

JANUARY 2022

Family Newsletter



January Book List

Happy New Year Around the World
by Sylvia Walker

The Night Before New Year's
by Natasha Wing

Squirrel's New Year's Resolution
by Pat Miller

Freedom Soup
by Tami Charles

**P. Bear's New Year's Party:
A Counting Book**
by Owen Paul Lewis

Shante Keys and the New Year's Peas
by Gail Piernas-Davenport

Happy New Year Everywhere!
by Arlene Erlbach

Bringing in the New Year
by Grace Lin

JANUARY UPDATE

HAPPY 2022! We hope you and your family had a wonderful holiday season! Every January, the new year is filled with messages of resolutions and goal setting. While young children may not understand the idea of a new year's resolutions, you can begin to build their confidence and motivation by setting good examples.

- **Encourage optimism.** Try to focus on possible solutions for a problem rather than dwelling on the problem itself.
- **Teach them grit.** Applaud their effort and help them understand that success doesn't always happen on the first attempt. Sometimes it takes new strategies to solve a problem or repeated practice to master a skill.
- **Help them accept that sometimes they will fail.** We all make mistakes! That is how we learn. How we accept our failures is key to how we approach challenges in the future.
- **Celebrate their wins.** They've worked hard, let them know you see their success!
- **Give them a chance to succeed.** Kids need our love and support. Encourage them to pursue their interests.

To read more about encouraging self-motivation with your child, go to <https://bit.ly/JanTeachMotivation>

On page 2, enjoy our "Bringing It Home" section with ideas for indoor (screenless!) play this winter.



REMINDER

We want to remind our families that you will be **NOTIFIED BY EMAIL** of any changes in operations due to inclement weather. Please be sure the center has your current email address.

Fun Fact

On January 4th the earth reaches **PERIHELION**, when the earth's orbit is closest to the sun.





BRINGING IT HOME

RESOURCES AND ACTIVITIES FOR ALL AGES



The days are short and the weather isn't always ideal for outdoor play. Here are some fun indoor, screenless activities for this winter season.

Noise Makers

Decorate two paper plates by coloring on them, placing stickers on them, gluing pieces of paper or other materials (tissue paper, sequins, glitter), etc. Place a handful of beans or rice on one plate. Place the other plate on top and then tape the two plates together. Add a popsicle stick for a handle and shake.



 www.thecraftingchicks.com

Firework Painting

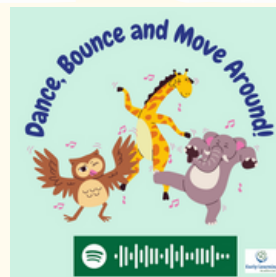
Using a recycled paper towel roll, create your paint brush by cutting small slits into it. Bend the slits outward so they look like a starburst. Pour a small amount of paint onto a paper plate. Place the paper towel roll into the paint and then onto your canvas. Repeat with different colored paint to create your fireworks.



 www.mombrite.com

Dance Party!

We love dance parties! Not only are they laughter filled, it's a great way to get your heart pumping! Dust off dance shoes, turn on your disco light and enjoy our Spotify dance party playlist (scan the QR code at right).



Setting Resolutions

Setting resolutions for the new year doesn't have to be complicated. It's a great time to teach your child about setting realistic goals and helping them strive to achieve them. A good suggestion is to break the goals into smaller steps so your child will feel success (and perhaps a reward) with each achievement. For example, if your child wants to learn the piano, reward their week of daily practice with a fun dance party or movie night.

Here are a few suggestions for goals by age.

For more examples, go to <https://bit.ly/KidResolutions>

PRESCHOOL

- 1) Clean up toys when done playing
- 2) Help set the dinner table
- 3) Try a new food every day/week/month
- 4) Brush their hair and teeth before school

SCHOOL AGE

- 1) Less screen time
- 2) Get active
- 3) Choose good nutrition/less junk food.
- 4) Take care of our planet
- 5) Be KIND

