



March/April/May 2019

Lollipop Reporter

First Presby Preschool
16 Leon Sullivan Way
Charleston, WV 25301

Phone:
(304) 343-8961

Fax:
(304) 343-8970

E-Mail:

preschool@firstpresby.com

Director: Ginna Taylor

Staff:

Ann Grishaber
Kara Risk
Maureen Kidd
Lee Ellen Stanley
Amanda Hughes
Laurie Brown
Kelly Smith
Angel Mackey
Diana Loftis
Ashley Midkiff
Jennifer Insko
Emily Thompson
Carol Bane
Jackie Moxley

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****** Calendar Notes ******

March 26 (Tues.) No lunch bunch - staff meeting
March 28 (Thurs) last day of extended classes
Apr. 2-3 (Tues/Weds.) - Group class pictures
Apr. 15 -19 (Mon. -Fri.) Spring Break - NO SCHOOL
April 23 (Thurs.) - No lunch bunch - staff meeting
May 22 (Weds.) - Last day of school

Spring is in the air

So many exciting things have happened in the cold winter months while we were inside, we are super excited now to have the chance to branch outdoors once again. Hoping that the sun will finally come out, the children are anxious to play on the new play structure again!

New units are sprouting up in the classrooms. We look forward to growing plants and watching butterflies appear during the Spring months. This year, our Spring Break comes a little bit later (mid-April). We are all looking forward to that.

After our break, we have four more weeks of school. Thank you for sharing your child with us this year. We have enjoyed having them!! 😊



Sleep for preschoolers and toddlers:

The American Academy of Pediatrics (AAP) has found that adequate sleep for children leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. They recommend children 1 to 2 years get 11 to 14 hours (including naps) and children 3 to 5 get 10 to 13 hours on a regular basis to promote optimal health. Make bed time a routine and make it a time for sharing a quiet story. Cuddle time allows children to relax and feel safe while being close to you.



Keep Your Youngsters On The Go

Clearly, movement is very important for helping children grow healthy and strong. However, as children explore and interact with the world through movement, they are also developing thinking and communications skills, as well as self-confidence. Through movement, children can develop a closer bond with their parents. There are many fun ways you can encourage your youngsters to get moving:

- Follow their movements. Babies and toddlers love when you imitate them. It makes them feel important.

- Put on different types of music and move to the beat with your young child in your arms.

- Describe your child's actions as she dances to the music. "*Look how you bounce to the beat.*" This not only helps her learn new words, but also instills a sense of pride that her actions are noticed.

- Songs like *Itsy Bitsy Spider* can help develop the use of fingers and hands.

- Play with balls of all sizes. Figure out together which ones are best to kick, throw, play catch with and roll on.

The Taylor Book Fund



"We would like to keep the reading tradition alive with new quality materials..."

In the spring of 1996, Pam Tarr and Gary Hart made a contribution to the Preschool Program to establish a permanent book collection in honor of our former director, Jackie Taylor. Books and reading have always been an important part of their family, as exemplified by Pam's involvement in the West Virginia Read Aloud program. We are truly grateful for their generosity to the Preschool over the years and especially for enabling us to purchase a great many quality children's books for our Preschool Library. The fund is currently very low. If you would like to donate to this fund, please make your

contribution payable to "The First Presbyterian Preschool" and note *Taylor Book Fund* on the memo line.

We would like to keep the reading tradition alive by ever increasing the quality of materials available to our staff to share with our children.

If you would like to browse through our current library, or check out a book to take home and share with your children, please stop by Ginna's office any time. We would be glad to show-off our current collection and help you find a book to take home and share.

Fun National Days

- May 14th: National Buttermilk Day
- May 22nd: National Vanilla Pudding Day
- June 12th: National Peanut Butter Cookie Day
- June 17th: National Cherry Tart Day
- June 25th: National Strawberry Parfait Day
- July 1st: National Gingersnap Day



Let's Move: Warm Weather Fun

When the weather is warm, play outside together! You don't need to spend money to fit active fun into your family life:

*Create sidewalk art with color chalk or "paint" with water brushes.

*Chase shadows in the summer sun or the light of a full moon.

*Visit a farmer's market and talk about foods. Buy something to prepare at home.

*Run through the garden sprinkler!

*Splash in a pool, lake, or slow clear stream.

*Fly a kite

*Blow bubbles and safely follow wherever they go.

*Enjoy a playground.

*Plan a wash day and include wagons, bicycles, and other outside toys.



5 Ways to Build Compassion in Children

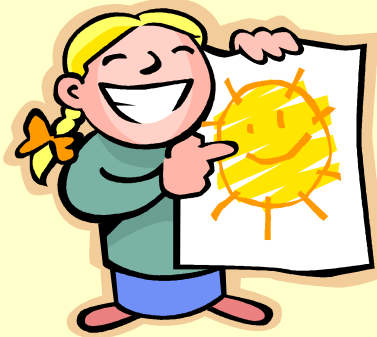
1. Use words that you would like to hear and your child to use - as you choose the words you say to your child and to others, imagine how you would feel hearing those same words from your child. Be intentional with your word choices.
2. Live each conversation beyond your words - look for ways to act compassionately at home and in your community. Explain to your child what you are doing and how it impacts others.
3. Look for role models and examples of compassion in your own community - look for examples of people and groups that are working to make your community a better place and point these out to your child
4. Recognize that building compassion takes time - just like any set of skills. You may feel discouraged at times, but this is normal.
5. Learn from your child along the way - As you and your child find your voices together, take time to listen to and learn from one another. You may be surprised at the insights your child offers.

Source: "Five Ways to Nurture Compassion in Kids" by Shauna Tominey, 1/3/2019

*I tried to teach my child with books, he gave me only puzzled looks,
I tried to teach my child with words, they passed him by, often unheard.
Despairing I turned aside, "How shall I teach this child?" I cried.
Into my hands he put the key, "Come," he said, "play with me!"*



Learning together: Teacher's prospective



Quote: "As human beings, our job in life is to help people realize how rare and valuable each one of us really is, that each of us has something that no one else has - or ever will have - something inside that is unique to all time. It's our job to encourage each other to discover that uniqueness and to provide ways of developing its expression."

In this quote, Fred Rogers reminds us how important it is to see each child as a unique individual. Preschool teachers are constantly uncovering each child's special qualities and discovering ways to use them to support learning.

That means teachers:

***Understand current thinking on child development** and how children learn, and they use information about learning styles, multiple intelligences, and brain development to guide their practices.

***Value each child's way of looking at the world**, pay attention to how children explore and discover things, and consistently document this process.

***Notice each child's current abilities** and determine how they can facilitate that child's growth and development.

***Partner with families** to exchange information about children's lives at home and school and discuss how to support children's development.

***Celebrate and share each child's gifts** with others through photos and stories.

Clothing Caution:



Drawstrings on clothing pose a risk of strangulation from playground equipment and other apparatus that might snare the drawstring. If a child arrives at school with a drawstring on their outer clothing, we are required to remove the string or the entire article of clothing. Please watch for these types of risks when getting your children ready for school.

Also remember that running shoes are appropriate on the days that the children have gym. Slick bottom shoes and sandals can pose risks to children when running on a polished floor is required. Check with your teachers if you are unsure which days your child goes to gym.



Dealing with picky eaters

If your child seems overly choosy about what they eat, ask yourself the following questions:

1. Is my child saying no to foods as a way to establish his/her independence? This type of behavior is normal for young children as they learn to make more and more decisions for themselves.
2. Is my child's appetite more erratic than it was when he/she was younger? The rate of growth of a preschooler is not as rapid as it was in infancy and toddlerhood, so it is common for parents to wonder if their child is getting enough food.

In most cases, the way to deal with a child that is overly fussy is to relax. Follow these suggestions from a "Nibbles for Health" fact sheet from the U. S. Department of Agriculture:

1. Treat food jags casually, since food jags do not last long anyway
2. Consider what a child eats over several days, not just at each meal. Most kids eat more of a variety of foods than we think.
3. Trust your child's appetite rather than force a child to eat everything on the plate. Forcing a child to eat more encourages overeating.
4. Set reasonable time limits for the start and end of a meal, then remove the plate quietly. What is reasonable depends on each child..
5. Stay positive and avoid criticizing or calling children "picky eaters". Children believe what you say.
6. Serve food plain, and respect the "no foods touching" rule if that's important to your child. This will pass.
7. Offer the same food for the whole family; avoid being a short-order cook and catering the few items that your child demands. Plan at least one food everyone will eat.
8. In any given meal, provide just two or three choices, not a huge array of food. Then let the child decide.
9. Verbally focus on your child's positive eating behavior, not on the food.

An article from Rethinking Nutrition - by Nitzke, Riley, Ramming, and Jacobs