

Learning Adventures

PRESCHOOL



November/December 2016

How to Make Christmas Special for Children

The book, *Unplug the Christmas Machine*, by Jo Robinson and Jean Coppock Staeheli urges readers to escape the commercialism of the holiday season, to make it a “joyful, stress-free” time for the family. They argue that children don’t really want clothes and toys and games. The four things they actually want are:

- 1. A relaxed and loving time with the family.** Children need relaxed attention. During the holidays, normal family routines are temporarily set aside for parties, shopping, and special events. It’s important to slow down and spend quality time with your kids.
- 2. Realistic expectations about gifts.** Kids enjoy looking forward to gifts and then having their expectations met. The key is to manage their expectations. By educating them about what “Santa” can afford, and is willing to give, it’s possible to prevent disappointment on Christmas morning.
- 3. An evenly-paced holiday season.** The modern Christmas season starts months before December 25th, when the first store displays go up. Things end with a bang on Christmas day. The authors suggest beginning the season late in the year instead. Get out the Christmas music on December 15th. Pick out a tree on the following weekend. Schedule some low-key family events during Christmas week. Stretch the season to New Years Day.
- 4. Reliable family traditions.** When I talk to my friends about what Christmas was like when we were children, it’s not the gifts that we remember. We recall the things we did as a family. I remember sleeping next to the tree every Christmas eve, but never being able to catch Santa in the act. I remember seeing the cousins. I remember decorating the trailer house. Your kids will remember the traditions, not the gifts

That last point is so important: it’s the traditions that make this season special, not the gifts.

Excerpt from <http://www.thesimpledollar.com/family-traditions-what-children-really-want-for-christmas>

What’s New at Preschool?

Important Dates

No School:

- Friday, November 11th (Remembrance Day)
- Monday, November 14th (P.D. Day)

Christmas Break

- Friday, December 23rd – Monday, January 9th
- Elementary school resumes Monday, January 9th
- Preschool resumes on Tuesday, January 10th
- Preschool resumes on Wednesday, January 11th

SNACK TIME!



LADYBUGS ON A LOG

If your school’s nut-free policy squashes traditional ants on a log, fill 3” to 4” long celery sticks with about 2 Tbs. Laughing Cow light cheese spread and dot with dried cranberries.

snack photo: www.parents.com



Rhythm and Wordplay to try at home

Preschoolers develop memory and recall skills as they sing and recite songs and poems. Not only is rhyming a precursor to learning how to read and write, but it is also an aspect of phonemic awareness (how to listen to, identify, and change around the sounds in spoken language), and helps kids improve their overall oral language skills. Have fun!

Here is a Hill



Here is a hill all covered with snow.

(Put one hand on hip and make
it "snow" with the other hand)

We'll take our sleds up.

(Walk fingers up the arm on the hip)

and ZOOM down we'll go

(Fly fingers quickly down arm)

Rhyming Scavenger Hunt

Hide objects or pictures in the home, classroom, or outside. Give children a picture checklists and have them go hunting for rhyming words!



November Parent Tip

"Screen Capture"

Establishing family guidelines around the use of screens (TV, video games, tablets etc.) like where, when, and how much, sets your child up to master technology rather than be mastered by it. Start by reducing screen time in your household by 15 minutes a day and see what changes!

December Parent Tip

"Less is More"

Less truly is more when it comes to children and Christmas. Less stuff, confusion, clutter, and stress, translates into more space, calm, attention, and imaginative play. It also sets the stage for a family friendly celebration.

Are you open to shifting your parental generosity from presents to presence? What first step could you take in favour of this shift?

Tips provided from:

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