

FEBRUARY

“A torn jacket is soon mended;
but hard words bruise the heart of a child.”

– Henry Wadsworth Longfellow



Developing Problem Solving Skills

Children need to understand the consequences of their actions and how their actions can affect others.

- Model positive problem solving for your child. Use positive words in your household to resolve conflicts.
- Help your child use the IDEAL model of social problem solving:
 - I** = Identify the problem. Stop, calm down and think clearly about your reasons and feelings.
 - D** = Determine your choices. What can be done to solve the problem? “Let’s think of ways you can both play with the blue truck. You could take turns, you could both fill it with sand, or someone could play with the red truck instead.”
 - E** = Evaluate your choices. Think about the possible consequences. “It might be hard to wait for a turn, we could fill up the truck faster if we work together.”
 - A** = Act on your best choice. “Let’s use the red truck too.”
 - L** = Learn from the results of your action. “We liked the red truck too and took turns with it.” (from APA “Act Against Violence” www.actagainstviolence.org)
- Help your child learn that anger is a normal feeling, but it needs to be expressed in an appropriate way.
- Include your child in family discussions to help him or her cooperate with the decision.
- A child’s behavior is influenced by TV, movies and video games. If a child sees violence, rude behavior and/or language, he or she is more likely to use those same behaviors. Monitor your child’s TV, video or computer choices and talk together about what is being seen.



Me Book

Ask your child to draw a picture of him or herself enjoying a favorite activity. Ask, “what are you doing in this picture?” Write

the description next to the drawing. Label the page, “I Like to” (fill in). Date it and save.

page 6



Internet Resources

Pennsylvania Child Care Association
(PACCA)

www.pacca.org

PACCA is a statewide, non-profit organization dedicated to facilitating the provision of quality early care and education to the children of Pennsylvania.



A Week of Activities!

- ▶ Count together during your daily routines. For example, count the chairs while you set the table or count how many socks you put into the washing machine.
- 🔍 Make a "Crazy Crayon Container." Fill a clear plastic bottle with water and add some crayon shavings. Secure the lid tightly. Have your child shake the bottle and move it in a circular motion. Watch and talk about how the shavings move.
- 📖 Show your child a picture or an object in your house. Ask him/her to tell you a funny make-believe story about it. You can begin by saying, "What if that spoon was a..."
- 👉 Play a game where you each take turns.



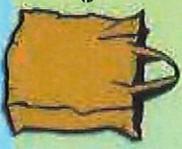
A Week of Activities!

- 😊 Play a guessing game with your child when you are putting away groceries together. Show him/her an item and ask where it belongs. "Where do the crackers go?"
- 📖 Help your child learn letters by pointing out the letters in his/her name when you see them on books, signs, etc.
- ▶ Use different kinds of objects to measure things. Use your feet or hands to measure a room or furniture; use a pencil or a crayon to measure the size of a paper.
- 👉 Talk together about where you live. Talk about whether you live in a house or an apartment. Give the address that includes the street, city and state.



A Week of Activities!

- 🔍 Play with water! Give your child cups, basters, egg beaters, sponges and a strainer. Let him/her pour, squeeze and play!
- 😊 Make picture cards that show different emotions. Ask your child questions about what would make him/her feel like the faces in the pictures. "What makes you happy?"
- 📖 Help your child rip paper from old magazines or catalogs into different sized pieces. Show him/her how to glue them onto a paper to make a picture or design.
- 🍎 Play "Grocery Bag Moves!" Help your child step into a grocery bag that has handles. Ask him or her to move from one place to another while holding on to the handles of the bag.



A Week of Activities!

- 🍎 Play with play dough together. Show your child how to poke, pinch, squeeze and roll the dough to make shapes and objects. Talk about what you make.
- 📖 Listen to different kinds of music and talk about how they sound and how they make you feel. "This is really fast. It makes me want to jump."
- 👉 When you are driving or riding on the bus, talk about the different kinds of vehicles you see. Watch for cars, trucks, bicycles, motorcycles. Ask, "How are they same or different? Are there vehicles that do a special jobs?"
- 👉 Give your child a choice about what to do today. Ask him/her to explain why that activity was chosen. "Would you like to read or play ball? Why did you choose that?"



Check these out!

- Horses by Gail Gibbons
- When Sophie Gets Angry by Molly Bang
- Rap a Tap Tap by Leo and Diane Dillon
- Snowy Day by Ezra Jack Keats
- Alexander and the Terrible, Horrible, No Good Very Bad Day by Judith Viorst



- 😊 Approaches to Learning Through Play
- 📖 Creative Thinking and Expression
- 📖 Language and Literacy Development
- ▶ Mathematical Thinking and Expression
- ▶ Social and Emotional Development
- ▶ Health, Wellness and Physical Development
- 🔍 Scientific Thinking and Technology
- 👉 Social Studies Thinking