



Elkhart and St. Joseph Counties Head Start Consortium
Classroom/Teacher

Early Head Start Classroom: Jimtown #107

Monthly News and Updates

Parent Engagement

Hello parents/guardians! We want to welcome you to another school year. Things have changed a little for the beginning of the school year and we just want to continue to ask for your patience. This is new to us just as much as you. We are excited and are ready for another great school year. As of right now we are still doing drop off and pick up on the side of the building. Please remember your child must be here before 8:30 to be allowed inside the beginning. After that time, the school is considered a closed campus and we are not allowed to let any child in except for the excuse of a doctor's appointment. If your child will be absent, we ask that you call the school at 574-575-4676 to let the office know. Feel free to call us anytime to check on your little one. If you have any questions don't ever hesitate to ask us.

Thanks,
Mrs. Erika
Mrs. Pam

Parent Engagement

For this month we would like parents/guardians to help your child practice good hand washing. Washing hands is a good hygiene that we often do in our classroom. So the more they do it, the easier it will be for them and it will help them become independent.

Social/Emotional Tips

We will be practicing breathing techniques when the little ones get upset. Hold your child in your arms and breath in and out deeply. Doing this will help regulate their breathing and will help them calm down.

	<p style="text-align: center;"><u>Nursery Rhyme/Song</u></p> <p>Twinkle, twinkle little star. How I wonder what you are. Up above the world so high, like a diamond in the sky. Twinkle, twinkle little star, how I wonder what you are.</p>	<p style="text-align: center;"><u>Monthly Nutritional Activities</u></p> <p>August 26, We Grow! September 9 Germs all around us September 16 Mango</p>
<p style="text-align: center;"><u>This institution is an equal opportunity provider and employer</u></p>	<p style="text-align: center;"><u>Booklist</u> Rollover The Very Hungry Caterpillar</p>	

PRESCHOOL



Myself and Others: Where's My Lid?

Children experience:

- Matching
- Counting
- Shapes
- Problem solving

Some of the best educational items can be found for free right inside your own kitchen cupboards! For this activity, you'll need a few food containers and the matching lids. Once you have your containers and lids, watch those math skills pour right out of your child!

You'll also need two large baskets or any large container you have (something simple like a brown paper bag or plastic grocery bag will work); one container should hold the lids and the other will hold the bottles/other containers

Tell children you have a bunch of containers that got separated from their lids – they're all jumbled up! Show children the two baskets (one with the containers and one with lids) and ask them to help you figure out which top/lid goes on which container. Pick out a container and start searching through the lids, asking children if they think the one you chose will fit. Encourage children to pick out one or more containers and begin searching for a match.

As children are trying to match containers and lids, listen to their comments and extend their observations and vocabulary. For example, you might say, "I see your bottle has a small hole at the top. Which lid do you think will fit on that little round opening?" Or you might comment, "Your container is blue, so you're looking for a top with the same color."

Have your child help you put the containers away in a cabinet, and thank them for being so helpful!



Physical Development and Healthy Habits: Wax Paper Skating

Introduce the words "skating" and "sliding" and ask for examples of times when people might skate or slide. Then distribute sheets of wax paper to your child. Allow time for them to explore the wax paper and make observations about it.

Now model for your child how to put the wax paper under their feet and carefully start moving around the room. As the child uses wax paper to slide and skate on the carpet or wood floor, join them in the activity and encourage them to describe their actions. Introduce new vocabulary as necessary, like skate, slide, glide, and slip.

This is also a great opportunity to problem solve with children as they move into the same space as someone else or need to navigate around objects located in the classroom. You can also observe how the sliding works on different surfaces.

After you have attempted several ways of skating, introduce some music and tell your child to pick their favorite way to slide or skate to the music. Observe how the child moves and acts and comment on their actions.

Children experience:

- Gross motor skills
- Body awareness



MORE RESOURCES



This Activity is for the Birds!

Celebrate Urban Birds can help you and your child become expert nature observers. Visit their helpful site here:
<https://celebrateurbanbirds.org/cub/instructions>



Get Moving with GoNoodle

GoNoodle offers free and fun indoor movement activities and videos, so you and your child can get active at home:
www.gonoodle.com/good-energy-at-home-kids-games-and-videos/



Time to Explore!

The Exploratorium in San Francisco has a long list of creative activities and crafts that anyone can try at home:
www.exploratorium.edu/explore-wherever-you-are



Learning can be Tasty

Find food-centric activities that will delight even the pickiest eaters at the Food Literacy Center:
www.foodliteracycenter.org/curriculum



Get STREAMing

The San Diego Children's Discovery Museum is offered daily STREAM (science, technology, reading, engineering, arts and math) activities to engage your creative and analytical mind:
www.sdcdm.org/blog

PRESCHOOL

- How many letters are in our street's name?
- How many different words can you find?
- How many places do you find letters? (dog tags, license plates, house plaques, street signs, yard signs)
- What is the longest word in our neighborhood

If you are driving while doing this activity, end it as you get to your location or home. If you are walking, make sure to end it and make it back home before your child becomes too tired to walk. Let your child decide where to keep his or her detective book until it is needed for the next mystery.

For younger children, give children an empty toilet paper tube and let them walk around the neighborhood "spying" on letters. You can also give children a piece of paper or notepad, but let them draw pictures if they can't record letters or words. Once they draw a picture, then you can help label the picture.

For older children, when you get home, have children write the answers to the detective questions in full sentences. Help them to capitalize and put punctuation at the end of the sentences. As an extension, let them think of questions they want answers to. Follow their lead, and help them gather clues to answer their questions.

This activity is a playful approach to learning letters, but it also helps children to see the important role that letters and words play in their environment.



Math, Science, and Technology: **Bubble Blow**

This activity can take place anywhere in the house or outside. You will need one small bottle of bubble solution. If you don't have a bubble solution on hand, you can make it easily, following these instructions: www.thesprucecrafts.com/make-your-own-bubble-blowing-mixture-1244214. If you don't have bubble wands, you can use wire to make them ad hoc.

When you begin, tell your child you are going to play a game together. Introduce the word "prediction" to the children and explain that it means to guess something will happen. Say "I am going to make a prediction. I am going to predict that I will blow only three bubbles." Try to blow only three bubbles in one breath and see what happens. Have children count the bubbles as they come out of the wand. Switch roles and have children make a prediction and then let them blow.

Keep going and see how many times your predictions happen correctly! As children are blowing bubbles, you can offer encouragement by saying "use self-control" or "make your body blow less or more air." Comment on the shape of bubbles to introduce the word "circle".

Bubbles tend to drip, so be sure to wipe the floor if you are blowing bubbles indoor.

Children experience:

- Counting
- Experimenting, predicting, and drawing conclusions
- New words
- Shapes

PRESCHOOL



Art, Music and Movement: **Scarves and Streamers**

Get ready to dance the day away with this simple, yet creative, activity that will get your children moving and grooving in their own special way. For this activity you will need a few scarves (if you don't have any scarves, any piece of clothing or material will work).

To start, let your child choose the scarf they would like to move with as you take a different one. Tell children that you will be playing some music and they will be moving to the music. Play the music and let children move any way they would like. Copy their movements.

As the activity progresses, describe how you see children moving; for example, you might say, "You are twisting around and around," or "I'm going to raise my arms like yours all the way up!" or "Your movements are slow and gentle."

You can change the music and play faster songs if children begin to lose interest. If you were playing fast music, change the music selection to something more quiet and slow. This will help send a signal to children that it is time to calm down. Have children slowly dance their scarf over to you. End by having children sit down and describe how they like to move their body.

Children experience:

- Moving to music
- Building gross-motor skills



Communication, Language, and Literacy: **Word Detective**

Children experience:

- Reading
- Writing

For this activity you and your child will be detectives, trying to uncover the mystery of words. How many words are there in your neighborhood? How many words have the letter "T" in them? Set out with your child to collect clues and discover a whole new world of words.

Tell your child that there are many mysteries around the world that detectives are trying to figure out. Add that you both will be detectives today, trying to answer some important questions about letters and words. Share that all detectives have a notebook in which they write down their clues or information they collect. Give the child a notebook that has "Detective (your child's name)" written on it.

You can do this activity while you are walking around your neighborhood, a local park, or even driving in the car. Change the questions to meet the needs of your location.

Tell the child that there are many questions that need to be answered. Have the child pick one or maybe two from the list below to try and figure out:

- How many words can you find in our neighborhood?
- How many cars have a letter R in the license plate?
- Can you find any words in the neighborhood that have the same letter that starts your first name?

INFANTS



Early Math and Discovery: Balls in a basket

For this activity, place a wall of pillows or rolled up blankets around your baby so that the balls don't roll too far away! This activity is geared toward babies that are sitting up or crawling. Place about 10 balls (could be tennis balls, ball-pit balls, or something else this size or slightly larger as they will put them in their mouth) in a basket near your baby and cover the basket with a cloth or small blanket. You could say something like "What's in there? What's in the basket?" and pretend to peek into the basket by lifting the edge of the cloth.

Children experience:

- One to one correspondence
- Collecting objects one at a time
- Hearing numbers

Watch closely at how your baby reacts to this! They may pull the cloth off of the basket, and pull out the balls one by one or maybe they will dump the whole basket. As the balls roll away from them, see what they do, if they collect them one by one and put them back in the basket. Hold up one ball that they are not holding onto and say "One! One ball." You can try extending this up to three, showing them each time how many you are holding. The most important part of the activity, though, is watching what your baby explores with the balls, and seeing if they are interested in putting them back in the basket and dumping them out again!

This activity is also great for walking infants, especially if the basket has a handle. Pretend to hide the balls while your baby can clearly see you and watch them walk to the place you've placed the ball and collect it into their basket!



Myself and Others: Tummy to tummy time

Children experience:

- Intimate connection time with you
- Closeness with you
- Sensory experience of touch
- Important tummy time

Lay on your back on the floor and hold your baby on your tummy, with them lying on their tummy, so your tummies are touching. Spend time playing with and talking to your baby in this position and being silly. This activity has many different avenues for evolving, and no matter what, it is special between you and your baby, and is an intimate way to interact with them while laying foundations for social and emotional development.

The closeness of this simple activity will encourage your baby to feel safe and secure, which is the most necessary and important focus of this early stage of development. The closeness and connection that comes from these moments helps pave the way for healthier relationships and confronting emotions for your child later on in their childhood.

INFANTS



Art, Music and Movement: Classical Jams

Classical music may have positive impacts on brain development. You can play classical music like Mozart, Bach, Claude Debussy, Beethoven and see how your baby reacts to each. Different music sites like Spotify or even YouTube will host these classic compositions and are a great way to access classical playlists. There are many that are geared towards babies, as well, including the album Hush by Yo-Yo Ma and Bobby McFerrin!

Children experience:

- Variety of sounds
- Listening to music
- Engaging with hearing sense

When playing the different classical songs, place different toys that make sounds or rattles near your baby to see if they play with or move the objects in different ways depending on what music is playing. Keep a close eye on their physical and facial reactions to the songs and express recognition of their responses, if any. If your baby reacts enthusiastically to one classical song, try playing it again and see if they continue to react happily and with interest. You might notice them reacting by a change in facial expression, a curiosity in the direction they look, or they may move their bodies or toys as a response.



Communication, Language, and Literacy: Babble back!

Children experience:

- A “conversation” with an adult
- Hearing their sounds echoed back to them
- Responses from their caretaker
- Relationship building
- Feeling seen and heard

As your baby starts to make sounds, including cooing and babbling, you can show them you are listening by looking directly at them and waiting until they are finished making sounds, then repeat the sounds back to them. This is a great way to engage in a back and forth or an early years conversation with you baby. It can not only help language and communication development to engage in this interaction, but it will also help the baby to feel loved and connected with you and is healthy for social emotional development, as well. See what happens when you babble back to your baby, and how they react to that versus how they react to when you speak to them. As always,

parents or guardians are the number one “material” for a baby and these close interactions have the strongest impact on a healthy development for your baby at this time.