

Family Newsletter

THIS MONTH'S THEME

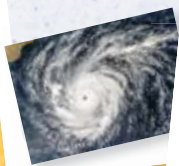
Weather & Seasons

Each season brings big changes to weather and the surroundings your child sees. This month your child will learn about weather, storms and the signs of changing seasons. They will create a weather wheel, gather nature items for a hibernating bear, make a thunder shaker and explore the effects of wind and water. Help your child be a weather watcher every day and explore the wonders of nature.

Look for the daily notes about your child's art projects!

Today I created swirl art.

I learned that hurricanes are storms that create swirling, spinning winds. I created swirls in puff paint and paint. I had to be patient because there were many steps to this project.



Today I created a butterfly wand.

I learned that butterflies migrate to warmer places in the winter. I created my own butterfly wand. Now I can dance with my butterfly.



ASK ME: Did you play with your butterfly today? Where do you think your butterfly will travel?

preschool

Sunny & Sad Days

A child's mood can change just like the weather. One minute it's sunny, and the next there may be a storm. No matter what emotional weather your child experiences, remind them they are loved and supported. Feeling safe and secure helps children build trust and gives them the confidence to learn ways to understand and manage their emotions. Here are a few ideas to help you support your child through their changing feelings.

- **Learn to recognize your child's cues.** Every child communicates their feelings in different ways. When you notice and respond with care, you help your child feel understood, safe and supported.
- **Let your child know you are listening.** Respond when your child wants to talk or share their ideas. If you aren't able to listen right away, let them know you heard them and tell them when you'll be able to give them your full attention.
- **In new experiences, offer support and encouragement throughout the process.** If you think something may frustrate your child, stay positive and tell them you are there if it gets too hard.
- **Keep conversations simple and meaningful.** Share information that interests your child a little at a time. Young children learn best through short conversations, play and repeated experiences.
- **Show affection in ways your child enjoys.** Offer hugs, smiles, gentle touch and encouraging facial expressions. These loving interactions help your child feel safe, connected and supported.

When your child feels safe knowing they have your unconditional love, they feel more confident exploring, learning and trying new things. A child's physical and emotional well-being are closely connected to their ability to understand and manage their emotions. Create a caring environment where your child feels safe, secure and loved.





RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

The Reasons for Seasons
by Gail Gibbons

Why Do Leaves Change Color?
by Betsy Maestro

Spring's Sprung
by Lynn Plourde

Sounds of a Summer Night
by May Garelick

**The Twelve Days of Winter:
A School Counting Book**
by Deborah Lee Rose



Weather at Home

Keep track of the weather and temperature near your home. Make a rain gauge together (or put an empty bucket outside) and record how much rain falls this month. If your area experiences severe weather, talk together about what your family would do to stay safe.



Scary Weather

(Sing to the tune of "Mary Had a Little Lamb")

Talk with your child about what types of weather scare them. Share your own fears and discuss other things that might scare your child. Sing the song and end with a hug.



I need a hug when I feel scared,
I feel scared, I feel scared.
I need a hug when I feel scared.
Can you please hug me?

