

November 2023

Woburn Creative Start



Praising your Child

We all love to be told how wonderful we are—more importantly our children! Children consider praise a reward in itself, and praise is a way to help them learn which kinds of behaviors are acceptable, even from the earliest day!

1. Focus on Process, Not Outcome— For example, if your toddler loves to help you care for the family dog but sometimes makes a mess, say something like, "I know it's hard to carry the dog's water bowl without spilling, but I love the way you're trying. Accomplishing tasks without adult help is key to a child's developing a sense of self.
2. Look Them in the Eye—How you give praise is as important or even more important than the words you use. Use a warm, nurturing tone, make eye contact and get down to their level.
3. Choose Words Wisely— When it comes to praise, it's important to use language that is appropriate for your child's developmental stage. To praise a baby, you might just coo at her when she smiles at you. As your children get older, use words that reflect their experience and show understanding and empathy. For example, if your 2-year-old is determined to put on her own socks but can't quite do it, say something like, "You're trying so hard to get those socks on. I can help you with that, and then you can slip your rain boots on by yourself."
4. Applaud Each Child's Individual Strengths—Kids can't help but compare themselves to others. Teach your child that everyone has strengths, and that they are all different.
5. Pay Attention to the Little Things—Children thrive on attention -- it makes them feel nurtured. You can also boost your child's ego simply by commenting on or describing what he's doing, which he'll perceive as a form of praise. For instance, you could say "Thank you for brushing your teeth without being asked."

Mean it when you praise your child.

Nothing is better than positive words to boost your child's self-esteem!

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Reminders

Please do not leave children unattended in the car. It poses a risk to your child's safety and wellbeing. It is also against the law to leave children by themselves in vehicles.

Any person picking up your child must be on the current release form. Please update your release list with us in person. It may not be done over the phone.

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.

Dates to Remember:

Nov. 2 Parent Meeting

Nov. 9 Positive Solutions for Families

Nov. 10 Closed Veteran's Day

Nov. 15 Policy Council

Nov. 21 Soup Day & Open Air Food Market

Nov. 22 Early Release

Nov. 23-24 Closed

Fall Fun



Exploring Pumpkins

Congratulations to Jayce.
His estimation was 21.6 lbs
and the pumpkin weighed
21.8 lbs!



Children explored the insides of pumpkins and talked about the different textures of the seeds and flesh.

Children also did pumpkin painting, weighed the pumpkins and studied a pumpkin's lifecycle.



Curriculum

Classrooms are studying Family and Friends

Children will describe members of their family and recognize family similarities and differences. Children will also begin to develop an appreciation for different types of families. Children will identify peers in their classrooms and learn how to become a good friend.

STEM: Clothing (Patterns and Textures)

Children will:

Identify items of clothing

Identify buttons, zipper, snap,

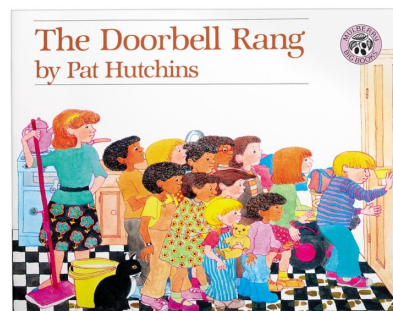
Identify and create patterns

Explore textures

Share ideas and record observations

The Doorbell Rang by Pat Hutchins

Children enjoy this delightful story about sharing with friends and family. On each page more people come to a family's house and they all figure out how to share 12 cookies. Children learn about sharing, math and literacy skills through reading this book!



Social Emotional Corner

In Second Step the preschoolers are learning about and practicing “skills for learning.” The children have learned about listening rules, focusing attention and self-talk. These skills will help set the children up for success in Second Step as they learn about feelings, managing strong emotions and developing friendship skills. To extend the learning to home you could ask your child about the listening rules and use the “attentoscopes” they made and brought home as a conversation starter.



During Baby Doll Circle Time the infants and toddlers are playing peek-a-boo with the teachers and the babies. Playing peek-a-boo helps with connection-building and learning impulse control. It’s also just enjoyable for infants and toddlers! At home you could play peek-a-boo with your infant or toddler with this rhyme: “All around the room I look. Where is my baby? I look right in front of me and... Boo! Baby was hiding!” Try the game by placing your hands over your eyes and peeking out. Encourage your child to do the same.

Positive Solutions for Families

Last month we had our first meeting of Positive Solutions for Families. This is a parenting workshop in which parents learn techniques to enhance their relationships with their children, help their children learn social emotional skills and effectively respond to children’s challenging behavior. At our first meeting entitled, “Making a Connection,” we discussed using encouraging feedback, praise and quality time to help fill up a child’s “relationship tank” so the child feels confident and loved. Positive relationships form the foundation for everything else that comes along in parenting. Next time we will talk about play and how to utilize play to fill up children’s relationship tanks.

Family Meals

Busy schedules can make it difficult to eat as a family. But eating together as a family has so many benefits.

Benefits of Family Meals

family bonding

developmental growth

establishes routine

higher self esteem

better performance in
school

lower rates of obesity

bigger vocabulary in pre-
schoolers

healthier eating patterns

Eating together provides the opportunity for conversation. It helps kids to learn to listen and have an active voice within the family. It helps expand their vocabulary and reading ability.

Avoid screen time at meals. Turn off all TV's and screens to avoid distractions and be able to engage in more conversations.



Involve your kids. Have them help with the shopping, picking out, and preparing the food. They are more willing to try and eat something they helped to make.

Make it a priority. Try to have dinner together as a family 3 to 5 times a week.

