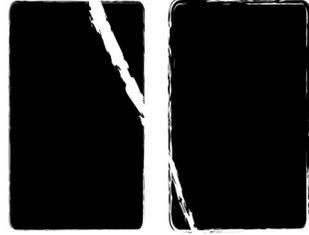




# Little Lambs News



littlelambs

Little Lambs Early Childhood Center  
A Weekday Ministry of Good Shepherd United Methodist Church

February 2020

## Happy Valentine's Day!

Our students had a wonderful time celebrating winter with all their frosty friends. We are now ready for another exciting holiday, Valentine's Day. All of our classes will celebrate Valentine's Day by decorating a sweet treat and exchanging valentines with their class. Each child should bring one signed valentine card for each child in his or her class. Please do not address the cards to the individual students. Also this month, our 2's will explore and have fun with all different kinds of boxes and pets. The 3's classes will discover the magic of Dr. Seuss and plants. Dental health and pets will be the center of many activities in the 4's classes and the Bridge class will blast off into outer space and have fun with dinosaurs!

### Important Dates to Remember:

**Pizza Tuesday-** Feb. 4th  
(Early dismissal 1 p.m.)

**Little Lambs Closed -**  
**February 6th & 7th**

**Valentines Exchange:**  
February 12th - MW classes,  
13th - TTh, MTTh &  
MTWTh classes, 14th -  
MWF & WF classes

**February 17 - CFISD &**  
**Little Lambs Holiday**

**Pizza Tuesday:**  
March 3 (Early dismissal 1pm)

**Spring Break -** March 9th -  
13th

—If you need a statement for income tax purposes, please call or email Vicki at 281-373-0052 or vickim@goodchurch.us Our tax identification number is 76-0491850 if you need it for your income tax return.

—Make sure your child's backpack has an extra set of clothes in it.

—Please label all jackets and sweaters!

## Registration Has Begun!

Registration for the 2020-2021 school year has begun. Thursday, January 30th, was current student registration. If you registered your child for next year, the [Enrollment Form](#) and \$50 registration fee are due by [Monday, February 10th](#), to hold your child's spot in their class. You can download the Enrollment Form off our website or you can pick one up outside the Little Lambs' office.

We still have some spots available on certain days in each age group except for our 18 month and Bridge classes. Spread the word to your friends and neighbors to register soon if they are looking for a preschool for their child. We love parent referrals to our program!

## Tips for Story Time Fun!

Parents can make reading with their children part of the daily routine. Reading together in the evening can become an important part of the bed time ritual. Here are some suggestions from The Reach Out and Read National Center for making reading together a pleasurable experience:

- Talk about the pictures. You do not have to read the book to tell the story.
- A few minutes is OK. Young children can only sit for a few minutes to listen to a story.
- Let your child turn the pages. This gets them involved in the book.
- Show your child the words. Run your finger along the words as you read them. This teaches them left to right direction of reading sentences and that words have meaning.
- Make the story come alive! Create voices for the story characters and use your body to tell the story.
- Ask questions about the story. What do you think will happen next? What is this?
- Let your child ask questions about the story. Use the story as an opportunity to engage in conversation and to talk about familiar activities and objects.
- It's good to read their favorite books over and over. The repetition is beneficial. We may get tired of [Brown Bear, Brown Bear](#) but they never do. It offers your child comfort and familiarity to be able to "read" it with you because they know what is coming next.
- Let your child tell the story. Children as young as three can memorize a story and many children love an opportunity to express creativity.



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## **Intentional Interactions with Children**

As parents and teachers, we have the opportunities each day to have intentional interactions with our children at home or in our classrooms. These interactions throughout the day are so beneficial to our children language, social and emotional development. Talking with your child instead of talking to your child is essential for learning how to use language confidently and build vocabulary to communicate with others. Language is something children acquire naturally but interactions with adults serves as a supportive role in the process.

In an article from the Child Mind Institute titled “Helping Children Expand Language Skills”, the author gives strategies you can use with children from birth to early elementary age to help encourage language development at home. Here are some she listed:

- Imitate - If your child is making babbling or other sounds while playing and you repeat the sounds, you are showing them that their actions are heard. It promotes taking turns and encourages them to repeat you.
- Interpret and label - If your child points to something, he is communicating with you. Respond back to what he is pointing to.
- Expanding - If your child says “truck”, you can say in return “yes that is a big red truck”. Expand on their words with rich language of descriptive words and correct grammar.
- Commenting - While your child is doing something, describe what they are doing. If your child is putting their baby to sleep, you could say “oh you are putting your baby to sleep in their bed...I hope they have sweet dreams. Do you want to sing them a song?” Then sing a song with them.
- “Serve and return” turn taking - Give your child the space to exercise their communication skills by making sure they get a turn to communicate. This teaches them the “art of conversation”. When we converse, we “serve and return” back and forth with others. At first, their “return” might be non-verbal. It could be a hand gesture or head nod and that is ok.
- Label praise - Instead of saying “good job”, put a label on the praise. You should say “wow you put all the blocks in the bucket...thank you”. This is also a positive reinforcement for good behavior which is even better!
- Read everyday - While reading a book or after you are done, talk about the pictures and ask questions.
- Ask open-ended questions - Don’t just ask yes or no questions...make sure they are open-ended to increase the response.

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## **What shall I pack for lunch today???**

Do you dread packing your kids lunches by this time of the school year? Do your kids complain about the lunches they get? Thanks to the internet, especially Pinterest, you can find new ideas to help spice up your kids lunches for the rest of the school year! Here are some ideas I found on several websites to help get you started:

- Turn healthy foods into fun foods. Use cookie cutters to cut sandwiches, cheese or deli meat. Make a fruit salad. Make a wrap with flour tortilla instead of a sandwich. Put ranch dressing in a small cup to dip some veggies in. Go to Pinterest for more healthy food ideas besides a Lunchable. To be honest...Lunchables are easy but they are full of sodium and some are high in fat. Plus kids really do not like them. They might eat part of it but the rest is wasted.
- Get your kids involved in planning/packing lunches. Have them help you make a list and grocery shop for lunch items. Ask them to look at their friends’ lunches to see what looks good to them. Create a “lunch packing station” for your kids to put together their own lunches. Give them “rules” and let them pack it.
- Fill up a thermos with warm pasta, soup, chicken nuggets, etc. Children will enjoy the change to something warm for lunch especially on chilly days. Helpful tip: Fill thermos with warm water for 10 minutes to get thermos warm before putting the warm food in it. This will help the food stay warmer longer.
- Get a creative lunch container for your child. I see so many neat ones that have divided sections to keep food separated. Some even have pics of what to put in each section. I am sure Amazon has many to choose from.

Childhood obesity is at an all time high. Let’s start while your children are young to eat a healthy lunch!

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