



2024

Lexington Creative Start Children's Center

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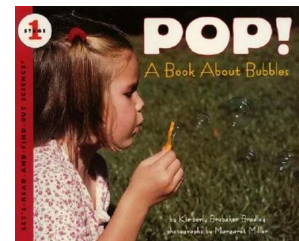
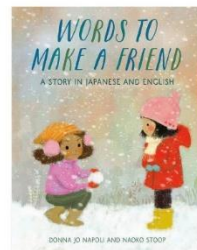
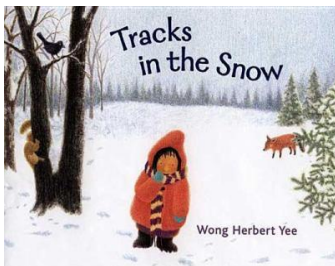
CURRICULUM CORNER

Classroom 1 will be learning all about the winter solstice this month.

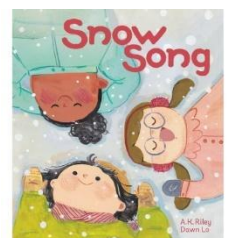
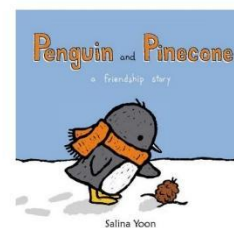
Learning about the winter solstice is a great way for young children to actively engage in the Sciences. When children learn about how Earth and the weather is related, they become more aware of their environment around them.

Toddlers will engage in activities around snowfall and where snow comes from while pre-school age children can dive a bit deeper. Our classes will be involved in a lot of STEAM activities throughout the month.

Class 1 will be exploring the Earth's weather patterns, especially the winter season.



Class 2 will be reading:



Important Dates



January 1- New Year's Day – Center Closed
January 8 – Professional Development Day – Center Closed
January 9- 1:30-2pm- Parenting Series Workshop with Ms. Lisa.
January 15 – MLK Day – Center Closed
January 17- Policy Council Meeting 6:30pm via Zoom
January 17- Family Event- 2:15pm
January 18- Open House 2:30- 4:30pm
January 22 – Center Closed for Professional Development
January 23- Parent Meeting 11am-12pm
January 23- Open Air Market 12pm
January 25 - Open House & Job Fair 3pm-6pm
January 29 – Professional Development Day – Center Closed

Social Emotional Corner with Ms. Lisa

Second Step Updates: Classroom #1 has completed Unit 2: Empathy Identifying feelings, happy, sad, surprised, scared, anger, same or different feelings for each person, accidents, caring and helping. We are moving into Unit 3: Emotion Management which includes identifying feelings, understanding strong feelings, and tools to manage big feelings.

Baby Doll Updates: Classroom #2 Toddlers have completed Boo Boo's Handling the hurts, recognizing and labeling emotions, expressing empathy to others, self-soothing and building trusting relationships. Toddlers are moving into Unit 4 Building attachment between adult and child through positive playful interactions. We will be learning some *I love you rituals* (finger plays/songs) that we can play with each other and our babies.

Friendship Groups: The groups are comprised of 5-6 children and last for 6 weeks. Our friendship group is going very well.

Our friendship group themes include:

How to make friends.

What is a good friend?

How to initiate friendships.

Asking for a turn/sharing.

Feelings

Conflict Resolution Skills

We will have on-going friendship groups as the year progresses.



Parenting Workshop Series: January 16, 2024 @ 1pm

Session 2 – Keeping it Positive. Learn to use playful interactions to strengthen the relationship with your child by understanding the meaning of challenging behavior, and using positively stated directions. Through this workshop parents will learn techniques to enhance their relationships with their children, help their children learn social emotional skills, and effectively respond to children’s challenging behavior. Special Topics: Parenting workshop: *Getting your child to sleep at night!?!*

Parents will explore why bedtimes matter.
Learn techniques to get your child to sleep on their own.
How to establish a strong bedtime routine.
Discuss proven sleep training methods.



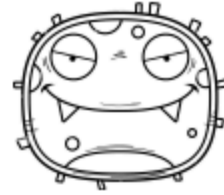
Please submit topics to me that you would like to learn more about for more special topic parenting workshops. Thanks, Lisa

January 17th at 2:15 PM - Family Event



Help Stop the Spread of Germs

This time of year, it is very common for many people to get sick. With more time being spent indoors, it is easier for germs to spread. Here are some ways you can stop germs from spreading and keep your family healthy:



Don't touch your mouth, nose, or eyes.	Cough and sneeze into your elbow or a tissue, not your hands.	Wash your hands often with soap and water for at least 20 seconds.
Stay home if you are sick.	Use hand sanitizer before and after sharing items with others.	Clean frequently touched surfaces often.

Some ways to encourage these habits with your children at home:

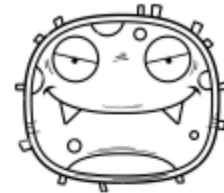
- Make handwashing easier for them by placing a stool by the sink with the soap within reach.
- Sing a song together such as the ABCs while washing their hands to make sure they are scrubbing for the full 20 seconds.
- Make handwashing a consistent part of your routines when you get home and before meals.

Did You Know?

Germs spread more easily from wet skin, so make sure you are drying your hands completely.

Ayude a detener la propagación de gérmenes

En esta época del año, es muy común que muchas personas enfermen. Al pasar más tiempo en el interior, es más fácil que los gérmenes se propaguen. Aquí hay algunas maneras en que puedes evitar que los gérmenes se propaguen y mantenga a su familia saludable:



No te toques la boca, la nariz ni los ojos.	Tosa y estornude en el codo o en un pañuelo desechable, no en las manos.	Lávese las manos frecuentemente con agua y jabón durante al menos 20 segundos.
Quédate en casa si estás enfermo.	Use desinfectante para manos antes y después de compartir artículos con otras personas.	Limpie con frecuencia las superficies que se tocan con frecuencia.

Algunas formas de fomentar estos hábitos con tus hijos en casa:

- Facilíteles el lavado de manos colocando un taburete junto al lavabo con el jabón a su alcance.
- Canten juntos una canción, como el ABC, mientras se lavan las manos para asegurarse de que se froten durante los 20 segundos completos.
- Haga del lavado de manos una parte constante de sus rutinas al llegar a casa y antes de las comidas.

¿Sabías?

Los gérmenes se propagan más fácilmente con la piel mojada, así que asegúrese de secarse las manos por completo.