



The Preschool Press

PRESCHOOLS



Parks & Recreation Department | MAKING LIVES BETTER!

JANUARY 2017

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How to Manage Strong Emotions

Young children need guidance when it comes to figuring out how to deal with big feelings like anger, sadness, and frustration. So when your child is really angry, validate what he is experiencing: You are really angry right now because I said no more television.

Then suggest that he jump up and down, hit the sofa cushions, rip paper, cuddle up in a cozy area for alone time, paint an angry picture or some other strategy that you feel is appropriate. What's important is to teach your child that there are many options for expressing his feelings in healthy, non-hurtful ways.

Empathize with your child.

It's okay to let her know that you understand the choices she is being offered are not the ones she wants: We have to leave now to go to Ms. Kelly's house. I know you want to stay home with Daddy. You miss me and I miss you during the day. But staying home is not a choice today. Daddy has to go to work. But when we get home, we will finish the puzzle we started and have a yummy dinner. Do you want to get into the car seat yourself or do you want me to put you in?

Give your child a visual aid to make waiting easier.

If your child has to wait until his oatmeal has cooled down, show him the steam rising from the bowl. Tell him that when the



steam goes away, you can test the oatmeal on a spoon to see if it is cool enough. If you need to help your child brush her teeth for 2 minutes each day, use an egg timer so she can watch the countdown. Need 10 minutes to fold some clothes? Set a kitchen timer so that your child can keep track.



Timers are also great tools for helping children learn to share. Give them each a

few minutes—using the timer—to play with a toy they both want, like the shiny new tricycle parked out back. It's also helpful to state the obvious: It's hard to wait sometimes, isn't it?

Look for ways to help your child "practice" self-control.

There are many daily moments when you can teach your child this skill. For example, games that require turn-taking are great for practicing how to wait and share. Rolling a ball back and forth is an example. This game gives children the chance to wait and control their impulse to grab the ball. You can also take turns hitting a soft foam ball off a tee.

Or try acting out a story. Pretend play offers many chances to wait, take turns, and negotiate as children decide how the story will unfold. Another idea is playing "sharing music" where each of you chooses an instrument to play and set an egg-timer for 1 minute. When the timer goes off, switch instruments and set the timer again.



Parent Handbook and Program Evaluations

Parent Handbook

Please review the Parent Handbook you received at registration for information such as Tiny Tot Preschools' Philosophy, helpful separation techniques and field trips. The handbook is a great resource to learn more about your child's preschool experience and how you can get involved. For your convenience we have included it on our website at:

http://www.yourcsd.com/rec/pdf/children_tinytot_handbook.pdf

Program Evaluations

If your child is enrolled in Tiny Tot Preschools, please take a moment to fill out our on-line program evaluation at:

http://www.yourcsd.com/rec/preschool_evaluation.asp

Did you know...?

SICK CHILDREN

Please do not bring a sick child to school. Children too sick to participate in the full program, including outside play, need to be kept at home. When in doubt, keep them at home. They need your comfort and will feel worse at school. Please let the illness run its course and do not bring your child back until 24 hours after the last sign of the illness (fever, vomiting, colored discharge from the nose, etc.). If your child arrives ill, or becomes ill or injured while at the program, parents/guardians will be notified. **Please make sure that we have all current phone numbers where you can be reached.** If the parent/guardian cannot pick up the child, an emergency designee will be notified. In either case, the child needs to be



COMMUNICABLE DISEASES

If your child is exposed to lice or any communicable disease such as pink eye, measles, chicken pox, etc., please notify the site immediately so that incubation dates are verified and the health of all children concerned may be protected. Names of sick children will not be provided to parents. Only the type of illness, possible symptoms and exposure dates will be given to parents. If you receive a communicable disease notice, **it does not infer your child has the illness.** The notice is a courtesy to every parent to make them aware of any illness their child may have been exposed to. The notice helps to reduce the risk of the spread of communicable diseases to ensure every child's health and safety.

Some conditions that are contracted through person-to-person contact may require a doctor's release prior to the child returning to class. Please see your child's teacher for more information. We want to keep you as well informed as possible and ensure every child's health and safety while participating in our program.



2017-2018



Priority Registration

Tiny Tot Preschools will have Priority Registration forms available from January 3, 2017 through January 17, 2017. Children in the 3-year old preschool classes will have priority in advancing to the 4-year old Pre-K classes each fall, leaving limited openings in the 4-year old Pre-K classes. We will also give priority to siblings of current and former Tiny Tot Preschool students that are currently living in Elk Grove zip codes (95624, 95757, and 95758).

All forms and payment must be turned in by January 17, 2017.

A Night on the Red Carpet Father - Daughter Dance

February 3, 4, 17 & 18
6-9 pm
Laguna Town Hall
\$30/person

Friday, Feb. 3 - #64574
Saturday, Feb. 4 - #64575
Friday, Feb. 17 - #64576
Saturday, Feb. 18 - #64577

Age 3+

Join us for dancing, DJ, and a catered dinner. Professional photographs are available for an additional fee.



Parks & Recreation Department

MAKING LIVES BETTER!

Tots Recreation Classes



You and Me Chocolate Fun

Age 4 –10

Parent and child teams will have a great time bonding in this hands on chocolate making workshop. Recipes vary each time and always include a chocolate dipped pretzel, dipped marshmallows and a chocolate art project. A great evening of chocolate fun!

Wackford Complex, \$15

Kitchen \$15 supply fee

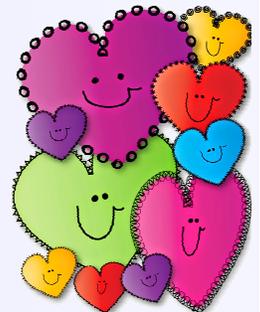
Instructor: Heather Saldivar

WACKY WINTER FUN

#67938 Mon 1/23 6:00 - 7:30 pm

VALENTINE'S FUN

#67939 Mon 2/13 6:00 - 7:30 pm



Nursery Rhyme Math

NEW!

Age 3 – 6 with participating adult

What do Goldilocks & The 3 Bears, The Tortoise & the Hare, The Three Little Pigs and This Old Man have in common? Listen to these nursery rhymes and then do math activities based on the rhyme. *Only one child per adult.*

Gifts from the Heart of Elk Grove \$35

#68477 Wed 2/8 - 3/1 9:00 - 10:00 am



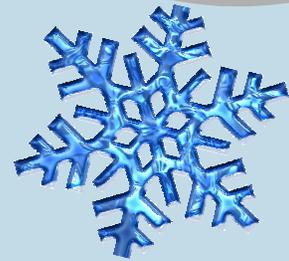
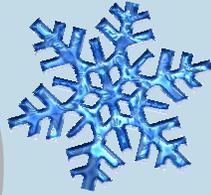
For more information, call (916) 405-5600 • www.yourcsd.com •

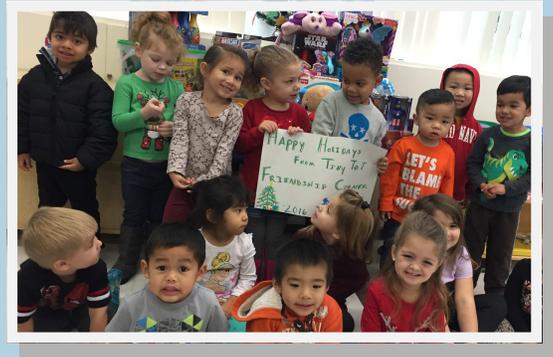


This is not an Elk Grove Unified School District Sponsored program and Elk Grove Unified School District accepts no liability or responsibility for this program/activity.



Preschool is Fun! Just ask our Tiny Tot Classes...





Changes to California's Car Seat Law

As of January 1, children under two years old must be in a rear-facing car seat unless they weigh 40 pounds or more, or are 40 inches or taller. For each child under 16 who is not properly secured, parents (if in the car) or drivers can be fined more than \$500 and will get a point on their driving records.

Have your car seat inspected for free by a certified Child Passenger Safety Technician from the Cosumnes Fire Department. **For an appointment, call 405-7114.**



Payment Reminders



Tuition payment
is due on
January 1st.
M/W/F: \$228
M/W: \$156
T/TH: \$172

Tuition is paid one month in advance and is always due no later than the first of the month. You may pay by check, cash or credit card. We accept Visa, MasterCard and Discover. You may make the payment over the phone or in person at either of our two office locations listed below.

Did You Know?
You can sign up for auto pay at either of our two office locations to have your tuition automatically charged each month to your credit card.

Registration Locations

Administration Office
[9355 E. Stockton Blvd](#)
[Ste. 185](#)
[Elk Grove, CA 95624](#)
M–F,
8:00 a.m. – 5:00 p.m.
Phone: 916-405-5300

Wackford Community and Aquatic Complex
[9014 Bruceville Road](#)
[Elk Grove, CA 95758](#)
Everyday,
8:00 a.m. – 8:00 p.m.
Phone: 916-405-5600



Important Dates to Remember

- 1/1/17 Tuition Due
- 1/3/17 & 1/4/17 Back to School (Preschool classes resume)
- 1/3/17—1/17/17 Priority Registration is Open
- 1/16/17 MLK Day Holiday—Preschools are Closed

**** Please check the parent board in your child's classroom for more information on Portrait Days.**



**Parks
Make
Life
Better!** SM

...
Cosumnes CSD



PREP 4 K



Month: **JANUARY** Year: **2017**

Skills to practice this month

Academic Skills:

- Sit and listen during a structured story reading.
- Identify letters and sounds of the Alphabet.
- Count 5 items and match a number to a group with that number of objects.
- Recognize, copy and repeat a patterning sequence.

Social Skills:

- Being respectful of others and property (i.e. supplies, books, furniture, etc.)
- Treat others the way he/she wants to be treated. The Golden Rule.
- Learning not to interrupt when others are talking—to take turns and to say please and thank you.
- Focus on and listen to one central person in the classroom.

Activities

- Set aside time each day/evening to read aloud to your child. Ask your child questions that require more than a “yes” or “no” response. Ask he/she to hold the book and tell you where the letters are and where the pictures are.
- Sing the Alphabet song with your child. Look at a book or magazine with your child and ask him/her to identify specific letters as you point to them. Then ask your child to make the sound of that particular letter.
- As you are driving, have your child count the number of stop signs you stop at. At dinner, have your child help set the table. Ask he/she to put out a place setting for each person in the family and have your child count them.
- Have your child create a pattern using stickers. Simple patterns such as an AB, AB pattern or AA, BB pattern and then move on to more challenging patterns or have your child create his/her own pattern.

Resources

- *The Kissing Hand.* By Audrey Penn
- *First Day, Hooray!* By Nancy Poydar
- *School Bus.* By Donald Crews