

# SHAWNEE HEIGHTS USD 450 EARLY CHILDHOOD NEWSLETTER



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## Mark your Calendars Now!!!!

USD 450 Shawnee Heights

Preschool Screening Dates:

- October 8<sup>th</sup>
- December 3<sup>rd</sup>
- February 4<sup>th</sup>
- April 1<sup>st</sup>
- November 5<sup>th</sup>
- January 7
- March 4<sup>th</sup>
- May 6<sup>th</sup>

**Call Now 357-5440 for an appointment**

**Don't Wait!!!! Screenings do fill up!!!!**

**Your child must attend a screening to be considered for the ALL Day 4-year-old Pre-K program and/or the ½ day programs.**

## Create daily routines to foster a successful school year

Routines make life smoother for everyone in the family. Following routines will build good habits that can last through your child's school career.

Before going to daycare or school, have your child:

- Wake up at the same time each day.
- Make their bed or pull up covers.
- Get dressed and brush their teeth.
- Eat a healthy breakfast.
- Make sure everything they need is in their bookbag and ready to go.

After School, have your child:

- Empty their backpack and show you important papers.
- Unwind and eat a healthy snack.
- Complete any tasks or sign papers the teacher might send home.
- Play—encourage outdoor play/indoor play, play games, read books, or just relax.

Before bed:

- Pack backpack and place near the door.
- Make their lunch if needed.
- Pick out clothes for the next day.
- Take bath/shower.
- Brush teeth.
- Read a story before bedtime.

## Understand your preschooler's language development

In a fast-paced society with lots of “educational” products, it's natural to worry, “Is my child keeping up?” The truth is that every child is unique. Your child may talk differently from a playmate the same age, for example, yet both may be “normal.”

When evaluating your child, consult your doctor or contact your school to find out when they do preschool screenings.

General guidelines:

- **Two-year-olds** can usually put two words together and be understood by parents about half the time. They often know about 50 words, including a few adjectives, such as happy.
- **Three-year-olds** are likely to name lots of familiar objects. They can answer simple questions, such as, “What's your name?” and “How old are you?” They use pronouns, including I, you and we.
- **Four-year-olds** go beyond naming things to explaining what they do. For example, “That car was driving really fast!” When they talk and tell stories, most adults will understand what they say.
- **Five-year-olds** speak in complex sentences that include the future tense. “I'm going to go to Grandpa's house tomorrow, and we're going to make hot chocolate!” Five-year-olds can also learn to rhyme and recite their address.

## Use Structure, Positive Comments to Reinforce Good Play Behavior

One of your child's most important jobs at this age is to learn to play well with other children. This sets the stage for working and playing well with classmates at school and on into adulthood.

As with everything else, children will vary on how quickly they learn to play with others, and on how much help they need to learn. But nearly every child can use some guidance at one time or another.

To help your child play well:

- **Talk about the behaviors** that make a good friend. For example, good friends share. They take turns. They don't scream at each other:
- **Encourage your child** to invite a friend over. Think about your child's personality. Some children do better with unstructured play. Others do better when the time is more organized. If your child is one of the latter, help him think up a list of activities in advance. For example, the two friends could play with trucks, then play outside for awhile. After that, you could serve a snack and read a story to them.
- **Praise your child and his friend** when they are playing nicely. "It makes me happy to see you guys having so much fun."
- **Step in** if you see the children aren't playing well together, "it looks like you guys need a change. Let's all play hide and seek. I'll count first."

Later, talk to your child about what happened. "Tommy sure did get upset when you wouldn't share your stuffed tiger with him. What can we do to make everyone happier next time?"



## What should parents know about learning through play?

- One of the best things about childhood is that play, and learning are the same thing.
- Learning through play is important and can help young children be ready for school
- encourage their imagination and help them with literacy and numeracy skills.
- Role play games can help your child make sense of the world, aid in their emotional and physical development.
- Problem solving and learning cause and effect.
- Learning how to play with others through compromise, conflict resolution and sharing.
- Development of fine and gross motor skills.

- Discovering their independence and positive self-esteem.

A person's a person, no matter how small.,  
----- Dr. Seuss

Find 'teachable moments' in your child's everyday activities.

Children learn a lot when they are exposed to "teachable moments" throughout each day. A teachable moment is possible whenever your child shows an interest in learning more about a task.

- Shopping for learning. Take your child grocery shopping with you. Let them name and choose fruits and vegetables. Explain the different uses and tastes of cabbage and lettuce, grapefruit, and cantaloupe. Let them weigh produce and use words like light, heavy, more, least
- Watching the weather. Chart the daily weather on a calendar. Have your child draw the sun, clouds or rain each day. At month's end, help him count the number of sunny and rainy days.
- Doing laundry. Have your child put a different colored sticker on a basket for each person in your family. Let him help you take the clothes out of the dryer and place them in the right basket for each person. Show him how to match socks and fold washcloths.

