

*I had a great first day;  
Ask me about it!*

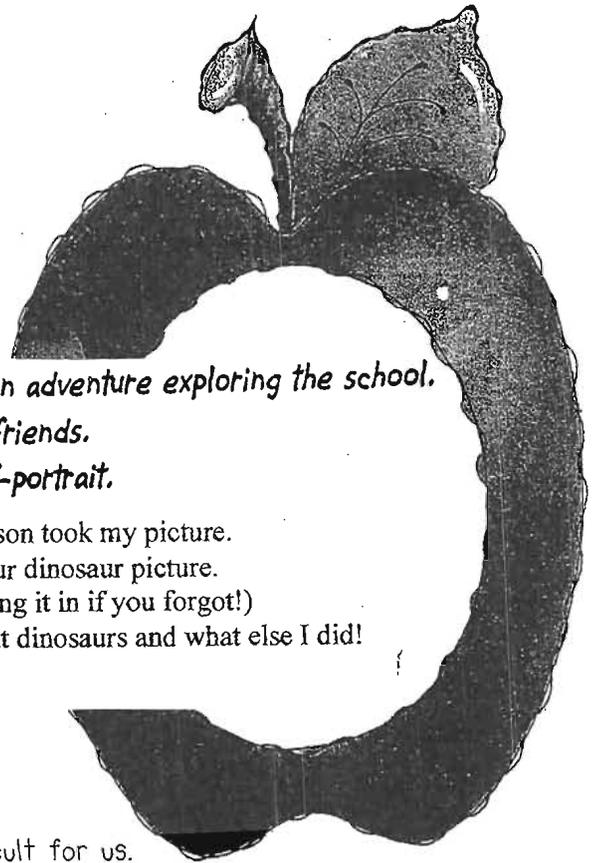


*"Children are our most valuable natural resource."*

-Herbert Hoover



- We went on an adventure exploring the school.
- I made new friends.
- I drew a self-portrait.
- Mrs. Henderson took my picture.
- We shared our dinosaur picture.  
(You can still bring it in if you forgot!)
- Ask me about dinosaurs and what else I did!

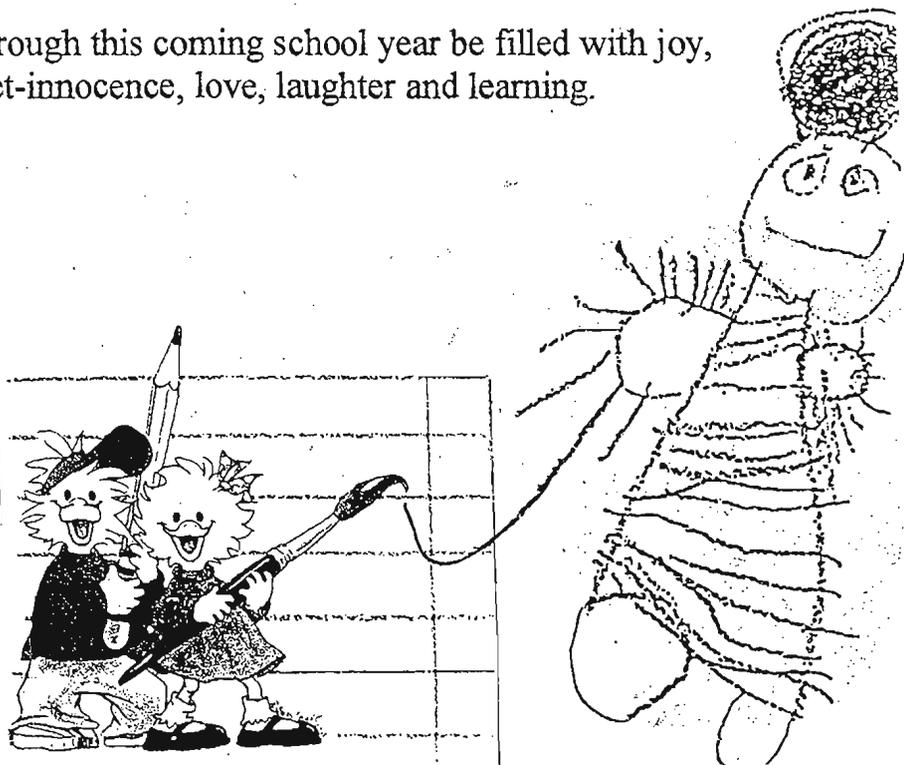


As a parent, our children's milestones are often difficult for us.  
I hope you pleasantly "survived" your child's first day.

*"All trees whether they be the graceful willows or a mighty oak, begin as the smallest of seeds. And so it is with the young child. They begin as a tiny seed, put down roots, sprout and then blossom. This magical process takes place when the child is nurtured with love."*

-Valerie Welk

May your journey through this coming school year be filled with joy, warmth, sweet-innocence, love, laughter and learning.





The most important ABC's your child will learn!

Children need...

**APPRECIATION**, for all they bring into our lives.

**BALANCE**, somewhere between too little and too much.

**COMMITMENT**, it's the little things we do each day that matter.

**DREAMS**, to touch the future.

**EMPATHY**, remember what it was like to be a child.

**FAMILY** and **FRIENDS**, everyone needs someone to love.

**GUIDANCE**, actions speak louder than words.

**HEALTHY HABITS**, to nurture body, mind and spirit.

**INSPIRATION**, to explore beauty, wonder and mystery.

**JOY**, sprinkle laughter and happiness daily.

**KINDNESS**, to learn to care for others as they are cared for.

**LIMITS**, set boundaries and consequences together.

**MENTORS**, to give wings to their aspirations.

**NATURE**, to delight in rainbows, butterflies, and shooting stars.

**OPPORTUNITIES**, to discover what truly makes their hearts sing.

**PLAY**, the "work" of childhood.

**QUIET** time, to recharge their batteries.

**RESPONSIBILITIES**, to build self-esteem and self-confidence.

**SECURITY**, feeling safe is essential for growth.

**TRADITIONS**, keep the family tree alive and sprout new branches.

**UNCONDITIONAL** love, for who they are not for what they do.

**VALUES**, live yours and encourage them to find theirs.

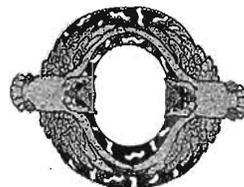
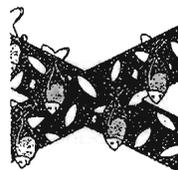
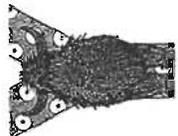
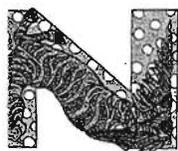
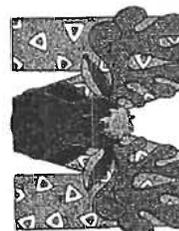
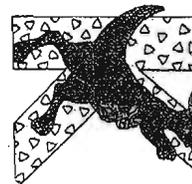
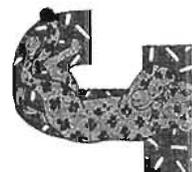
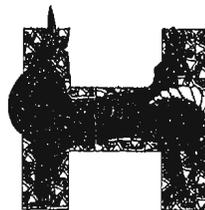
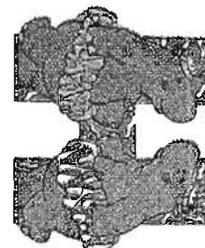
**WORDS** of Encouragement, "You can do it! I believe in you!"

**XOXOXOXOX'S**, hug and kiss them each and every day.

**YOU**, your presence more than your presents.

**ZZZZZZZZZ'S** a good night's sleep with pleasant dreams.

-Meiji Stewart



## Parents As Teachers

Here are a few tips of how you can help your child

### Colors:

- Ask about the colors your child is wearing. Notice that there are different shades of each color. (Dark blue, light blue, hot pink etc.)
- Notice the colors on signs. Do some colors have special meanings? (Red-stop/danger, green/go etc.)

### Shapes:

- Talk about shapes in your home. (What shape is your plate? The refrigerator, door, book, window, slice of pizza, church steeple etc.)
- Go on a shape hunt. "I spy a triangle! Can you see it?"
- Count the shapes you see.

### Directional Clues:

- Play games that involve listening skills and directional clues: up, down, under, over, around etc. Encourage your child to use this type of spatial-relationship vocabulary.

### Personal Development:

#### Chores:

A recent study shows that one of the factors successful people have in common is that they had unpaid chores that they were responsible for as children. This helped foster a sense of value in helping to contribute to the family's well-being, which helped them experience pride, success and growth in their abilities.

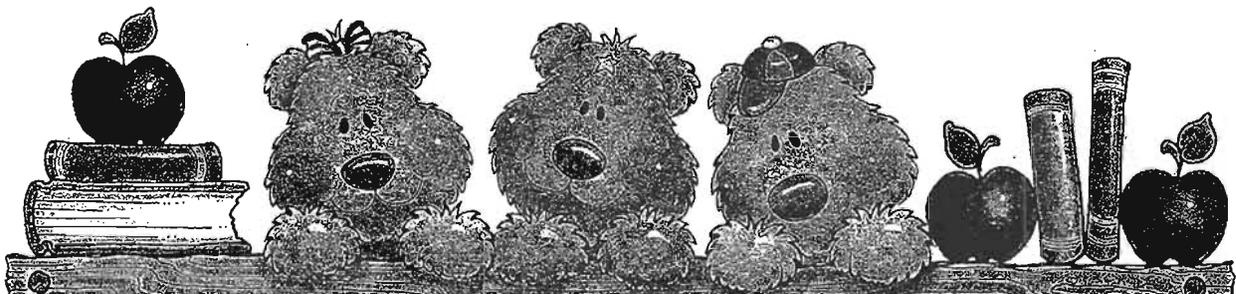
#### Dressing:

Help your child become independent by having them practice tying, zipping, buttoning, and snapping. Even when you're in a hurry please refrain from "doing it for them." Encourage their efforts. (You're a big girl/boy now I KNOW you can do this. Celebrate their victories with praise.) Make getting ready fun. Have a race. See if they can beat their time from the day before.

Allow them to make some choices in what is appropriate to wear each day. It's a great opportunity to discuss the weather as well. Ask them what colors they are wearing. Do these colors go together?

#### Showing Self-Control:

Your child will have 3 chances to change inappropriate behavior. After that, they are in Time Out. I give children the "power" they crave. It lets them know that they are in control of their own behavior. They get to choose how they will act and react. I explain that those choices have consequences; some are good, some not. CONSISTENCY is the ultimate key in training a child. Make sure that



you follow through with whatever consequences you laid down. Children will test you.

### Number Concepts:

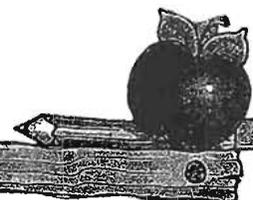
- Count different things around the house. How many blankets on your bed? How many plates should we put on the table for dinner? How many toys do you need to pick up.
- Count to accomplish a task. "Let's get ready for bed in a count of ten." Count with me 1-2-3...How fast can we get ready and in the car? Let's count.
- Play "Go Fetch!" Have your child bring you 1 toy, 2 socks, 3 shoes, etc.
- Finger Counting. Using your hand, "flash" different numbers of fingers and have your child tell you how many. Have them ask you how many, try touch counting them.
- Sing number songs. *Ten Little Indians, The Ants Go Marching, This Old Man* Etc. singing in the car is wonderful fun and avoids the whining of "Are we there yet?"
- Play "I Spy" Look for a certain number of things, or identify numbers as you "spy" them on billboards etc. I will be sending home monthly "I Spy" sheets. Please reinforce number concepts by playing them again at home.
- Ask your child to teach you! They'll really enjoy this, and feel so proud.

### Letter Concepts Worth Checking:

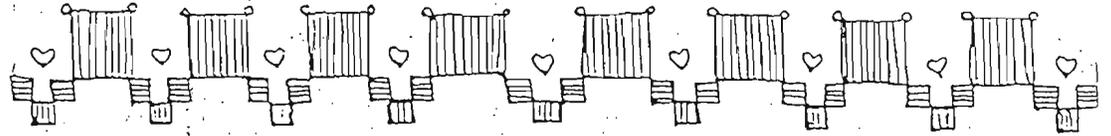
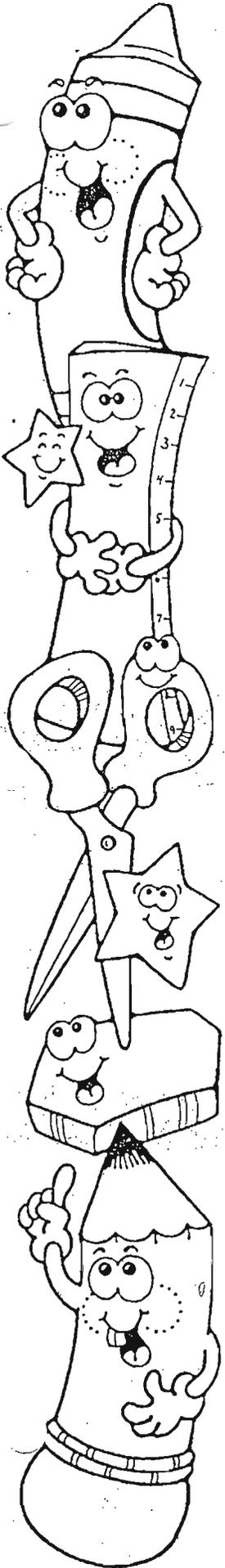
- Does your child hold a pencil correctly?
- Can your child write some of the letters in their name?
- Do they form their letters from the top down?
- Do they write from left to right?
- Ask them to point to the letters in their name and identify them. Counting them is great too.
- Give them a magazine and have them look, find and tear or cut the letters in their name. Have them glue them on a piece of paper and display their masterpiece.

### Oral Sharing:

- Ask your child what they did in school. This will not only help them to recall and relate, but it will reinforce what they did. It will also show that you are interested in them, and that what they learned is very important to you. School will be seen in a positive light and self-esteem will grow. ☺
- Look over what they have brought home in their backpacks and Thursday/Friday Folders and discuss it with them.



"If instructing a child you become vexed with it, try to write with your left hand, and then remember that a child is all left hand." -J.F. Boyse



**Reading:**

- Share books with your child. Read them aloud, look at the pictures, and discuss them.
- Have a quiet place for just the 2 of you to snuggle up with a book.
- Buy books as gifts.
- Take a trip to the public library or a bookstore.
- Read "under the covers" with a flashlight as a fun alternative.

**Praise:**

*"Reading is to the mind what exercise is to the body."*

- Have a special place to hang their work, certificates and art projects. A bulletin board in their bedroom is wonderful in addition to hanging things on the refrigerator or other doors.
- To keep things from getting too cluttered I hang special papers from my children inside the cupboard doors. Each time I open the cupboard I smile and feel great just glancing at their "stuff".
- Keep a scrapbook handy and have your child help rotate things from being displayed in the house, to being preserved in a scrapbook. It will keep you organized and provide some quality time making a wonderful keepsake.
- Send some off to grandparents or other special people in their lives as "paper love" from them. Children also enjoy "hiding" their work as "I love you surprises" tucked in daddy's briefcase, on the pillow, on a car seat etc.
- Let them help you deliver the "I love you" notes, or show them how to mail them. You will find that your child will continue to "try their best" when they see that you value their effort.
- Allow them to make a phone call to talk with grandparents or other special people in their lives about their achievements.
- Verbally tell them how proud you are of them. Be a cheerleader and encourager!
- When they are around adults ask them if they'd like to show Aunt Jane how to write their name, say the Pledge, sing a song etc. Give them Moments to Shine.
- Don't ever let a day go by without saying: "I love you and I'm proud of you."

*"Kind words can be short and easy to speak,  
but their echoes are truly endless."*

-Mother Teresa

# Thoughts at the Bottom of a Beanstalk

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Once upon a time there was a little boy named Jack who was about to climb his very first beanstalk. He had a fresh haircut and a brand-new book bag.

Even though his friends in the neighborhood had climbed this same beanstalk almost every day last year, this was Jack's first day and he was a little nervous. So was his mother.

Early in the morning she brought him to the foot of the beanstalk. She talked encouragingly to Jack about all the fun he would have that day and how nice his giant would be. She reassured him that she would be back to pick him up at the end of the day. For a moment they stood together, silently holding hands, gazing up at the beanstalk. To Jack it seemed much bigger than it had when his mother had pointed it out on the way to the store last week. His mother thought it looked big, too. She swallowed. Maybe she should have held Jack out a year...

Jack's mother straightened his shirt one last time, patted his shoulder and smiled down at him. She promised to stay and wave while he started climbing. Jack didn't say a word.

He walked forward, grabbed a low-growing stem and slowly pulled himself up to the first leaf. He balanced there for a moment and then climbed more eagerly to the second leaf, then to the third and soon he had vanished into a high tangle of leaves and stems with never a backward glance at his mother.

She stood alone at the bottom of the beanstalk, gazing up at the spot where Jack had disappeared. There was no rustle, no movement, no sound to indicate that he was anywhere inside.

"Sometimes," she thought, "it's harder to be the one who waves good-bye than it is to be the one who climbs the beanstalk."

She wondered how Jack would do. Would he miss her? How would he behave? Did his giant understand that little boys sometimes acted silly when they felt unsure? She fought down an urge to spring up the stalk after Jack and maybe duck behind a bean to take a peek at how he was doing.

"I'd better not. What if he saw me?" She knew Jack was really old enough to handle this on his own. She reminded herself that, after all this was thought to be an excellent beanstalk and that everyone said his giant was not only kind but had outstanding qualifications.

"It's not so much that I'm worried about him," she thought, rubbing the back of her neck. "It's just that he's growing up and I'm going to miss him."

Jack's mother turned to leave. "Jack's going to have lots of bigger beanstalks to climb in his life," she told herself. "Today's the day he starts practicing for them... And today's the day I start practicing something too: cheering him on and waving good-bye."

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