

# Family Newsletter

August 2020



**YOU KNOW IT'S AUGUST WHEN** you start seeing store shelves packed with school supplies and images of back to school gear. While this August is far from typical, it is still a good time to reset and consider schedules and new routines. Daily routines offer children a sense of stability and security, even during these unpredictable times. Routines are important for several reasons. It has been shown that having a predictable schedule can reduce stress and anxiety by helping children understand what is happening now, and what is coming next. It can also signal the importance of an activity, such as Sunday family dinners. Simple daily activities like brushing teeth before bed can establish expectations and as a child grows older, these routines help children learn how to perform their own chores or tasks (aka "life skills") and **they are proud of doing things themselves!** One important thing to note however, while you build your schedules and routines also recognize the need for flexibility and spontaneity – so enjoy an unplanned trip to the ice cream shop or a special movie night! **HAPPY AUGUST!**

## AUGUST BOOK LIST

***Rex Wrecks It***

by Ben Clanton

***Pink Tiara Cookies for Three***

by Maria Dismondy

***Strictly No Elephants***

by Lisa Mantchev

***Llama Llama Misses Mama***

by Anna Dewelney

***The Crayons Book of Colors***

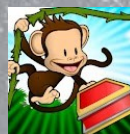
by Drew Daywalt & Oliver Teffers

## Did you know?

### Developmental Milestones

#### SHOWING EMPATHY

For children, empathy is an emotional and cognitive journey. Around two years old, children will start to show early signs of understanding empathy. By three years old, they can use the emotion in the correct context. Comforting a peer who is upset or helping a friend who is struggling are the beginning stages of showing empathy for children. Encourage your child to talk about their feelings and what makes them happy. When they understand their own emotions, they can relate to others. This will help give them the tools they need to be empathetic towards others.



## At-Home Resources

Monkey Preschool Lunchbox is a collection of education games for preschoolers. The games help children learn colors, letters, counting, differences, and matching. The activities are presented in a cyclical manner to promote repetition and reinforcement. Monkey Preschool Lunchbox costs \$1.99 and is available for Android, iPad/iPhone devices.

## CURRICULUM CORNER

Schedules are great to have but can be difficult to keep track of and follow daily. There are many resources you can use to help you and your child with following a schedule. Below are some options that may help.

- **VISUAL SCHEDULE** – consider having your day planned out with pictures of what you are going to be doing. This works well with children who cannot read yet. Provide a picture of them getting dressed, brushing their teeth, eating breakfast, etc. This will help them understand what is coming next.
- **NOW AND THEN CARD** – children like to do what they want to do. This card helps children have some control but also has them complete a task of your choosing. The "Now" section is a task that you want your child to complete. The "Then" section is an activity of their choice that they get once they complete the first task. Take an index card and draw a line down the middle. Write "Now" on one side and "Then" on the other. Use pictures to represent the activities.



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