snow because of their white feathers. I made my own snow owl and turned it into a puppet. I can pretend it is sleeping in a nest or flying around and searching for food.



ASK ME: What materials did you use to make your snow owl? Would you want to be a snow owl?

preschool

## 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 them of the upcoming change before it happens. The more your child can predict their 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 them 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 & Pp

**Shape** Rectangle

**Numbers** 7 & 8

**Color** Green

**Character Trait** Brave

**Letter Bb** bear, bell & bird

**Letter Oo** owl, orange & octopus

**Letter Pp** pig, penguin & piano





**RECOMMENDED READS**

**Cuddle Up WITH A GOOD BOOK**

**Downhill Fun**  
by Michael Dahl

**Freezy Breezy Fun**  
by Allan Poulsen

**Jingle-Jingle**  
by Nicola Smee

**Snowy, Blowy Winter**  
by Bob Raczka and Judy Stead

**Snow Sounds**  
by David A. Johnson

**Snowsong Whistling**  
by Karen Elisa Lotz



**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.**



**Family Activities**

**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.