

FEBRUARY 2022

Family Newsletter

February Book List

Llama Llama I Love You by Anna Dewdney

The I Love You Book by Todd Parr

Happy Valentine's Day! by Laura Numeroff

I Spy Little Hearts by Jean Marzollo

Little Blue Truck's Valentine by Alice Schertle

I Love You, Little Pookie by Sandra Boynton

I Am Martin Luther King Jr by Brad Meltzer

Fifty Cents and a Dream: Young Booker T. Washington by Jabari Asim

Mae Among the Stars by Roda Ahmed

Bringing in the New Year by Grace Lin

Goldy Luck and the Three Pandas by Natasha Yim

LOVE AND CELEBRATION

For many, February is synonymous with HEARTS and LOVE. We LOVE February in the center too! We celebrate Black History month and the Chinese New Year, eagerly wait for signs of spring from the groundhog and start to enjoy longer days.

While January seems to have flown by, did you take a moment to recognize a new milestone for your child? Did you take a selfie with your kiddo to remember a fun occasion? In the article "7 Activities to Help Your Child Develop a Positive Attitude" they talk about simple ways to help build a positive attitude including starting a AWE JOURNAL to record these moments of joy.

<https://bit.ly/FebPositiveAttitude>

Also, if you are looking for a great resource to teach your child about Black History month and the contributions black leaders have made throughout history in sports, music and our community, PBS Kids has a free, downloadable activity guide. Go to <https://bit.ly/PBSBlackHistory>.

Finally, if you need a little help with your "eat healthy" New Years Resolution, check out our [Tips for Increasing Veggies In Meals](#) on page 2.

Don't forget to follow us on Facebook!



Fun days to celebrate this month

February

- 1 Chinese New Year. The Year of the Tiger!
- 2 Groundhog Day
- 9 National Pizza Day
- 14 Valentine's Day
- 17 National Random Acts of Kindness Day
- 20 National Muffin Day
- 20 National Comfy Day
- 21 President's Day

For Grins

(Answer on page 2)



What kind of flowers should you NOT give on Valentine's Day?



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BRINGING IT HOME

RESOURCES AND ACTIVITIES FOR ALL AGES



Numbered Valentine's Day Sensory Bin

1. Find a large box or container to use for your sensory bin. Help your child choose a filler for the base of the sensory bin such as pink or red dyed rice, shredded paper, sand, moon dough, dried chickpeas, etc.
2. Collect valentine's themed items to fill the bin.
3. Sort a deck of cards and pull out all the heart cards.
4. Ask your child to pick a card and then find the same number of items in the bin. Continue until the cards are all gone.

Valentine's Day Themed Sensory Bottle

Find a recycled water bottle or container and have your child fill it with a variety of Valentine's Day themed items such as red and pink pompoms, sequins, colored rice, heart shaped beads, water beads, glitter, dyed pasta, or beans, etc. Optional: add a liquid, like water or oil, so the items in the bottle move. Seal the bottle or container with glue and let your child shake and play with it.



 pocketofpreschool.com/
valentines-sensory-bottles/

Contact Paper Hearts

Start by having your child cut out a heart from construction paper, make sure they cut the center out too so that you just have a frame of a heart. Place a piece of contact paper over the heart and then have your child fill the open space on the contact paper with small items. Ideas of items could be pipe cleaner pieces, small pieces of paper, crunched up tissue paper, glitter, etc. Then hang your heart on a window and see what happens when the sun shines through it.



 www.pbs.org

Tips for Increasing Veggies in Meals

Vegetables are an important source of vitamins, minerals, and antioxidants and can help your body fight off disease and boost your immune system. Unfortunately, many of us aren't eating enough veggies each day. Try these tricks for upping your veggie intake at meals along with some tips specifically for kids.

- **Replace** some or all meat in recipes with dried beans, peas, and lentils. For example, half the ground beef and add black beans when making enchiladas.
- **Add** extra veggies to soups, sauces, casseroles, omelets, smoothies, salads, pizza, and sandwiches.
- **Dip** them and serve alongside a healthy dip like hummus or a bean dip. Most kids tend to prefer raw veggies with dip. Try this 5-Minute Black Bean Dip Recipe <https://bit.ly/5MinBlackBeanDip>
- **Get creative** and try veggie noodles or cauliflower rice. You can make your own or buy frozen versions of these to save time.

When it comes to getting kiddos to eat their veggies, be patient, introduce them early and often, and be a role model. It often takes many years of consistently providing nutritious foods to develop healthy eating habits.



For Grins  Answer: Cauliflowers!



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