



Nov/Dec 2022

NEWSLETTER

Themes

Sweet Dreams

Sleeping helps us grow, feel good, and stay healthy. Bedtime can be fun! The children will explore bedtime routines and learn about things to see and do at night.

Together Time

This theme focuses on ways to have fun with family and friends. Table manners, saying please and thank you, taking turns, and sharing all add to the pleasure of spending time with others.

Hats Galore

Winter caps, party hats, crowns, and other headwear will point children to make-believe play and winter fun!

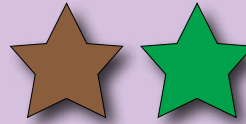
Tasty Traditions

Your room will be filled with delicious scents, cheerful sounds, and interesting textures as children use their senses to bake treats, explore music, play games, and more. Learn about each child's traditions and make some of your own together.

Vocabulary

pajamas, bed, shopping cart, pies, hats, safety hats, cookies, bells

Colors/Shapes



Opposites

day/night

Sign Language



book

Place palms together. Open hands like a book with pinkies touching.



sleep

With palm toward face, slide hand down bringing fingers together; close eyes.



please

Move hand in a circle with palm facing chest.



thank you

Touch lips with open hand. Move hand away from face, palm upward. Smile.

Learn with Me!

• Nighttime Sounds

The outdoors tends to be entertaining for children with all of its sights and sounds. Nighttime is no exception. Take your child outside at nighttime and listen to the night's sounds together. What does your child hear? A car, a nocturnal animal, or maybe the wind?

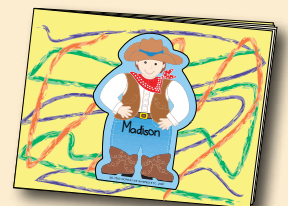
• Fall Leaves Cleanup

Gather rakes and shovels. Be sure to include child-sized ones! Visit with your child about the upcoming season and how leaves should be picked up as a form of preparation for the weather. Make observations together as you clean up the leaves.

My Project: My Hat Book

When I bring this project home, we can:

- Talk about the scribbles and marks I made.
- Review body parts and facial features with my picture.
- Point to my name and read it.
- Read the book together.



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

FAMILY CONNECTION

Book List

Sleepy Bee

by John Hutton

We Go Together

by Link Dyrdaahl

I Like to Be with My Family

by Rachel Kalban

Hooray for Hat!

by Brian Won

I See Winter

by Charles Ghigna

Stir Crack Whisk Bake

by Maddie Frost

Songs

Hush Little Baby

Traditional

Hush, little baby, don't say a word,
Mama's going to buy you a mockingbird.
If that mockingbird won't sing,
Mama's going to buy you a diamond ring.
If that diamond ring turns to brass,
Mama's going to buy you a looking glass.
If that looking glass gets broke,
Mama's going to buy you a billy goat.
If that billy goat won't pull,
Mama's going to buy you a cart and bull.
If that cart and bull turn over,
Mama's going to buy you a dog named Rover.
If that dog named Rover won't bark,
Mama's going to buy you a horse and cart.
If that horse and cart fall down,
You'll still be the sweetest little baby in town.

I'm a Little Cookie

Sung to "I'm a Little Teapot"

I'm a little cookie,
Sweet and round.
(Make a circle with arms in front of body.)
I am so yummy,
The tastiest in town!
(Rub tummy.)
When I'm fully baked and ready to eat,
Dip me in some milk,
(Pretend to dip cookie in milk.)
Oh, what a tasty treat!
(Pretend to eat.)

Recipe

Green Chips

1 bunch kale
1 T. olive oil
salt (optional)



Even the pickiest toddlers may enjoy kale chips! Set your oven to 300° F. Remove the stems from the kale leaves. Wash the kale well and spread out on paper towels to dry. Tear the kale into pieces a little larger than you want the chips to be to allow for shrinkage. Place the kale in a bowl. Sprinkle with olive oil and gently rub it into the kale with your fingers, until well coated. Spread the kale onto two baking sheets in a single layer. Sprinkle lightly with salt, if desired. Bake 10 minutes. Rotate the pans and bake until crisp, about 10 to 15 more minutes. Cool and serve.

Reminders
