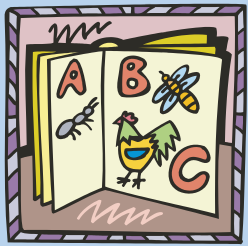




## Dr. Vicki's VIEW

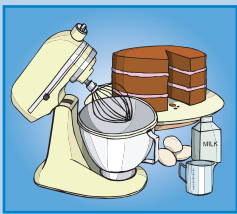


## Bedtime Reading Club

Our Book of the Month selection for December is **Thanks and Giving** by Marlo Thomas. Read this or other books that relate to manners and being friends.

For January we selected **Just a Snowy Day** by Mercer Mayer as our Book of the Month. It's a great book to read with your child. Check it out from the library.

For February we read about **What's Inside My Body?** by Angela Royston for our featured Book of the Month.



## Family Fun Recipe

### Polar Ice Cap

Prepare blue Kool-Aid as directed and place in fridge to cool.

You'll also need Ginger Ale, Vanilla Yogurt or Ice Cream, a clear glass and a straw. Fill a glass half way with blue Kool-Aid – add Ginger Ale leaving room for a scoop of yogurt or ice cream. Enjoy this Polar Ice Cap drink as your child and you sip through a straw.

### Holiday Cooking

Since this is the holiday season it's a great time to encourage your child to learn about new foods. Many preschool children today do not know about where food comes from, how it is grown and the different types of foods. While you are preparing for your holiday meals include your preschooler and talk about many concepts and developing skills such as:

- Visit the grocery store and look for one particular type of food and see how many versions you can find.
- Talk about the process from fresh food to how else we see it prepared; such as canned, frozen, etc.
- Can we find a food type in more than one aisle; such as pop corn, fresh corn, corn meal, etc?

It's fun to give your preschooler coupons and see if they can spot the food from the picture as you walk down an aisle.

Have your preschooler help unpack groceries when you get home. Talk about why some go into the refrigerator and others on shelves.

Create a holiday meal menu together and ask your preschooler to help you prepare the food for mealtime. This involves skills such as measuring, pouring, stirring, mixing, etc., skills needed for reading and writing.

Enjoy your holiday time together by learning more about good foods!

### Welcoming the New Year

As you get ready to welcome the year 2008 you have the opportunity of beginning new routines at home. Here are some suggestions:

1. Go to the library together and get a new library card in your child's name. Check out books and create a reading time every night before bed.
2. Organize those bedroom drawers. To encourage your child to become more independent take a digital picture of your child holding the type of clothing that belongs in each drawer and place on the drawer front.
3. Play the Flashlight Fun game at night after reading a story. Turn off the lights and begin to shine the flashlight in a circular motion on the ceiling.

Ask your child to raise their arm and follow the path. Pretty soon your child will doze off and dreams will begin.

**EVENT ALERTS**

During December and January we are featuring the Armed Forces as our community leaders. You'll see our display in the lobby of our centers during these months. For February we recognize the Dentist as our community leader. Your school invites community leaders in our program to share their expertise and help children become aware of their community and our world.

**Health Focus**

Helping children learn about the care of their teeth can put in place healthy dental habits that may last a lifetime. There are a variety of resources available for early care and education programs for parents to learn more about the dental health needs of preschoolers and to teach good dental habits. Colgate's Bright Smiles, Bright Futures program targets children and parents, with specific materials and activities.

Now in its 15th year, the award winning Colgate Bright Smiles, Bright Futures global oral health education program continues to spread smiles to children everywhere.

Go to their website for downloadable songs, games and stories.

**CURRICULUM KORNBER**

**CURRICULUM THEMES**

December finds our children continuing to learn letter and sound recognition by focusing on the letters D – B – I and Q. You'll notice each month we begin with the letter that begins that month's name, so for December we begin with D!

Check the curriculum learning plan posted outside each door in our center for your child's concept and skill learning opportunities.

January features the letters J – W – E – U. Our preschool classes are involved in activities that reflect the letter and its sound through art, music, word reading, writing, science, math and Tray Tasking.

February emphasizes the letters F – C – V and P.

**SPECIAL FEATURES**


Our **Baby Signs** program is very popular with our Infant and Toddler parents. Our new words and motions for December are please and thank you. January is diaper and gentle and February is love and play. As young children learn to sign these words they communicate with the adults around them. Their needs and wants are satisfied and they are happy children!

**SPANISH TIME**

For our Preschool Classes check your monthly Spanish Newsletter featuring the words, phrases and songs we are learning.

Ask your child about our Friends song for January and our Body Parts Song in February!

**Refer a Friend Program**



Please take advantage of our referral reward program by recommending a friend, relative or family member to Children of America.

There are no limits on referrals.

Ask your center for details.