

Happy New Year

2011 Are You Kidding Me!

Where did 2010 go? Was it a good one for you and yours? It amazes us at Shadow Rock Preschool to see how much your children have grown over Winter Break. It is harder for parents to see that growth because you are with them daily. When we are away from the children for two weeks we notice some can sit longer, some have gained more confidence and most are happy to be back with their friends and teachers. Children this age often don't look forward to time away

from playmates. And, of course, parents are always ready to see school start again.

As your children become more social, schedule play dates at the park or in your home. One child or two at a time are plenty at home. You might find your child possessive of their toys so a little talk before time can go a long way to making a smooth visit. For the first few times, it is not unusual for the visiting child to want their parent along. Don't worry; before you know it they will be pushing you out the

door.

We must remember that as parents our job is to prepare our children to become independent of us. Try to make one of your New Year's resolutions be giving your child more responsibility. It makes them proud that you show them they are getting bigger. And even though we want to just hold on to them and keep them close, they need to spread their wings.

Good-bye Susan Wadell

Susan retired at the end of December after being with the preschool and church for many years. In the past several years she has brought us the Kids' Kapers classes many of your children attended as an after-

school program. She created Santa's Workshop which preschool children looked forward to during December.

Even though Susan is leaving us, she is headed to one of the most marvelous ad-

ventures of her life. She and her husband Jerry will be caring for their new grandson in California as their daughter-in-law returns to teaching.

Susan, you are loved by all of your preschool friends.

Shadow Rock Preschool

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Special points of interest:

- ☺ We made about \$400 on our Book Sale.
- ☺ Used book sale is January 9-12.
- ☺ No school Monday, January 17th, MLK Day
- ☺ Friday, January 21 is our family winter event. Save the date.

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How Children Learn

If you have more than one child, you are probably aware that children learn in different ways. Good teachers quickly realize that within the classroom, there are many different ways of learning. Howard Gardner, author of Frames of Mind, divides intelligences into 8 categories. See if you can tell where your own children fit in.

Linguistic-the child has a sensitivity to the meaning and order of words. She tells jokes, riddles, stories, plays word games and has a large vocabulary.

Logical-mathematical-the child can handle chains of reasoning and recognizes patterns and order. He works with numbers; knows how things work and asks questions.

Musical-the child is sensitive to pitch, melody,

rhythm and tone. She listens to and plays music; sings, hums and moves to music.

Bodily-kinesthetic-the child has the ability to use the body skillfully and handles objects well. He plays sports and is physically active; uses body language; dances, acts or engages in mime.

Spatial-the child can perceive the world accurately and can recreate or transform aspects of that world. She paints, draws, doodles; looks at maps, works on puzzles or mazes. She can take things apart and put them back together.

Naturalist-the child recognizes and classifies numerous species, the flora and fauna of an environment. He spends lots

of time outdoors; observes plants, collects rocks and catches insects. He notices relationships in nature.

Interpersonal-the child understands people and relationships. She has many friends and is a team player.

Intrapersonal-the child accesses the emotional life as a means to understand himself and others. He controls his own feelings and moods; sets own agendas, observes and listens and works alone.

Frames of Mind (Basic Books, 1993), Howard Gardner

A Growing Concern

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height. Childhood obesity is particularly troubling because the extra pounds often start children on the path to health problems

that were once confined to adults, such as diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression.

One of the best strategies to reduce childhood obesity is to improve the diet and exercise habits of your entire family. Treating

and preventing childhood obesity helps protect the health of your child now and in the future.

Please feed your child healthy meals and snacks.

Mayo Clinic Staff-2010

Talking Points

Knowing the milestones of language development can help you understand your baby better.

Below is a rough guide to language development by age.

9 months:

Shows intent to communicate (with gestures, not words)

12 months:

First word

18-24 months:

Begins using two-word sentences

36 months:

Uses three-word sentences and speech is understandable to parents/family.

48 months:

Much longer and more complex sentences, and speech, though not perfect, is understandable.

Susan Hayes, Parent & Child



6 More Ways to Cut Costs

As we start a new year with financial problems existing in most households, we always look for ways to cut corners. The following ideas by Taryn Mohrman seem worth sharing;

1. When the soles of my shoes wear out, I get them resoled for \$25—saving a cool \$100 compared with buying new ones.
2. I plant the seeds from our jack-o'-lantern in our yard. By the next fall we have a pumpkin patch for our family.
3. I purchase holiday cards in January during the clearance sales at savings of 75% or more.
4. Twice a year I hunt for loose change and stray bills under our couch cushions, on top of the dresser and inside clothes closets. For ten-minutes work, I walk away with at least \$15.
5. I pick up shrubs and flowers people in my area no longer want by surfing freecycle.org.
6. I buy clothing from companies that stand behind their products,



Show us the money.

like Sears. If you join the free KidVantage plan, Sears will replace any item that wears out before your kid outgrows it.

It's time for all of us to think about using our money wisely and not being tempted by displays stores use, especially up front, to do that very thing, tempt us.

Heard in the Halls

I was in the kitchen center with 5 Blue Birds. They eagerly handed me pretend food to eat. Soon I had a huge pile of food in my lap and proclaimed that I was stuffed. They continued to feed me so I then said I had a tummy ache and couldn't eat another bite. Silence. They all looked at me. Then Hunter grabbed a strawberry shake and said, "Then

drink a shake!" Of course!

In Rainbows one little girl was waiting to paint but the two spots were taken. When the teacher called her over for her turn, she said, "I've got to hurry up and paint so I can get back to what I was doing!"

Exciting things are happening in the Blue Bird compost heap. A pumpkin split open and plants are growing out

of the seeds. What a fantastic visual learning experience that is.



Stop Car Sickness

Here are a few suggestions from Anatoly Belilovsky, M.D.

1. Offer your child a low-sugar, high-carb snack, like crackers, before leaving. Try water, ginger ale and sour green apples during the ride.
2. Talk to your pediatrician about using an OTC antihistamine such as Dramamine to prevent nausea before hitting the road.
3. Make frequent rest stops and crack the window so your child can get fresh air.
4. Sit your child in the middle rear seat so that she can look out the



"MOM, I'M GONNA BE SICK!"

front window and concentrate on objects at a distance.

5. Kids prone to getting carsick shouldn't read or watch DVDs.

Choose games that require looking ahead, not at other cars (like "I Spy").

Parents 2009

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"What we have to
learn to do, we
learn by
doing."
Aristotle

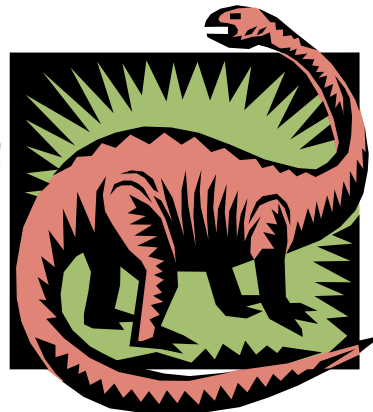
Last Child in the Woods by Richard Louv

This interesting book discusses what the author calls "nature deficit disorder". While visits to our national parks are declining, the usage of television, video games, the Internet and iPods for kids between 8 and 18 are now averaging 6.5 hours a day with electronic media.

Many parents feel that if they don't have their kids in every organized activity, they will fall behind in the race for Harvard. Parents are also scared to death of "stranger danger" and letting kids roam free.

Long standing studies show that the absence or inaccessibility of parks and open space is associated with high crime rates, depression and other urban maladies.

Nature doesn't have to me wilderness. Nearby nature can be the clump of trees at the end of the cul-de-sac or the ravine behind the house.



Caption describing picture or graphic.

Kids who spend more time outdoors tend to do better on testing; they do better on science; they tend to play more cooperatively.

Children playing outside tend to take more risks which helps them build confidence in themselves and

that is something every parent wants.