

December

Developing Positive Relationships

A positive relationship between a child and their family will encourage the child to feel good about themselves and gives them a healthy model for getting along with others.

- Look for the positive things your child does and provide praise. 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 confidence in your child's developing independence.
- When your child shows their work, describe what you see and how proud you are of their effort.
- Have a special play time with your child. During this time, let them decide what you will play together. Being in charge is a very positive feeling for children.
- Be aware of your child's strengths and recognize them. Talk about what you see as their strength.
- Let your child know that you love them. Smiles, hugs, "I love you" and special notes all help a child feel special.
- Say what you expect your child to do, not what you don't want them to do. For example, say, "Hold my hand when we cross the street" instead of, "Don't run across the street."

My Book

Ask your child to draw or paint a picture of their family. Write the names of the family

members next to each drawing. Label the page, "My Family". Date it and save!

Color or Trace the Shape:



A Week of Activities

Check Out These Books!

The Gingerbread Boy by Richard Egelski
The Mitten by Jan Brett
Owl Moon by Jane Yolen

A Week of Activities

Dance to different types of music with your child. Talk about the music. Is it fast or slow, soft or loud, high or low?

Fill a pan with water and sprinkle baby powder on the top. Place a bar of soap in the center of the pan and watch the powder move away.

Talk about what made the powder move.

Allow your child to go over, under in, on and through different obstacles made from furniture and other safe objects in their home.

Make a list with your child of things that might be needed for a special event. Think about why each item is needed and where to find them.



Help your child look through magazines and newspapers to find words that start with the first letter as their name. Use a crayon, pencil, or their finger to mark or trace the letter.



Ask your child to point to body parts such as wrist, neck, waist, hips, knees, and ankles.



Find books at the library that are about workers in the community. Talk about each worker's job and its importance.

Prepare a meal with your child. Show how to measure different ingredients using a measuring cup or spoon. Ask your child to help you read the recipe on the back of a box or in a cookbook.

A Week of Activities

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

Make a special book area in your home where your child can go to read or look at books. Use pillows, stuffed animals, blankets, and a box or basket for the books.

Have your child design a card or gift for someone special. Provide markers, paper, crayons, scissors, etc.

Bake or make food for a family member or a neighbor. Let your child tell the special person how the item was made.

Talk about good health practices. Remind your child to wash hands after toileting and to use tissues to wipe noses. Talk about germs.

Talk with your child about family traditions. Talk about how your child celebrates special occasions and talk about how your families' traditions are the same or different from other people they know.

Play store with your child. Use play money to pay for items. Talk about how much things cost.

Experiment with magnets. Give your child a refrigerator magnet and see where they can make it stick in the house. Talk about what all the objects have in common.

Help your child save a little money to shop with. Go to the store together. Let them pick out an inexpensive item and pay for it.