



Jan/Feb 2023 NEWSLETTER

Themes

Ready, Set, Go!

Children will push, pull, and ride as they investigate all kinds of real and toy vehicles. Vroom! Vroom!

Sparkles and Shivers

Bundle up and get ready to dig into winter! Whether you live in a cold or warm climate, children will enjoy learning all about snow, snow creatures, winter vehicles, cold-weather gear, and more.

Let's Communicate

Cards, packages, letters, catalogs, magazines and more arrive in the daily mail. Children will enjoy exploring all the exciting things postal workers deliver and the many other ways we communicate.

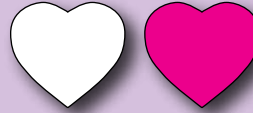
Happy and Healthy

Developing healthy habits takes practice. This theme offers playful ways to encourage children to brush their teeth, wash their hands, use tissues, and eat healthy foods.

Vocabulary

wheels, car seat, snowflakes, winter clothes, telephone, mailbox, dentist, doctor

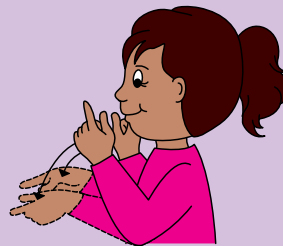
Colors/Shapes



Opposites

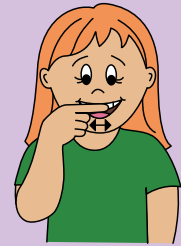
hot/cold

Sign Language



go

Point with index fingers in the direction you wish to go.



brush teeth

Position index finger of right hand in front of mouth. Move finger side to side to mimic brushing teeth.



wash

Make a fist facing up; make another fist on top, facing down. Move top fist in circles as if scrubbing.



water

Right hand W taps chin with index finger.



eat

Squished O hand moves back and forth to mouth as if eating.

Learn with Me!

• Frost Observation

Bundle up and go for a walk with your child. Take plastic magnifiers with you. Invite your child to look carefully at any ice on fences, tree trunks, etc. Talk about what you see together. Has your child observed frost this closely before?

• Snow Pretend Play

Enjoy a snowy day with your child. Gather toy kitchen utensils and bowls. Collect snow together in a sensory bin or large container. Use the kitchen utensils to play with the snow. You might pretend to make snow cones or other cold treats. Be sure to wear warm gloves!

My Project: Healthy Foods and Treats

When I bring this project home, we can:

- Talk about our favorite healthy foods and treats.
- Name the food items on my project.
- Find toy foods to play with and sort them by type.



Graphic is intended to show sample of project. Materials may be substituted or used differently.

FAMILY CONNECTION

Book List

- | | |
|--|---|
| <i>Look, There's A Helicopter!</i> by Nosy Crow | <i>Postman Bear</i> by Julia Donaldson |
| <i>Snow</i> by Manya Stojic | <i>Lulu's Lunch</i> by Camilla Reid |
| <i>The Snowman Shuffle</i> by Christianne C. Jones | <i>Diapers Are Not Forever</i> by Elizabeth Verdick |

Songs

Let's Go Wheeling

Sung to "Are You Sleeping?"

Let's go (wheeling), let's go (wheeling),
Around the block, around the block.
We will keep on (wheeling), we will keep
on (wheeling),
Then we'll stop, then we'll stop.

Repeat with:

beeping (car), chugging (train), riding (wagon),
rolling (roller skate), biking (bicycle)



Recipe

Yummy Fruit Dip

- 5.3 oz. plain Greek yogurt
- 1 T. frozen orange juice concentrate, thawed
- 1 tsp. sugar (or more if you prefer)
- ¼ tsp. vanilla extract

Place all the ingredients in a bowl and stir well. Taste and add additional sugar if you prefer a sweeter dip. Serve the dip with any fresh fruit your child enjoys.



Snowflakes

Sung to "Twinkle, Twinkle, Little Star"

Snowflakes, snowflakes falling down,
Softly falling to the ground.
In the breeze they twist and twirl,
Round and round the snowflakes swirl.
Snowflakes, snowflakes falling down,
Gently falling to the ground.

Reminders
