



Growing Together

Newsletter for
parents of preschool children

Toys

Many toys are good for all ages

All children, regardless of age, need playthings to build physical, mental, language, emotional and social skills.

Some toys will appeal to children of all ages. These include music-related items, plush toys and books.

For children two years old and up, a well-rounded toy selection should also include playthings from the following groups:

- Pretend/dress-up play
- Arts and crafts
- Blocks
- Science and nature play
- Outdoor toys for active play
- Puzzles, games, and construction toys. □



February 2023

Vol. 37 No. 2

Academics

Learning about time

Time is something that cannot be seen or felt. Its passing is measured artificially by clocks and calendars.

Early mankind measured time only in the natural cycles of day and night and the rhythmic occurrence of the seasons.

A journey was three days walk; an event took place during the last full moon.

Time during the day was measured by the passage of the sun. Longer periods were measured from new moon to new moon, from season to season.

Now, when many families live in cities, the cycle of seasons is less apparent.

We use calendars instead of moon phases to measure off the months, and clocks to measure off the days.

Children measure their time by the events of their days that begin at waking-up time and end with bedtime.

Their day does not include twenty-four hours but only the hours between waking and sleeping.

To expand a child's concept of time, begin with answers to the ques-

tion: "How long until _____?"

To answer questions like this, use a large calendar. Circle the date of the holiday, visit or special event that is anticipated. Mark off all days of the month that have already passed.

Hang the calendar within easy reach so that each night before she goes to bed, the child can X out the days remaining.

As you do this, you are teaching duration of time over periods longer than one day and the child can begin to learn the concept of how time progresses in steady, measured segments. □



Putting feelings into words

Faulty patterns of communication begin in childhood. You can begin now to help your child learn to communicate her thoughts and feelings clearly and accurately.

Without thinking, adults often forget to treat children like human beings with valid opinions to offer.

Children are often left out of decisions that affect them. It's not fair to you, the rest of the family, or to your child to allow her to rule situations as can happen when parents are hesitant to set limits.

But it is fair to all concerned to allow each family member to have a say in matters that concern them, when appropriate.

For example, if your child is very shy and quiet, something as simple as encouraging her to tell you some foods she'd enjoy having for meals and snacks can be an important step in helping her begin to express herself.

If she's more verbal, asking her a question such as what she thinks and feels about adults who talk to you about her as if she weren't there ("What a pretty little girl!") can further open the lines of communication between you.

Encourage her to share positive feelings about herself — joys and accomplishments as well as worries, fears, and anxieties.

If she isn't used to putting her thoughts and feelings into words, be patient.

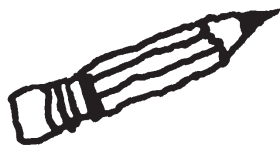
You will help her learn to share more of her needs, desires, feelings and opinions by showing her that you really are interested in them. □

Will it float?

Children are natural scavengers, so why not make them collectors for a purpose?

Suggest that children look around for things that are expendable — twigs, leaves, stones, egg shells, pencils, straws, popsicle sticks, aluminum plates, ping pong ball, napkin, comb, and so on.

The objective is to predict whether or not these objects will float. To test the prediction, use a large container with water and check floating vs. sinking.



In addition to the actual experience, kids will learn about the words that describe water. For example, you can discuss the different sounds made by water—splashing, bubbling, dropping, roaring, and trickling.

How about the way water feels? Hot, cold, lukewarm, icy, fast running, slow running.

What are the various uses of water? To drink, play in, wash clothes, cook with, water gardens, clean windows and take a bath.

And finally, how many places can you name where water is found? Lakes, oceans, streams, inside plumbing, puddles, dams, ditches, ponds, fountains, and so on. □

Pizza party!

There's no denying it: kids love pizza.

For a grand pizza party, make these mini-pizzas together. Serve with peeled fruit, such as apple slices and easy-to-eat grapes or melon balls. (Grapes or melon balls not for children under three.)

While you're eating, read the lively story: **Curious George and the Pizza** by H. L. Rey.

Afterwards, settle the children down for naptime with a quiet activity like drawing pictures of the little monkey on his big pizza adventure.

Here's how to make the pizza:

Preschooler mini-pizzas

Toast whole wheat English muffin or pita bread.

Spread with spaghetti sauce (from a jar).

Sprinkle with pre-shredded mozzarella cheese.

Broil until the cheese bubbles.

Be very, very careful with little ones — the cheese needs to cool before they dig in! (Also be sure to keep hot plates and serving utensils out of reach — they're very, very hot too!) □

FREE!

"Grandma Says" is a twice-monthly email that includes general parenting tips, words of encouragement, and children's book reviews.












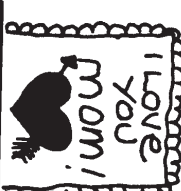
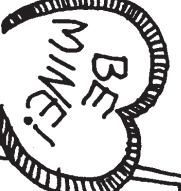

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Written by a very wise grandmother;
From the publishers of **Growing Child**
and **Growing Together**

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>5</p> <p>Plan a menu for tomorrow with your youngster's help.</p>	<p>6</p> <p>Learn to sing the song: "Frosty the Snowman"</p> 	<p>7</p> <p>Help make a salad for dinner.</p>	<p>1</p> <p>Black History Month</p>	<p>2</p> <p>Groundhog Day. What happens if he sees his shadow? Really?</p> 	<p>3</p> <p>Bubble Gum Day Can you blow a big bubble?</p>	<p>4</p> <p>Eat Ice Cream for Breakfast Day. No kidding!</p>
<p>12</p> <p>Abraham Lincoln's birthday.</p> 	<p>13</p> <p>Make some Valentines to deliver tomorrow.</p> 	<p>14</p> <p>Valentine's Day.</p> 	<p>8</p> <p>Boy Scout Day. Do you know a Boy Scout?</p>	<p>9</p> <p>Catch a ray of sunshine in a mirror and reflect it on a wall.</p> 	<p>10</p> <p>Go outside and look for icicles.</p>	<p>11</p> <p>Read a story about weather: A snow storm? A sunny day?</p> 
<p>19</p> <p>Hot chocolate for a treat! (and add in some marshmallows).</p>	<p>20</p> <p>Presidents Day</p> 	<p>21</p> <p>Where does the President of the United States live?</p>	<p>15</p> <p>National Gum Drop Day Eat one or two.</p>	<p>16</p> <p>Draw a picture of a snow man.</p>	<p>17</p> <p>Play with a toy telephone. Call a friend, or a parent, or your grandparents.</p> 	<p>18</p> <p>How about trying a fruit or vegetable pizza?</p>
<p>26</p> <p>National "Tell a Fairy Tale Day." What's your favorite?</p>	<p>27</p> <p>Play Follow the Leader ... Inside? Outside?</p> 	<p>28</p> <p>What do you call a baby: sheep? dog? cat? kangaroo? bear?</p>	<p>22</p> <p>George Washington's birthday.</p> 	<p>23</p> <p>Give away three hugs today!</p> 	<p>24</p> <p>Make funny noises with your mouth—can you make someone laugh?</p> 	<p>25</p> <p>Count all the chairs in your home. How many?</p> 