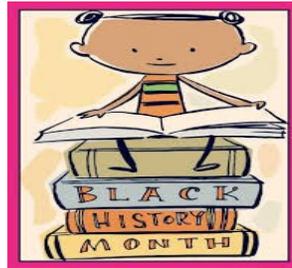


February 2023

Woburn Creative Start



Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

Among the notable figures often spotlighted during Black History Month are [Dr. Martin Luther King, Jr.](#), who fought for equal rights for Blacks during the 1950s and '60s; Thurgood Marshall, the first African-American justice appointed to the United States Supreme Court in 1967; [Mae Jemison](#), who became the first female African-American astronaut to travel to space in 1992.

Picture books are a great way to bring the stories and histories of Black trailblazers to life for kids. The list below gives some recommended books to start with for kids ages 3-8. For reading lists for older children, check with your local library.

- "I Am Rosa Parks" by Brad Meltze
- "Unspoken: A Story from the Underground Railroad" by Henry Cole
- "Dave the Potter: Artist, Poet, Slave" by Laban Carrick Hill
- "Hidden Figures: The True Story of Four Black Women and the Space Race" by Margot

Lee Shetterl (picture book version)

- "The Story of Ruby Bridges (Reissue)" by Robert Coles
- "Under the Same Sun" by Sharon Robinson
- "Mae Among the Stars" by Roda Ahmed

Important February Dates to Remember ...

Parent Meeting -(virtual) Thursday 2/2 10:00 am

Open House(new families) -Tuesday 2/7 3:30-6pm

Thursday 2/16 3-4:30pm , Tuesday 2/28 3-4:30pm

Advocacy Day -Tuesday 2/14 9:00 am

Open Air Market -Thursday 2/16

Policy Council-Wed. 2/15 10:00am

School Closed -2/21-2/25

Family Event /Dentist visit - Tuesday 2/28 10:00 am

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Reminders:

It is important that families come to school on their designated time for drop off and pick up to prevent overcrowding outside.

Do not leave children unattended in the car. It is against the law to leave children by themselves in vehicles.

Let's stay healthy: If your child is not feeling well or has multiple symptoms (cough,thick nose discharge,fever) please keep your child home. If you are unsure please call the center.

If your child will be absent, please call us by 9:45AM at 781-932-9578. Leave a message if nobody picks up.



Social Emotional Second Step – Preschoolers

When children feel big feelings like very sad, mad, disappointed or frustrated, they can use the 3 calm-down steps:

1. Put your hand on your tummy and say “stop”
2. Name your feeling: “I feel frustrated”
3. Take Belly breaths: Smell the flower, blow out the candle



Infants & Toddlers

Toddlers are singing I Love You Rituals to their babies. And teachers are engaging infants in I Love You Rituals. Here is one:

Round and Round the Garden



*Goes the teddy bear
One step, two step, tickle under there! (tickle under chin)*

Positive Solutions for Families

In January we discussed what makes a successful routine:

1. Have a clear start and finish.
2. Teach your child the steps of the routine.
3. Follow the steps of the routine consistently.
4. When changes happen, prepare your child ahead of time.
5. Use visuals.
6. Provide positive feedback and encouragement.

In February we will discuss teaching children social emotional skills. The next meeting will be on Wednesday, February 8 at 10:00am.



Curriculum

Classrooms are studying Oral health and community Helpers

Educators will discuss the importance of Dental health by reading books, discussing healthy verses unhealthy foods, how many times do we brush our teeth.

Educators will also study community Helpers. Who they are, what they do, and how they help the community.



STEM: Physical Science
Children will:

- **Observe and record**
-
- **Explore liquid and solids**
-
- **Predict sink or float**

Have a picky eater? Try these tips!

It is important to continue to expose children to new foods, it can take up to 10-12 times for them to start to like the new food. Don't give up, give it time.

Don't force foods. Make mealtime safe and enjoyable. Forcing food can make them reject the foods more.



Start with small portions of new foods. Large portions can be overwhelming for kids. Offer 1 or 2 pieces.



Establish a routine, children thrive on routines. Offer meals and snacks around the same time. Offer 3 meals and 2 snacks a day.

Set a good example by cooking the same meal for the whole family. Kids learn from you.

Make meals fun. Cut up foods in fun shapes or try serving foods with dips and sauces.

Too many new foods at once can be overwhelming for kids. Only offer one new food at a time. Offer the new food with one food that you know they will eat.



Eliminate distractions by turning off TV's, phones, and tablets. Talk about the food-taste, color and shape.



Get kids involved in meal planning. Kids are more willing to try a food they helped pick out and prepare.

Created by Melissa Johnson,

Nutritionist, 1/2023

