Note from Linda

Happy February!

This is the time of the year when I start to wish for warm weather, more sunshine, and a brighter outlook. How can I make it through with a smile on my face and a song in my heart? Valentine’s Day!!! It is the month of kindness, love, compassion and chocolate! Who can be grumpy?????

It is important that we actually teach children about kindness? We have explored some ideas over the past few months, but I read an article recently, by Lisa Walker that provides some more ideas about ways to help your preschooler develop compassion and kindness. The following is an excerpt from her article, “Ideas for Teaching Kindness to Preschool Kids”.

Role Play
Show your preschooler how to be kind through pretend play.

Talk About Feelings
Help your preschooler understand how he can affect the feelings of others by talking about emotions.

Reward Kindness
Notice and praise acts of kindness from your preschooler, no matter how small.

Demonstrate Kindness
Your preschooler learns by watching you, so be sure to demonstrate kindness -- even with small acts.

I hope that you all have a wonderful month! Thank you for the gift of your children.

Preschool Quotes! From DCC preschool, Lynn Dietz: As we were talking about jobs and responsibilities, I asked my kids what they would be when they grew up. Some of the responses I got were:

"I will be Spiderman". I said, "Spiderman is Peter Parker during the day and so his job is a photographer. At night he is Spiderman. What job could you do during the day?" After some thought he replied, "Oh, well I guess I will be a dentist during the day and Spiderman at night...Oh and also a firefighter". "Wow!" I said, "You will be busy."

Another student said she would grow up to be a princess. I told her I don’t think princess make very much money and wondered if she could do another job that would earn her money. She said, "I know, I will be a teacher." (I didn't want to burst her bubble and tell her teachers make about as much as princesses.) "That sounds great!" I said.

Another student told me her brother will grow up to be "Dark Vader".

Parenting your Preschooler:

The Importance of Sleep. The ideal amount of sleep for preschool-aged children is 10-12 hours per night. When children don’t get enough sleep, they can’t concentrate on their schoolwork, they have trouble remembering things, they become irritable and fidgety, and they become vulnerable to colds and flu.

Here are some important things you can do to ensure that your child gets enough sleep every night of the week, including weekends:

• Make time. Don’t allow their lives to get so full of activities that they can’t get everything done without shorting themselves on sleep.

• Set a regular time for bed each night and stick to it. Saying “good night” at the same time each night will ensure a good night’s sleep. The human body functions best on a regular timetable.

• Be firm about your chosen bedtime. Make sure that they understand that complaining about bedtime isn’t going to get them anywhere. Alert your child a half hour before bedtime and then remind them again 10 minutes beforehand.

• Empower your child. Let him pick out his own pajamas to wear, stuffed animal to take to bed, etc.

• Establish a relaxing bedtime routine, such as a warm bath, playing soothing music, or reading a book. Reading is a great way to help children drift into sleep.

• Create a cozy sleep environment. Keep your child’s room cool, quiet, and dark (a nightlight is OK).

It’s hard enough for children to get by with too little sleep for one or two nights, but it’s even harder when sleep deprivation becomes a nightly habit - that’s because the effect accumulates. Look at it this way, the more sleep your child gets, the more sleep you get!


Preschool Quotes!

Upcoming Events:

No School - February 17
( Presidents Day)

- March 24-28—Spring Break

2/28— Preschool “Make and Take” at Briargate Preschool—1:15 pm to 2:45 pm
Getting to know you

Have you heard your child say, “Stop, please!” with their hand held up like a stop sign or heard them say, “Bye, bye mad”? If you have, they have probably been in one of the class sessions at Briargate Preschool with our social worker, Diane Burroughs. Almost weekly, Diane goes into each classroom with some kind of interactive activity, which may involve puppets, stuffed animals, a game board, etc. Each of these sessions has some kind of message to help the children deal with their feelings. It helps them understand their feelings better and gives them tools on how to handle them. They also learn how to be a good friend. Diane also works with the kids on anti-bullying strategies.

Diane has been part of the Briargate Preschool school team for 2 ½ years. She has a wonderful ability to engage with children while she teaches them social skills. Research has shown that there are huge benefits to children learning social skills at an early age. If there was just one thing that Diane would like the kids to walk away with, it is strong self-esteem. This strong attribute will help them resist bullies using the skills to deflect any attempt to bully them.

Hanging out with her son and her family is one of the many things that Diane enjoys doing. She likes to hike with her dogs (and don’t tell anyone, but she is a diehard Jayhawks fan!). One thing most people don’t know about Diane is that she owns 5 talking parrots ranging from 8 to 17 years old; she also sells bird supplies all over the world! Thanks Diane, for flying around our preschool world!

Pyramid News:

Tools, techniques, and tips: Preschool Teachers use a variety of tools and techniques in their classrooms to help children be successful. These examples can also be used at home as well!

1. **Visual picture schedules** Preschool children view the concept of time by events that occur in their day, not by actual time. Visual picture schedules help children organize their day by what activities are occurring daily, as well what is coming next.

2. **Directions** need to be limited to no more than 1-3 steps, beginning with 1 step for success. Add one step at a time, based on their ability to understand and accomplish it. Praise, praise, and praise some more!

3. **Social Stories** are individualized, brief descriptive stories written by an adult that provides information to a child about a situation they are struggling with. When children are given information that helps them understand the expectations of a situation, their anxiety is reduced or minimized.

Did you know?

**Fun Facts about the Superbowl**

- 8 million pounds of guacamole is consumed on Super Bowl Sunday
- 14,500 tons of chips are eaten along with that guacamole
- The Super Bowl is measured in Roman numerals because a football season runs over two calendar years
- Over 700,000 footballs are produced annually for official NFL use and 72 of them are used for the Super Bowl
- It is the 2nd most watched sporting event in the world. More than 100 million people worldwide watch the Super Bowl every year.
- One 30-second commercial aired during the Super Bowl costs at least $2,800,000

Reminder:

Please review your child’s current records and update as needed on Infinite campus and your child’s teacher’s records.

Looking for library volunteers for Briargate Preschool. If available, mornings or afternoons, please contact Carol Green. Background checks are required. Thanks!