



# Family Newsletter



THIS MONTH'S THEME

## Nursery Rhymes

Take a leap into literacy as we climb inside the most beloved nursery rhymes. Meet Little Boy Blue, Old King Cole and other characters, as they jump from the pages and into your hearts. Build problem-solving skills while trying to put Humpty together again. Learn about the Crooked Man and draw a crooked house. Practice counting, sorting and rhythm as you delve into the rhymes that have stood the test of time.

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

### Today I created a pie.

In this nursery rhyme, four and twenty black birds baked me a pie. I used a pie tin and nature items to make my own pie. I can pretend to bake it in the oven and share my pie with friends and family.



ASK ME: How many ingredients did you use to make your pie?

### Today I played a horn.

Little Boy Blue blew his horn then fell fast asleep. I built my own horn with a clip, a paper tube and some dot stickers. I can pretend to blow my horn softly then loudly. Now I can be the leader and play my horn while my friends follow me.



ASK ME: What does your horn sound like? What other musical instruments make loud noises?

preschool

## Use Teachable Moments.

As your child grows and develops, a spectrum of feelings emerge. Young children react emotionally, but it doesn't last for long. For instance, your child may cry when he doesn't get his way and a minute later, he may be laughing hysterically. Many teachable moments arise as children reach school age: they begin to recognize their own emotions, become aware of the emotions of others and can think logically enough to begin to understand what to do about them.

You can use each expression of intense emotion as a teachable moment. Try these easy steps for guiding children through their emotions:

- **Be aware of your child's emotion.** Don't assume that you know what your child is feeling, but offer your interpretation without mixing in your own feelings. For instance, if your child is not getting along with a friend, use prompts such as, "What I heard you say was..." while discussing a situation.
- **Empathize with your child.** Telling your child that his feelings are valid does not necessarily signify approval or agreement. Listen to your child's feelings and acknowledge what you have heard. Empathize.
- **Help your child label his emotions.** Once a child has shared with you, offer words that might more accurately describe what he is feeling or expressing. Offer a short story of a time you felt that same way.

Sharing feelings and emotional trials is not always an easy thing to do, but the reward is substantial.



Topics your child will explore this month:

# Nursery Rhymes

## Number Rhymes

- 1 This Little Piggy
- 2 Sing a Song of Sixpence
- 3 1, 2, Buckle My Shoe
- 4 Hickory Dickory Dock
- 5 Baa, Baa, Black Sheep

## Character Rhymes

- 6 Humpty Dumpty
- 7 There Was a Crooked Man
- 8 Itsy, Bitsy Spider
- 9 Hey Diddle Diddle
- 10 Old King Cole

## "Little" Rhymes

- 16 Little Boy Blue
- 17 Little Bo Peep
- 18 Little Miss Muffet
- 19 Twinkle, Twinkle, Little Star
- 20 Mary Had a Little Lamb

## Food Rhymes

- 11 Pat-a-Cake
- 12 Old Mother Hubbard
- 13 Little Jack Horner
- 14 There Was an Old Woman
- 15 Hot Cross Buns



## RECOMMENDED READS

# Cuddle Up WITH A GOOD BOOK

**The Children's Treasury: Fairy Tales, Nursery Rhymes & Nonsense Verse**  
by Alice Mills, ed.

**A Sunday Stroll**  
by Paul Borgese

**Falling for Rapunzel**  
by Leah Wilcox

**If You'll Be My Valentine**  
by Cynthia Rylant

**Queen of Hearts**  
by Mary Engelbreit



## Thank You

*(Sing to the tune of "Twinkle, Twinkle, Little Star.")*

Appreciate the items you have at home that are made from wool and the items that keep us warm. Find other items around the home for which to be thankful. For example, thank a tree for wooden products. Sing about these things together.

**Thank you, thank you, little sheep,**  
*(Pretend to pet a small sheep.)*

**I love the way you share your fleece.**  
*(Hug self as if using the sign for "love.")*

**Your wool makes my sweater and hat,**  
*(Run hand on clothing.)*

**There is nothing warmer than that.**  
*(Children place hands on head.)*

**Thank you, thank you, little sheep,**  
*(Pretend to pet a small sheep.)*

**I love the way you share your fleece.**  
*(Hug self as if using the sign for "love.")*

## Family Faves

Think about favorite books from your childhood and make a list. Take a family trip to the library to look for a few of the family's favorites. Together, choose a new book that could become a new family favorite. Ask other family members (e.g. grandparents, aunts, uncles) for the titles of their favorite books, too.

