

Family Newsletter



THIS MONTH'S THEME

Ice Castle

In this icy adventure, your children will pretend to sled with penguins, run with snow leopards and build an igloo. They will help rescue a baby polar bear from an iceberg and imagine skiing down a mountain. Experiment with melting ice and explore the Arctic in this sparkling, snowy theme.

BASICS TO REINFORCE AT HOME

LETTERS Ii, Pp and Tt

NUMBERS 7 and 8

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

Today I built an igloo.

I learned that igloos are structures made of snow blocks. I decided to construct my own igloo with a paper plate and paper strips. Now animals and people can go inside my igloo when there is a snowstorm.

ASK ME: Who can come inside my igloo?

Today I made icicles.

icicles can be long and pointy. I had to figure out how to cut my materials to look like icicles. I decided to use either my own fingers to tear the paper and foil or use scissors. It's fun to create art with materials that are shiny!

ASK ME: Did you tear or cut your materials? What are icicles made of?

Value Your Child's Emerging Ideas

When your child observes you valuing and integrating their ideas, their self-esteem will increase. You can help boost your child's confidence and self-esteem with these tips:

- **Give your child choices where either choice is acceptable.** For example, "Would you like to wear the blue shirt or the pink shirt?" In both choices, the child is getting dressed.
- **Ask your child for their opinion when making decisions.** Whether you are rearranging furniture or cooking dinner, if you ask your child what they think, it shows that you care enough to consider their opinions.
- **Follow the interests of your child when possible.** Incorporate their interests in activities or discussions.
- **Encourage responsibility by giving your child chores each day.** No matter how young, each person has the ability to contribute.
- **Be flexible, yet consistent, with house rules and routines.**
- **Talk with your child daily.** Research has shown that many language and literacy experiences come from rich conversation on a daily basis. Invite them to share their ideas with family members and form opinions about what matters to them.



When you provide an atmosphere full of care and concern, you show your child that they are valued. This connection and sense of self can last a lifetime.



RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

Arctic Lights, Arctic Nights

by Debbie S. Miller

The Polar Bear Son: An Inuit Tale

by Lydia Dabcovich

Over in the Arctic

by Marianne Berkes

Building an Igloo

by Ulli Steltzer

The Antarctic Habitat

by Molly Aloian & Bobbie Kalman

Explore the Tundra

by Linda Tagliaferro



Family Activities

Freezing & Melting

Explore the concepts of freezing and melting with a variety of liquids. Look for frozen items at the grocery store, local ice-skating rink or outside. Freeze your favorite juice to make homemade popsicles and feel the Arctic cold in your own home.



I Am Cold

(Sing to the tune of "London Bridge")

Make up additional verses with other things that make you cold. For example, "When the snow falls" or "When the rain comes."

**When the wind blows,
I am cold, I am cold, I am cold.
When the wind blows,
I am cold,
Brrrr, I am cold.**

