



THIS MONTH'S THEME

Sunshine & Rainbows

This month, your baby will explore Sunshine & Rainbows through songs, movement and sensory play. As they discover bright colors, changing weather and the wonders of nature, they will engage their senses and make new connections. These playful experiences support curiosity, early learning and meaningful interactions with the people around them.

Sing and dance at home with theme-based music!



READ EVERY DAY

Establish a reading routine to bond with your child through stories. Reading to your baby can help establish a predictable daily routine while also promoting brain activity, early literacy skills and language development.

Try this: Move Together

Moving together helps your baby learn about their body while building balance, coordination and connection with you.

How:

- **Clap & Tap:** Gently clap hands, tap knees or wiggle fingers together. Name each body part as you move.
- **Dance Around:** Hold your baby or dance side by side to music. Move fast, slow, high and low.
- **Play Copycat:** Make simple movements, like waving, stomping or reaching up. Encourage your baby to watch and join in their own way.

Tip of the Month: Repeat, Repeat, Repeat: Babies learn through repetition. Singing the same songs, playing familiar games and naming body parts often helps strengthen learning.

Play & Learn at Home

Encourage different types of play with objects you can find at home or in nature. Below are three activities you can try at home related to the same type of play.

Push & Pull

Does your baby explore how pushing and pulling can make things move?

Young Infant

Sit with your baby and hold opposite ends of a blanket. Gently pull the blanket toward your baby, then push it away while naming the movements.

Older Infant

Hold a blanket together and make small waves by pushing and pulling. Encourage your child to help move the blanket.

Young Toddler

Invite your child to pull the blanket toward themselves, then push it away to make big waves. Add a stuffed animal on top for extra fun.

Does your baby enjoy watching, copying and responding to playful movements?

Young Infant

Gently fan your baby with a paper plate or piece of cardboard while they lie on their tummy. Briefly hide your face behind it, then peek out and say, "Hello!" Watch how your baby responds.

Older Infant

Sit across from your child and play peekaboo using a paper plate or piece of cardboard. Take turns making a breeze and notice which movements make your child smile or laugh.

Young Toddler

Offer your child a paper plate or piece of cardboard. Show them how to wave it, balance it on their head or let it fall. Encourage them to copy your movements and create their own.

Does your baby use movement to explore and bring objects closer?

Young Infant

Tie strips of fabric, scarves or dish towels around a small pillow or soft bag. Sit with your baby on your lap and gently pull one strip while saying, "Pull, pull!" Encourage your baby to hold a strip as you pull together.

Older Infant

Tie strips of fabric, scarves or dish towels around a small pillow or soft bag. Place it a short distance away and encourage your child to pull a strip to bring it closer. Celebrate as they discover what is attached.

Young Toddler

Tie strips of fabric, scarves or dish towels around a small pillow or soft bag. Encourage your child to pull it across the floor independently. Move it farther away to challenge them to use movement and problem-solving skills to bring it closer.

BOOKS & NURSERY RHYMES



Hello, Sunshine!
by Cottage Door Baby

Little Wonders Weather
by Rose Nestling

THE RAIN

Pitter patter, raindrops,
Falling from the sky.
Here is my umbrella
To keep me safe and dry!
When the rain is over,
And the sun begins to glow,
Little flowers start to bud,
And grow and grow and grow!



Weather & Seasons

FEATURED CONCEPTS

Letters & Sounds:



Shape & Color:



Character Trait:

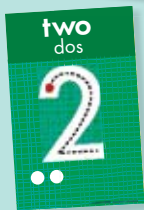
Patience

Body Stretch:

Criss-Cross



Number:



Sign Language:



This month, your child will explore the theme *Weather & Seasons* and discover how the world around them changes throughout the year. Through sensory play, movement, art and hands-on exploration, they will observe different types of weather and seasonal patterns. As they investigate clouds, wind, storms and the cycle of the seasons, they will build language, observation skills and confidence. These experiences encourage curiosity and help children develop a deeper connection to the natural world.

Weather: Discovering clouds, wind and other weather through outdoor play and sensory experiences.

Seasons: Exploring how nature and the outdoors change throughout the year.

Changes: Noticing changes in weather, routines and the world around them through play and discovery.

Storms: Investigating stormy weather through movement, sensory play and creative activities.

Rain or shine, come and see, the changing world around me!





Car Ride Nature Sounds

WHAT?	HOW?	WHY?
This week, your child explored weather and seasons through songs, stories and nature sounds.	During a car ride or walk, name different weather conditions. Make matching sounds together, such as “drip, drop” for rain or “brrrr” for cold weather.	Making weather sounds helps your child build listening skills and connect words to experiences in the world around them.



Rectangle Walk

WHAT?	HOW?	WHY?
This week, your child learned about seasons and explored shapes found in everyday environments.	Take a walk together and look for rectangle shapes in clothing, toys, furniture or outdoor objects.	Hunting for shapes helps your child build observation skills and develop early math concepts.



Dream Drawings

WHAT?	HOW?	WHY?
This week, your child explored change through stories about waiting and thinking about future activities.	Talk about favorite activities and draw simple pictures together of things your child enjoys doing.	Sharing memories and ideas encourages communication and strengthens language development.



Apple Snack Plate

WHAT?	HOW?	WHY?
This week, your child explored how seasons affect plants and how food grows over time.	Examine an apple together, then cut it open and talk about its parts before enjoying it as a snack.	Investigating everyday foods encourages curiosity and supports early science learning.

READ
WITH
ME

Worm Weather
by Jean Taft



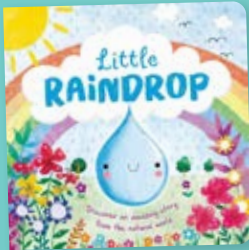
Budding Flowers, Breezy Days
by Essie Bell



Windy Days
by Deborah Kerbel



Little Raindrop
by IglooBooks



Family Newsletter

THIS MONTH'S THEME

Weather & Seasons

Each season brings big changes to weather and the surroundings your child sees. This month your child will learn about weather, storms and the signs of changing seasons. They will create a weather wheel, gather nature items for a hibernating bear, make a thunder shaker and explore the effects of wind and water. Help your child be a weather watcher every day and explore the wonders of nature.

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

Today I created swirl art.

I learned that hurricanes are storms that create swirling, spinning winds. I created swirls in puff paint and paint. I had to be patient because there were many steps to this project.



Today I created a butterfly wand.

I learned that butterflies migrate to warmer places in the winter. I created my own butterfly wand. Now I can dance with my butterfly.



ASK ME: Did you play with your butterfly today? Where do you think your butterfly will travel?

preschool

Sunny & Sad Days

A child's mood can change just like the weather. One minute it's sunny, and the next there may be a storm. No matter what emotional weather your child experiences, remind them they are loved and supported. Feeling safe and secure helps children build trust and gives them the confidence to learn ways to understand and manage their emotions. Here are a few ideas to help you support your child through their changing feelings.

- **Learn to recognize your child's cues.** Every child communicates their feelings in different ways. When you notice and respond with care, you help your child feel understood, safe and supported.
- **Let your child know you are listening.** Respond when your child wants to talk or share their ideas. If you aren't able to listen right away, let them know you heard them and tell them when you'll be able to give them your full attention.
- **In new experiences, offer support and encouragement throughout the process.** If you think something may frustrate your child, stay positive and tell them you are there if it gets too hard.
- **Keep conversations simple and meaningful.** Share information that interests your child a little at a time. Young children learn best through short conversations, play and repeated experiences.
- **Show affection in ways your child enjoys.** Offer hugs, smiles, gentle touch and encouraging facial expressions. These loving interactions help your child feel safe, connected and supported.

When your child feels safe knowing they have your unconditional love, they feel more confident exploring, learning and trying new things. A child's physical and emotional well-being are closely connected to their ability to understand and manage their emotions. Create a caring environment where your child feels safe, secure and loved.





RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

The Reasons for Seasons
by Gail Gibbons

Why Do Leaves Change Color?
by Betsy Maestro

Spring's Sprung
by Lynn Plourde

Sounds of a Summer Night
by May Garelick

**The Twelve Days of Winter:
A School Counting Book**
by Deborah Lee Rose



Weather at Home

Keep track of the weather and temperature near your home. Make a rain gauge together (or put an empty bucket outside) and record how much rain falls this month. If your area experiences severe weather, talk together about what your family would do to stay safe.



Scary Weather

(Sing to the tune of "Mary Had a Little Lamb")

Talk with your child about what types of weather scare them. Share your own fears and discuss other things that might scare your child. Sing the song and end with a hug.



I need a hug when I feel scared,
I feel scared, I feel scared.
I need a hug when I feel scared.
Can you please hug me?

