

October 2023

# Woburn Creative Start



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## The Benefits of Reading to Children

There is nothing more special than curling up in a cozy chair with a young child and reading their favorite book. There are many benefits of reading stories out loud, more than you may realize, such as:

- \* Bonding with your child
- \* Developing listening skills
- \* Expanding vocabulary
- \* Lengthening attention span
- \* Supporting Creativity
- \* Developing Social and Emotional skills
- \* Building Cognitive and Language Development skills

Experts say that reading out loud provides a wonderful opportunity to connect with your child. It is important to have this special time to bond, especially after a busy day.

Reading out loud to your child supports their comprehension and attention skills. When reading to your child, using vocal expressions and silly sounds increases a child's interests and enhances their listening skills.

Studies suggest that even the youngest children can benefit from having stories read out loud to them. This will lead to higher cognitive development and language skills in babies.

Reading out loud to children expands their vocabulary by exposing them to a variety of words. Reading gives children the opportunity to be creative. Children can recreate stories and use stories to expand on their own ideas.

Lastly, books and stories provide opportunities for children to develop social and emotional skills. You can have conversations with your child about the characters feelings and what is happening in the story.

So let's get a book and read out loud!

***Make a schedule! Read to your child everyday!***

***October is our Literacy Month***

***Our month goal for October is for all our families to read a total of 500 books! Help us meet our goal! Let's start reading!***

## Reminders:

It is important that families come to school at their designated time for drop off and pick up. Families can enter the building only when their child's classroom starts. Please remember to pick up by the ending time for your child's class.

Do not leave children unattended in the car. This poses a risk to children's safety and wellbeing. It is also against the law to leave children alone 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.

Thank you for your cooperation!





October 5: Parent Meeting at 8:30am

October 9: Center Closed—Indigenous Peoples Day

October 12: Positive Solutions for Families  
with Ms. Greta at 8:30am

October 18: Policy Council at 10:00am

October 19: Picture Day

October 23: Center Closed—Professional Development Day

October 26: Fall Festival



# Curriculum

## Classrooms are studying Fall and Harvest

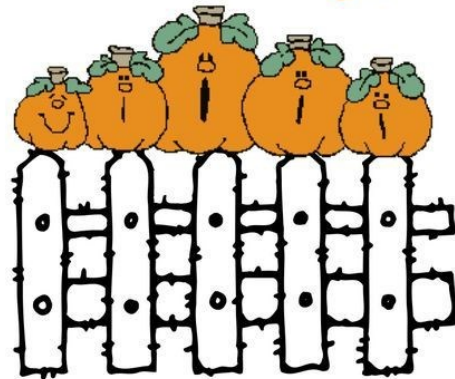
Classrooms will observe and notice the change in weather. Classrooms will collect leaves to sort and identify. Children will explore the inside of pumpkins and talk about activities to do in the fall.

### STEM: Colors

Children will:

- Identify primary and secondary colors
- Identify their favorite color
- Identify and create patterns
- Explore light and dark shades
- Share ideas and record observations

## Five Little Pumpkins



Five little pumpkins sitting on a gate.  
First one said, "Oh my, it's getting late."  
Second one said, "There's a frost in the air."  
The third one said, "But we don't care."  
The fourth one said, "Let's run and run and run."  
The fifth one said, "I'm ready for some fun!"  
"Oo-oo," went the wind and out went the light,  
And the five little pumpkins rolled out of sight.

## Mouse Paint



Ellen Stoll Walsh

## Social Emotional Corner

### Preschool

We are starting Second Step, the preschoolers' social emotional curriculum. The puppy and snail puppets will be teaching children about being welcoming and kind towards peers. We will discuss that we feel all different ways about coming to school including nervous, sad or happy. We teach children that it is OK to feel any of these feelings. Children are encouraged to invite other children to play including children who might be feeling sad or nervous. The children will also be learning "skills for learning." They will learn that having eyes watching, ears listening, voices quiet and bodies calm can help us to pay attention and learn. Second Step works best when parents continue the lessons at home. You could let your child know that however they feel about coming to school is OK. To bridge the home-school connection you could also start up conversations with others families in your child's class. You can model the skill and encourage your child to join in and say "hi" to their classmate.



### Infants & Toddlers

The toddlers will be participating in the Baby Doll Circle Time curriculum. We will be starting off playing peek-a-boo with our baby dolls and we will feed them and put them to sleep. Through interacting with the baby dolls and teachers, the toddlers are learning about and engaging in connection-building. The infants will be participating in "I Love You Rituals." Rhymes will include "There Was a Little Mouse" and "Round and Round the Garden." We will also be singing "Who Are the People in Your Neighborhood" with props. The "I Love You Rituals" for the infants also focus on connection-building. Forming early connections is key to children's social emotional wellbeing and success both now and later in life. To continue the school lessons at home, you could sing any songs and rhymes that your family enjoys!

### **Positive Solutions for Families**

Positive Solutions for Families is an evidence-based parenting curriculum in which parents and guardians come together with Ms. Greta once a month to learn new skills and discuss how they relate to ones own parenting. Topics include: making a connection with your child; understanding why your child behaves in a certain way and acting accordingly; teaching children about emotions; and managing challenging behavior. There are seven meetings which are once a month during the school year. We ask that parents who are interested do their best to attend all seven meetings. Each month's topic builds off of what we discuss during the previous month so attending all meetings will help parents get the most out of the meetings.

Our first meeting of Positive Solutions for Families will be on Thursday, October 12 at 8:30. Please let Ms. Greta know if you are interested.



# "FALL" INTO HEALTHY HABITS!

## Nutrition



Include fruits and vegetables in your daily diet. They are high in fiber, vitamins, and minerals and low in calories and fat. They can help protect against illness.

## Stay hydrated



Remember to drink plenty of water throughout the day. It helps increase energy and brain function. Water also helps prevent infections and sickness.

## Sleep



Make sure you and your family are getting enough sleep. It helps reduce the risk of sickness and improves mental health.

## Be active



Stay active throughout the year. It is the perfect weather to go for walks with the family. Being active helps to maintain a healthy weight, reduces risk of disease, increases energy, and improves concentration.

## Wash up



Wash hands before eating and after coughing or sneezing to prevent infection and illness.

