

AUGUST 2021

# Family Newsletter

## August Book List

**Ten Minutes to Bed: Little Unicorn**  
by Rhiannon Fielding and Chris Chatterton

**The Little Elephant Who Wants to Fall Asleep**

by Carl-Johan Forssen Ehrlin

**Maisy Takes a Bath**  
by Lucy Cousins

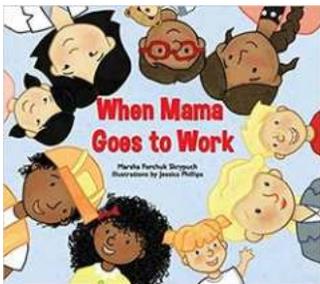
**Llama Llama Mad at Mama**  
by Anna Dewdney

**The Girl Who Wouldn't Brush Her Hair**  
by Kate Bernheimer

**My Good Morning**  
by Kim Crockett-Corson

**My Routine**  
by Carl Nino

**When Mama Goes to Work**  
by Marsha Forchuk Skrypuch



## AUGUST UPDATE

In August we begin to think about transitions - transitioning back to school, to new classes and teachers, and transitioning our schedules. For most of us, this is likely the first "traditional" back-to-school in two years - or EVER for our new kindergarteners. While we are optimistic that the school year will be more normal, we still understand that we need to remain flexible. Procedures and recommendations may change several times over the course of the school year, so give yourself space to accept these challenges and know we are here to support you and your family as best we can!

Here are a few ideas to start now with your child to get them ready for the fall.

- **RESET BEDTIME.** With later sun sets and evening s'mores cook outs, summer often brings later bedtimes. Slowly move bedtime earlier by 5 or 10 minutes a day to be sure your child is back to a regular bedtime for school.
- **TALK ABOUT IT.** Use open ended questions to understand what they might be looking forward to and what they might be worried about. For older kids, consider a countdown calendar so they have a visual understanding of the upcoming change.
- **PRACTICE INDEPENDENCE.** Things like feeding themselves, drinking from a cup, or putting on the jacket are all things that they may be asked to do on their own. Practicing these activities at home will help prepare your child and grow their confidence.
- **DON'T FORGET TO CELEBRATE!** Take some time to celebrate your child's successes - big or small they will love the encouragement and know they can do it again!

For more tips go to <https://bit.ly/TipsforTransitions>

## Fun Fact

August has two official flowers, the gladiolus and the poppy.



Early Learning  
Academies

# BRINGING IT HOME



RESOURCES AND ACTIVITIES FOR ALL AGES

## INFANTS TODDLERS

### TRANSITIONS AND ROUTINES

Routines provide the two key ingredients necessary for learning: *RELATIONSHIPS* and *REPETITION*.

Infants and toddlers do not yet understand the concept of time, so they organize themselves by the people they are with and the events that happen in their life. When things happen in the same order each day, infants and toddlers have a better understanding of the world around them. A predictable schedule filled with consistent and responsive routines helps them to know what to expect and helps them feel more confident in themselves and trust others around them.

When guiding infants and toddlers through routines, describe or sing songs about what you are doing, and interpret the child's experiences aloud.

### HANDWASHING ACTIVITIES

**Washing Hands Song**  
(to the tune of *Row, Row, Row Your Boat*)

- "Wash, wash, wash, your hands"
- "Soap will make them clean"
- "Scrub the germs till they fall off"
- "Germs go down the drain"

### DIAPER CHANGING ACTIVITIES

**Point Out and Name Your Child's Different Body Parts-Counting game**

While your child is on the changing table, make statements like "you have two feet" as you hold their feet or gently wiggle and count the toes on each foot.

## PRESCHOOL AND PRE-K

### VISUAL CHORE CHARTS

Even our young preschoolers can help take care of some tasks at home, including their own self care. Creating a Visual Chart of tasks to be completed in the morning or before bed can help set expectations and help your child feel more in control of their day.



Courtesy of [kindermooney.blogspot.com](http://kindermooney.blogspot.com)

There are so many examples of chore charts, we like this simple version that uses both words and images you can make yourself. When the child completes a task, they fold up the flap and see the "Done".

- Some simple tasks might include:
- Put toys in toy bin
  - Stack books
  - Put dirty clothes in hamper

## SCHOOL AGE

### GETTING READY FOR LEARNING



Looking for interactive games to help your kiddo get ready for the start of school? ABCya might be a good match for your family. Each week, they offer 6 games for free, but with an optional in-app subscription, you can unlock over 250 games! Your children will touch up on their history, math, English/literacy, thinking & reasoning, and tech skills through fun, interactive games. ABCya is available for Android, iPad, iPhone and website ([www.abcya.com](http://www.abcya.com))

