

# Family Newsletter

## THIS MONTH'S THEME

## Weather & Seasons

Each season brings big changes to weather and the surroundings your child sees. This month your child will learn about weather, storms and the signs of changing seasons. Your child will create a weather wheel, gather nature items for a hibernating bear, make a thunder shaker, and explore the effects of wind and water. Help your child be a weather watcher every day and explore the wonders of nature.

Look for the daily notes about your child's art projects!

### Today I created swirl art.

I learned that hurricanes are storms that create swirling, spinning winds. I created swirls in shaving cream with paint. I had to be patient because there were many steps to this project.



### Today I created a butterfly wand.

I learned that butterflies migrate to warmer places in the winter. I created my own butterfly wand. Now I can dance with my butterfly.



ASK ME: Did you play with your butterfly today? Where do you think your butterfly will travel?

experience

## Sunny & Sad Days

A child's mood can change just like the weather. One minute it's sunny and the next minute there's a storm. No matter what emotional weather your child experiences, find ways to affirm your love for him. This will increase your child's sense of trust and safety. Once your child feels safe, you can help him learn strategies for managing his emotions. Follow these suggestions to monitor your child's emotions.

- **Learn to recognize your child's distress signals.** Each child gives off a unique set of nonverbal and verbal cues to alert others of pending frustration, stress or fear. When you respond to signals immediately, you acknowledge the child's feelings and show you are there for him.
- **Affirm your child's need for your attention.** Respond to your child's efforts to talk or share his opinions. Even if it's out of context or at an inconvenient time, let your child know you hear him and want to know more. Give a specific time when you will listen more fully, if needed.
- **In new experiences, offer support and encouragement throughout the process.** If you think something may frustrate your child, stay positive and tell him you are there if it gets too hard.
- **Keep it short.** Share knowledge you have on information or subjects that interest your child, but don't go overboard. Remember your 3- to 4-year-old child has an attention span ranging from 7-10 minutes on a single task.
- **Give lots of hugs.** Give nonverbal support through hugs, hand gestures and facial expressions. Your child can feel your presence and support from just a look.

When your child feels safe knowing he has your unconditional love, his ability to learn will significantly increase. A child's physical and emotional well-being is closely linked to his ability to effectively deal with his own emotions. Create a caring climate to help your child feel secure and loved.







## RECOMMENDED READS

# Cuddle Up WITH A GOOD BOOK

*The Reasons for Seasons*  
by Gail Gibbons

*Why Do Leaves Change Color?*  
by Betsy Maestro

*Spring's Sprung*  
by Lynn Plourde

*Sounds of a Summer Night*  
by May Garelick

*The Twelve Days of Winter: A School Counting Book*  
by Deborah Lee Rose

## Weather at Home

Keep track of the weather and temperature near your home. Make a rain gauge together (or put an empty bucket outside) and record how much rain falls this month. Make a family emergency plan for any extreme weather that might occur where you live.



## Scary Weather

(Sing to the tune of "Mary Had a Little Lamb")

Talk with your child about what types of weather scare him. Share your own fears and discuss other things that might scare your child. Sing the song and end with a hug.



I need a hug when I feel scared,  
I feel scared, I feel scared.  
I need a hug when I feel scared.  
Can you please hug me?

