

# January, 2012

## BARLINA HOUSE PRESCHOOL

Barlina House 815-477-5403  
Administrative Office 815-459-0680  
[www.crystallakeparks.org](http://www.crystallakeparks.org)



### Mrs. Eckel's & Mrs. L's. Monday, Wednesday, Friday Class

There are many goals and objectives we are continuing to work on with your child. Every time he/she asks to be excused from snack, needs help with shoes, coat or mittens and shares stories with the class, your child is working on communication skills. The phrase "use your words" is heard often in the classroom.

This is the time of year we notice how our three and four year olds have a longer attention span.

- The stories we read now are a bit longer because our friends can sit for a longer period of time. There is more focus on story content than on who is sitting next to whom.
- We can have a discussion about what has happened in the story as they recall and answer questions about the content.
- The puzzles available to the children have more than ten pieces instead of the 3-4 piece puzzles we had in the beginning of the school year.
- Now that the children can follow more than one direction, our projects are more complicated with two or three steps; cutting, gluing, and painting.

There is more conversation in our room these days. The communication between friends (and teachers) has grown. The children can talk with each other about what they are drawing or who they are playing with. They even tell friends what to build, who to talk to on the phone or where to build their tower. These are very appropriate steps in their language development.

We have seen tremendous growth and change in these little ones from September to January. Between now and May, we will see even more accomplishments that are the basic steps in preparing your children to move on to grade school.

### *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

An IAPD/IPRA Distinguished Agency