

Learning Adventures

PRESCHOOL



November/December 2021

5 Tips to Help Kids Dress for Winter

Most parents would agree that getting kids dressed to go outside in the winter can sometimes take as long as the outdoor play itself. To avoid a hold up, parents will often “assist” their children with the process. Jordana Schwarz, MSc.OT., OT Reg. (Ont.) from Boomerang Health posted these great tips on her blog to help teach your child strategies and promote independence early on.

1. Stickers on Boots - To help kids determine which foot goes in what shoe/boot, cut a sticker in half. Place the right side on or inside the right boot and the left side on or inside the left boot. Something that has a clear and obvious right/left side, such as a happy face, heart, or animal, works best. The child simply places the boots together and looks out for the sticker. When the picture matches up, the child knows that the boots are on the correct side.

2. The Flip Trick for Jackets - This foolproof method is comprised of three simple steps: laying the jacket down flat on the floor, inserting your arms into the holes, and flipping it over your head. The phrase, “Tag to toes, and over your head it goes” can be paired with the action.

3. Building up Zippers - Doing up zippers can be challenging for young children. One way to build up a zipper involves simple items that any parent is likely to have at home – a paperclip and two durable stickers (the paperclip gets hooked into the hole and the two stickers sandwich it together). In less than a minute the zipper is easier to manipulate.

4. Wearing Gloves vs. Mittens - The majority of tasks involving your hands require more than just the open and close motion that mittens provide. Think about how you do up your zipper, adjust your hat, or place buttons on a snowman. Having the ability to utilize a pincer grasp (by isolating the thumb and index finger) makes tasks much easier so I recommend children wear warm gloves, as opposed to mittens, in the wintertime.

5. Using a Visual Schedule - The order in which you put on winter gear is important. Having some type of visual schedule, with the order specifically outlined, is a good idea. You can cut images out of magazines, draw/color pictures, or even take photos of your child engaging in the task him/herself. Posting this up in the area where your child will be dressing gives him/her something to reference. This can even be made into a fun craft project!

Visit <http://www.boomeranghealth.com> for more details (including photos and videos)

What's New at Preschool?

Important Dates

No School:

- Thursday, November 11th
- Friday, November 12th
- Friday, December 17th
Christmas Break

Preschool returns from Christmas break on:

- Monday, January 3rd

SNACK TIME!



BANANA BERRY BLAST SMOOTHIE

In a blender place 1/2 cup frozen unsweetened berries, 1 medium banana, 1/2 cup milk and 1/2 cup plain yogurt. Blend until smooth. Delicious! Cheers!



Rhythm and Wordplay to try at home

Did you know that fingerplays teach children to listen carefully and follow directions? When fingerplays are recited, children have to pay attention and listen so they know what to do next. Have fun trying this one at home with your preschooler!



Teddy Bear, Teddy Bear

Teddy bear, teddy bear, turn around.
Teddy bear, teddy bear, touch the ground.
Teddy bear, teddy bear, jump up high.
Teddy bear, teddy bear, touch the sky.
Teddy bear, teddy bear, touch your nose.
Teddy bear, teddy bear, touch your toes.
Teddy bear, teddy bear, hop around.
Teddy bear, teddy bear, sit on the ground.

Peppermint Sparkle Play Dough

1 cup white flour, 1/2 cup salt, 2 tsp. of cream of tartar (found in spice section at the grocery store), 1 tsp. oil, 1 cup hot boiling water, Food coloring, peppermint extract and glitter sparkles. Mix the first four ingredients in a bowl, while boiling the water. Then, mix the hot water with the other remaining ingredients and mix altogether with the flour mixture in the bowl. Knead, until soft and then cool! Store in a plastic container or re-sealable bag. Great gift!



Photo by: <http://www.agirlandagluegun.com>

Candy Cane Craft

Thread beads onto a pipe cleaner with your child. Encourage your child to make a pattern red, green, white, repeat. Bend into the shape of a candy cane and hang!

November Parent Tip

"Screen Capture"

Establishing family guidelines around the use of screens (TV, video games, tablets etc.) like where, when, and how much, sets your child up to master technology rather than be mastered by it. Start by reducing screen time in your household by 15 minutes a day and see what changes!

December Parent Tip

"Less is More"

Less truly is more when it comes to children and Christmas. Less stuff, confusion, clutter, and stress, translates into more space, calm, attention, and imaginative play. It also sets the stage for a family friendly celebration.

Are you open to shifting your parental generosity from presents to presence? What first step could you take in favour of this shift?

Tips provided from:

Dulcie Gretton M.Ed
PCI Certified Parent Coach
www.renewedparent.ca
403-870-2953



**Calgary
Christian
School**

Learning Adventures located at Calgary Christian School
2839 - 49 Street S.W. Calgary, AB

Preschool Office Phone: 403-242-2896 (Extension 358)

www.learningadventures.ca