



In other news....

Christine and I bought our first house together (Awwwww.....) The property to the East of us went up for sale last month, and we put an offer in before the house was fully listed. We REALLYLY wanted it. The yard is nothing but a big ol' garden. We are hoping to put a fence around it, fill the pond with sand, do some cement sidewalks for a bike path, and also make it an outdoor exploration classroom using nature as our learning tools. Gardens, water, sand, stumps, logs, the ideas are endless. We will rent the actual house out starting April 2018.

Valentine's Day Partay

This year we are going to have a fabulous Valentine's Day party with our friends. Each room will do their own party. More details to come! Look for a letter in your cubby, or a daily connect note.

Daily Connect

There will be a lot of changes (already in progress) in the preschool room. Daily connect will be one of them. Please reactivate your daily connect as this will be our main way of communicating with our families.

Preschool News

We had so much fun last month learning about Dinosaurs and doing fun science experiments! This month our theme is "It's a Small World". We will talk about travel tools, the world market, manmade wonders, and natural wonders of the world. The children are mostly excited to learn about the Leaning Tower of Pisa. We will be doing a lot of tower building that week!

Staff changes

Beki has decided to stay at home with her baby. We will miss her. We will not be hiring a preschool teacher. JayLinda, who has been with us for a couple years now, will be carrying out lesson plans in that room. JayLinda is also working towards her CDA specializing in the preschool program. Brittaney is also working towards her CDA, specializing in ages 0-2.

Helping Children with "Big Feelings"

We all sometimes have "big feelings". These are the times when strong emotions flood over us and it is hard to know what to do. For example, when a loved one dies or someone you really trusted breaks that trust. Children have less experience with feelings and need your support to learn healthy ways to manage their emotions. They may not even know that what they are experiencing has a name...like sadness or anger. Start by non-judgmentally describing and naming emotions for children. No emotion is bad, it's the choices people make when they are experiencing an emotion that can be harmful. There are many activities around naming emotions (examples from Sesame Street) but one of the simplest things you can do is naming emotions in yourself and the children as they happen. Start by challenging yourself: Point out at least 1 emotion each day to the kids you work with (emotions list). Over time the children will start to become better at recognizing their own emotions and seeing them in others.

Emotions list found at:
<http://csefel.vanderbilt.edu/modules/2006/feelingchart.pdf>

