

Family Newsletter



THIS MONTH'S THEME

Winter in the Woods

This month, your child will experience the beauty of the forest as he learns about the animals that run, play or hibernate in the winter woods. He will build a bear den, decorate a snowman, knit mittens, create a cozy fireplace and make a hearty breakfast. This winter in the woods is full of fun and surprises.



Share traditions and make memories.

Traditions are more than just holidays. Traditions can also be simple routine happenings that occur on a regular basis. Bedtime, bathtime, dinnertime, or storytime routines are traditions. Traditions can occur weekly, such as Sunday dinners, Monday night football, or Friday game nights. They can also occur monthly as a family outing or even an annual family event.

Research has shown that traditions can be instrumental in creating strong family dynamics and also support the child's social and emotional development. Identify and commit to your unique family traditions.

A few tips to help you get started:

- **Start Simple.** Look for easy, everyday traditions: a bedtime hug or storytime after dinner.
- **Create a name.** Name your routines to help children and family members identify them: It's hug and snugg time, Family Fun Friday, etc.
- **Celebrate the people, not just the tradition.** Remind children that what makes the tradition special are the people who share it. It doesn't matter what you do. What matters is who is with you.

Traditions are a great way to bond with your family. Spending time routinely with your family is truly a beautiful gift.

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

Today I made a deer headband.

Male deer grow antlers on themselves. I decided to make a headband by tracing my hands. No glue, just a deer and quietly le



Today I sewed mittens.

I learned how to sew today. I made mittens by weaving yarn in and out of the holes. This helps build my fine motor skills. I can wear my mittens and look for items that can fit inside them.



ASK ME: What did you enjoy about this project? Why are your mittens special?

preschool



RECOMMENDED READS

Cuddle Up

WITH A GOOD BOOK

Footprints in the Snow
by Cynthia Benjamin

The Jolly Christmas Postman
by Janet & Allan Ahlberg

The Biggest Snowman Ever
by Steven Kroll

The Winter Solstice
by Ellen Jackson

While the Bear Sleeps
by Caitlin Matthews

The First Day of Winter
by Denise Fleming



Snowman

(Sing to the tune of "I'm a Little Teapot")

Extra fun: Fill a spray bottle with water and squirt at toys in the sink or bathtub as you sing the song together.

I'm a little snow pal,
Round and fat.
Here are my broomsticks,
Scarf and my hat.
When it gets warm out, I melt away.
Build me again another day!

Family Activities

Head Outdoors

Parents know the struggle of having children cooped up inside when the weather is cold. It can be challenging to find the motivation to go outside.

A scavenger hunt is a fun, simple activity that's perfect for your family any time of year. Take a walk in search of winter's natural beauty and you'll find lots of things that are unique to the season.

