

January, 2012
BARLINA HOUSE PRESCHOOL

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www.crystallakeparks.org



Mrs. Anita & Mrs. G.
Monday/ Wednesday/Friday PM Class

Goodbye January, you have been so cold. Still the children ask every day to go outside and play. We are all hoping for some warmer temperatures so we can get outside more. We all tend to get a little antsy when cooped up for so long. A little running around feels so good. Please remember to send hats, mittens, snow pants and snow boots for outdoor play.

The children are becoming very comfortable in the classroom and improving their communication with their classmates and teachers. The children are playing together more instead of next to each other. When altercations occur, it is usually because of a lack of communication. The children are learning how to use their words to relate feelings and emotions to their peers and teachers. Sometimes we have to provide these words and sometimes the children will come up with their own when we ask, "What could you say to that person?" or "Tell that person how it makes you feel."

The children's cognitive skills are developing more each day. Cognitive skills are the mental capabilities needed to learn academic subjects. The more exposure and experience the children are exposed to, the more their cognitive skills improve. Our circle times are a little longer which helps the children focus longer. Our projects are described in steps. The children are improving memory and logical thinking or thinking in sequential steps when they do their work. When something is not working right, the children are beginning to use problem solving skills to resolve the issue. We present letters, letter sounds and numbers, all are symbols to encourage symbolic thinking needed for reading.



Our dramatic play center was a kitchen with a laundry and ironing board for the children to use. They love to wash and spin the clothes in the washer and dryer. This month in the sensory table, we had water and the children also picked kernels off of corn cobs. A play tool bench with tools was

available for the children to explore. Projects we worked on were mittens which we folded and squished out paint, a deer, a snowman made with balloon prints, footprints in the snow, a pair of shoes, patterns and pages 6 and 7 of a number book. Mrs. Z. from the library visited this month for the Tuesday/Thursday classes. She had some wonderful books and stories to share. We have been playing some board games such as color and shape bingo to help improve their skills in a fun way. We melted some snow in our sink and float jar so the children could actually see how "dirty" it is. After it melted, there was quite a bit of black stuff floating around the water and on the bottom of the jar.

*You Can Lead a Child to
the Table But...*

- Encourage your child to eat until they satisfy their hunger. Avoid "pushing" food on children beyond when they say they are full. Try not to be members of the "clean the plate" club.
- Unmix foods. Some children reject foods touching each other on the plate.
- Food should never be used as a punishment or reward. Avoid saying, "If you eat all your vegetables, you can have dessert." Remember that mealtime is a time to socialize for the child and disciplinary problems need to be discussed at another time.
- Breakfast is an important meal and it is recommended that it include protein-rich foods such as; eggs, milk, yogurt, cheese nut butters, or soy foods. Children who eat a nourishing breakfast tend to have a better attitude and perform better while at school.
- Make mealtime a happy, social time. Be patient! Involve your child in food preparation, menu planning, setting table, etc. as much as possible. They are more likely to eat foods they helped plan and prepare.
- A "difficult-eater" may be encouraged to eat by offering "finger-foods." Cut up sandwiches into 4 triangles or sticks. Offer sticks of vegetables, fruit slices, etc.
- Serve 1%, 1/2%, or fat free (skim) milk, fruit juices, and water instead of soft drinks and sweetened fruit drinks. Be careful that milk and juice don't crowd out other foods.
- Make mealtime a happy, social time. Be patient!
- **BE A ROLE MODEL!**



CRYSTAL LAKE PARK DISTRICT

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