

# February

## Developing Problem Solving Skills

**Model positive problem solving for your child. Use positive words in your household to resolve conflicts. Help your child use the IDEAL model of social problem solving:**

**I** = Identify the problem. Stop, calm down and think clearly about your reasons and feelings.

**D** = Determine your choices. What can be done to solve the problem? "Let's think of ways you can both play with the blue truck. You could take turns, you could both fill it with sand, or someone could play with the red truck instead."

**E** = Evaluate your choices. Think about the possible consequences. "It might be hard to wait for a turn, we could fill up the truck faster if we work together."

**A** = Act on your best choice. "Let's use the red truck, too."

**L** = Learn from the results of your action. "We liked the red truck too and took turns with it." (from APA "Act Against Violence" [www.apa.org/act](http://www.apa.org/act))

- Help your child learn that anger is a normal feeling, but it needs to be expressed in an appropriate way.
- Include your child in family discussions to help them cooperate with the decision.
- A child's behavior is influenced by TV, movies, and video games. If a child sees violence, rude behavior and/or language, they are more likely to use those same behaviors. Monitor your child's TV, video, or tablet choices and talk together about what is being seen.

## Me Book

Ask your child to draw a picture of themselves enjoying a favorite activity. Ask, "What are you doing in this picture?"

Write the description next to the drawing. Label the page, "I like to \_\_\_\_." (fill in) Date it and save.

## Color or Trace the Shape:





## A Week of Activities

### Check Out These Books!

*Horses* by Gail Gibbons  
*When Sophie Gets Angry* by Molly Bang  
*Rap a Tap Tap* by Leo and Diane Dillon

Count together during daily routines. For example, count the chairs while setting the table or count how many socks that are put into the washing machine.

Fill a clear plastic bottle with water and add some crayon shavings. Secure the lid tightly. Have your child shake the bottle and move it in a circular motion. Watch and talk about how the shavings move.

Show your child a picture or an object in the house. Ask them to tell you a funny make-believe story about it. You can begin by saying, "What if that spoon was a..."

Play a game where you each take turns.

## A Week of Activities

Play a guessing game with your child when you are putting away groceries together. Show them an item and ask where it belongs.

Help your child learn letters by pointing out the letters in their name when seen on books, signs, etc.

Use different kinds of objects to measure things. Use feet or hands to measure a room or furniture; use a pencil or a crayon to measure the size of a paper.

Talk together about where they live. Talk about whether they live in a house or an apartment. Give the address that includes the street, city, and state.

Approaches to Learning Through Play  
 Creative Thinking and Expression  
 Language and Literacy Development  
 Mathematical Thinking and Expression  
 Social and Emotional Development  
 Health, Wellness and Physical Development  
 Scientific Thinking and Technology  
 Social Studies Thinking



## A Week of Activities

Give your child cups, basters, egg beaters, sponges, and a strainer. Let them pour, squeeze, and play!

Make picture cards that show different emotions. Ask your child questions about what would make them feel like the faces in the pictures.

Help your child tear paper from old magazines or catalogs into different sized pieces. Show how to glue them onto a paper to make a picture or design.

Help your child step into a paper or reusable bag that has handles. Ask them to move from one place to another while holding on to the handles of the bag.

## A Week of Activities

Play with play dough together. Show your child how to poke, pinch, squeeze and roll the dough to make shapes and objects. Talk about what they made.

Listen to different kinds of music and talk about how they sound and how they make you feel.

When you are driving or riding on the bus, talk about the different kinds of vehicles they see. Watch for cars, trucks, bicycles, motorcycles. Ask, how they are same or different. Are there vehicles that do a special jobs?

Give your child a choice about what to do today. Ask them to explain why that activity was chosen.