

WALTHAM CREATIVE START NEWSLETTER DECEMBER 2023



As the weather gets colder please make sure your child brings a sweatshirt or jacket.

UPCOMING EVENTS:

NO SCHOOL: 12/25-1/1

EARLY RELEASE: 12/22

**POSITIVE SOLUTIONS PARENT
GROUP - 12/12**

POLICY COUNCIL: 12/13

OPEN AIR MARKET - 12/19

PARENT MEETING: 12/21 @ 9AM

Feed the Need

We understand that sometimes, especially recently, it can be harder and harder to have enough food at home. If any family is in need of food in between our open air markets, please come to the office. We are happy to assist you. Also, if you have other needs, please let us know and we will work with you to fulfill them.

www.communitiesunitedinc.org

FAMILY AND COMMUNITY OPPORTUNITIES

Take A Moment

December can be an extremely busy and stressful time of year for many. Between changing weather, family commitments, and school vacations, time seems to vanish. To help relieve some of the pressure, we will be scheduling our next family event in January. You are still encouraged to participate in the classroom and with take home activities whenever possible.

This December, take a few moments to catch your breath. Try practicing deep breathing with your children. Breath in for the count of four, hold for the count of four, release for the count of four. Even a few minutes of measured breathing can help calm you and lower blood pressure and heart rate.



COMMUNITY EVENTS

December 3: Winter Pops, Clark Govt Center, 3-5 pm

December 10: Chanukah Festival, Leventhal-Sidman JCC 333 Nahanton St, Newton, 630-830 pm

December 17: Winter Solstice Celebration - Codman Community Farms
Lincoln MA, 930-11 pm

WALTHAM PUBLIC LIBRARY:

Tuesdays, 1030 am to 11 am: Te Cuento un Cuento

Tuesdays, 6pm to 630 pm: Family Storytime

Wednesdays, 1030 am to 11 am: Toddler Time

Fridays, 10 am to 1030 am: Baby Storytime

SOCIAL EMOTIONAL CORNER

SECOND STEP:

- **IN THE MONTH OF DECEMBER, WE WILL FOCUS ON IDENTIFYING THE FEELINGS OF FEAR, SURPRISE, AND ANGER. WE WILL ALSO WORK ON HOW TO DIFFERENTIATE OUR FEELINGS TO HELP UNDERSTAND THEM. SECOND STEP WILL ALSO TALK ABOUT BEING A HELPING AND CARING FRIEND AND WHAT TO DO WHEN ACCIDENTS HAPPEN.**

BABY DOLL:

IN DECEMBER, THE CURRICULUM WILL CONTINUE TO FOCUS ON BUILDING CONNECTIONS WITH THE BABY DOLLS. THIS CONNECTION WILL BE ACHIEVED BY IDENTIFYING DIFFERENT PARTS OF THE BABY'S BODY, AS WELL AS PLAYING PEEK-A-BOO GAMES WITH THE BABY. THE NURSERY RHYMES WILL ALSO HELP THE CHILDREN FOCUS ON SOOTHING AND CARING FOR THE BABY.



POSITIVE PARENTING SOLUTIONS SESSION 2:

OUR DECEMBER MEETING OF THE POSITIVE SOLUTIONS PARENTING GROUP WILL KEEP THE FOCUS ON KEEPING INTERACTIONS POSITIVE. WE WILL DISCUSS HOW PLAYFUL INTERACTIONS AND CREATING FUN IN EVERYDAY MOMENTS CAN BE A POWERFUL PRACTICE. WE WILL LINK BUILDING RELATIONSHIPS, USING POSITIVE COMMENTS AND ENCOURAGEMENT, AND PLAY TO CHILDREN'S BEHAVIOR. WE WILL ALSO EXAMINE WHY CHILDREN DO WHAT THEY DO.

MONOCHROMATIC PAINTING



This month, explore tints and shades of colors. Pick one color paint and add a drop of white and a drop of black so that your child can blend the colors. In color theory, a tint is a mixture of a color with white, which increases lightness, while a shade is a mixture with black, which increases darkness.

In the Classroom

THIS MONTH, CLASSROOMS WILL BE LEARNING ABOUT AROUND THE WORLD IN OUR FULL DAY ROOMS AND FAMILY AND FRIENDS IN OUR HALF DAY ROOMS.

WE WILL ALSO BE COMPLETING AN AUTHOR STUDY THIS MONTH, WHERE CLASSROOMS READ MULTIPLE BOOKS BY THE SAME AUTHOR. PLEASE FEEL FREE TO FIND OUT WHICH AUTHOR YOUR CHILD'S CLASS WILL BE STUDYING.



"To appreciate the beauty of a snowflake it is necessary to stand out in the cold."
- Aristotle



Snowman Treats

The holiday season can be full of a lot of sweet treats. This adorable snowman treat is a fun way to spend time with your kids and offers them a treat that is not so sugary or calorie laden as a lot of other sweets out there.

Find the recipe at:

<https://www.inspiredtaste.net/9038/pumpkin-mac-and-cheese-recipe/>