

DECEMBER 2021

# Family Newsletter

## December Book List

**One Very Big Bear**  
by Alice Briere-Haquet

**Snowball Moon**  
by Fran Cannon Slayton

**The Colors of Winter**  
by Danna Smith

**It's Winter!**  
by Linda Glaser

**Owl Moon**  
by Jane Yolen

**The Snowy Nap**  
by Jan Brett

**Red Sled**  
by Lita Judge

**The First Day of Winter**  
by Denise Fleming

**No Two Alike**  
by Keith Baker

**The Snowy Day**  
by Ezra Jack Keats

**Mina's White Canvas**  
by Hyeon-Ju Lee

## DECEMBER UPDATE

**THE HOLIDAY SEASON IS HERE** and with it comes so many fun activities in the center! We hope you are able to visit our Facebook page to see some of the images from our art projects and classroom activities!

This winter and holiday season might mean spending a bit more time at home and sharing special moments with family, friends and your community. Very often, holidays and gatherings mean **FOOD**. The smells and flavors of your holiday table will evoke memories for your children that will last throughout their lives. Help your child build their "food memories" this holiday season by sharing stories and your families traditions about the special recipes you make. Then have your child share their favorite food memories and what they mean to them!

We know that trying new food can also be a stressful subject for children. On page 2, we have some tips for introducing new foods to your child. Remember, for young children it might take 5, 10 or 15 times before they like a new food so the key here is **PATIENCE** and **NO PRESSURE**.

**Please remember** to check with the center about holiday closures.

# + HAPPY HOLIDAYS

**We wish all our families a happy holiday season and look forward to a bright and hopeful 2022!**

## December Fun Facts

### DECEMBER

- 4th - National Cookie Day
- 8th - National Brownie Day
- 12th - Gingerbread House Day
- 13th - National Cocoa Day
- 15th - National Cupcake Day
- 30th - Bacon Day

# For Grins



**Q: Why do you need a jeweler on New Year's Eve?**

**(Answer on Page 2)**



**Early Learning  
Academies**



# BRINGING IT HOME



## RESOURCES AND ACTIVITIES FOR ALL AGES

### TODDLERS



#### Indoor Snowball Toss

Grab a few pairs of socks and a basket. Make sure the socks are rolled up into balls, these will be your snowballs. Place the basket somewhere in the room and have your child stand a few steps away from it. Have your child toss the socks, trying to get them to land into the basket. If it is too hard, have them take a step closer. If it is too easy, try challenging them by making them take a step back or trying to throw the socks while standing on one foot.



### PRESCHOOL AND PRE-K



#### Ice Painting

Fill an ice cube tray with water. In each section, add a drop of food coloring. Place the ice cube tray in the freezer and allow the water to freeze. Pop the colored ice cube out of the tray and let your child move them around on a piece of paper. Watch what happens to the ice as it melts. To make this mess free, place the paper on a baking sheet. This way when the ice cube melts, the water will stay in the baking sheet.



### SCHOOL AGE



#### Snowflake Salt Painting

#### MATERIALS:

- White school glue
- Salt
- Blue food coloring mixed with small amount of water or watercolor paint
- Eye dropper or paint brush
- Water
- White card-stock or other heavy paper

#### HOW TO:

1. Use the glue to draw a snowflake shape on the paper. For younger kids, you can download a snowflake template and have your child trace it with the glue.
2. Heavily cover the glue with salt.
3. Allow the glue & salt to dry.
4. Once dry, use an eye dropper to slowly drip the blue food coloring onto the salt/glue drawing or gently paint with watercolor paint.
5. Let your snowflake dry thoroughly overnight.



Snowflake Salt Painting  
www.littlebinslittlehands.com

## INTRODUCING YOUNG CHILDREN TO NEW FOOD

Introducing new foods to children can be challenging and if not done thoughtfully, can easily backfire. Luckily, there are several strategies parents and caregivers can use to ease the transition for children and even make the experience of trying new foods a fun and enjoyable experience.



- 1.) Introduce new foods one at a time and pair with a familiar food your child is more comfortable with. This will make the idea of trying something new less scary and intimidating.
- 2.) Try new foods together as a family and model eating new foods. Discuss tastes, textures, and smells amongst the family with a fun and positive attitude. **Always respect everyone's individual likes and dislikes.**
- 3.) Introducing new foods at a young age will help build a solid foundation for eating habits later in life. If your child is already accustomed to exploring new foods at a young age, trying new foods during school-age and older years will already be a familiar activity.

- 4.) Create a pleasant eating environment and **don't pressure or force your child to try a new food.** Pressure this will only increase resistance and decrease the likelihood that they will try something new. Instead remain calm, neutral, supportive and encouraging.
- 5.) **Serve family-style meals where everyone serves themselves** and chooses how much of each food they will put on their plate. If your child is too young to self-serve, put a variety of foods on your child's plate for them to choose from.



Early Learning Academies