

# Family Newsletter



## THIS MONTH'S THEME

## Ocean Dive

Your child will take a journey through the ocean. From the top of the waves to the ocean floor, they will discover many creatures of the sea. Your child will blow like a whale, dance with a jellyfish and count baby seahorses.

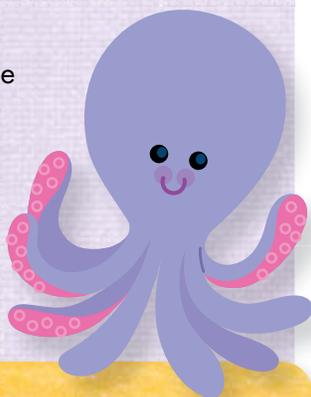
### BASICS TO REINFORCE AT HOME

**LETTERS** Oo, Ww and Xx

**NUMBERS** 15 and 16

**COLOR** Blue

**SHAPE** Triangle



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

### Today I made a rainbowfish.

If you look at a rainbowfish, you will see all the colors of the rainbow. After looking at a rainbowfish, I used colorful sea beads onto a pipe cleaner. I bent it to make an O. Now I can close my oyster and keep my pearl safe.



### Today I made oyster pearls.

If you are lucky, you may find a pearl inside an oyster. I made my own oyster by folding a paper plate. After stringing beads onto a pipe cleaner, I bent it to make an O. Now I can close my oyster and keep my pearl safe.



**ASK ME:** What is the sound of the letter O? What will you do with your oyster pearl?

## Keep it positive!

When you are looking for ways to help your child behave, think positively. Research has shown that the behavior and reactions you show may set your child's expectations. Stay positive with these guidelines:

- Keep irritability, anger and general negative behaviors from showing through. Even a forced smile can make us feel better.
- Phrase your requests in a positive way. Instead of telling children what you don't want (e.g., "don't run"), express what you do want to see (e.g., "please walk").
- Replace sarcasm with constructive criticism. Children often misinterpret sarcasm.
- Set expectations and be sure to share them with your child. Avoid yells, threats or punishments.
- Let guidance and praise replace teasing and humiliation. Your child's self-esteem is extremely fragile and may be broken or boosted with each statement you issue.
- Respect your child and their choices, belongings and emotions. Ask for a respectful attitude in return.

We all have "off" days, but find a suitable way to work out your anger (e.g., exercise, writing or bubble baths). This doesn't mean that your child should not see any emotions you have and the way you deal with them. Simply keep your emotions about you and not about your child to help them learn how to deal with their own emotions. Create a caring environment to help your child feel secure and loved.





**RECOMMENDED READS**

**Cuddle Up WITH A GOOD BOOK**

**Hello Ocean**  
by Pam Muñoz Ryan

**Ocean Liners**  
by Karl Zimmerman

**We're Sailing to Galapagos**  
by Laurie Krebs

**Sea Shapes**  
by Suse MacDonald

**Exploring the Oceans**  
by Stephen Hall

**Swimmy**  
by Leo Lionni

**Starfish**  
by Edith Thacher Hurd



**Sing-Along Song**

**Jumping Dolphin**

*(Sing to the tune of "Frère Jacques")*

Use other sea creatures and/or actions for additional verses, e.g., swimming, splashing. Take turns being the leader and the follower.

**Jumping dolphin,  
Jumping dolphin,  
I watch you,  
Then I can, too.  
Jump and swim like you,  
That's what I can do,  
Jumping dolphin,  
Jumping dolphin.**

