

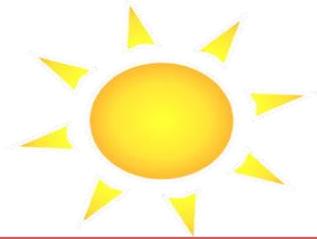


A loving environment for every child

# Watch Me Grow

Child Development Center

## July Newsletter



Please visit our new Website at [www.watchmegrowlv.com](http://www.watchmegrowlv.com)  
Please add us as a Friend on Facebook and Twitter

Visit the PBS Parents Website

<http://www.pbs.org/parents/>

This is an awesome resource; it has many articles about early childhood development, games, recipes and more.

### Did You Know???

## Watch Me Grow is now enrolling for Fall.

Refer a Friend or Family Member and when they enroll and use your name as the referral source you will receive a \$75.00 tuition credit

### Kids say the funniest things.....

It always amazes me how old children really think adults are....

While walking through the playground many of the preschool children were riding the tricycles one of the children said "look at me Ms. Brandie" she was very proud of herself peddling the trikes. Later, I went into the classroom and the student said to me. Did you see me riding the bike today? I told her I did and that I used to love to ride bikes when I was in school too. She then looked at me and said they had bikes when you were little too???

### Family Engagement/ Parent Education Opportunities

Date: July 8, 2014  
Time: 6:30-8:30  
Location: Watch Me Grow  
Presenter: Family Ties

\*Child Care and Refreshments provided

## Raising a Fit Preschooler



By Kids Health

Preschoolers have a lot of energy, and they use it in a more organized way than when they were toddlers. Instead of just running around in the backyard, a preschooler has the physical skills and coordination to ride a tricycle or chase a butterfly.

Preschoolers are also discovering what it means to play with a friend instead of just alongside another child, as toddlers do. By being around other kids, a preschooler gains important social skills, such as sharing and taking turns. Despite occasional disputes, preschoolers learn to cooperate and interact during play.

### Helping Kids Learn New Skills

Preschoolers develop important motor skills as they grow. New skills your preschooler may be showing off include hopping, jumping forward, catching a ball, doing a somersault, skipping and balancing on one foot. Help your child practice these skills by playing and exercising together.

Walking together sometimes can be dull for young kids, so try these ways to liven up your family stroll:

- Make your walk a scavenger hunt by giving your child something to find, like a red door, a cat, a flag and something square.
- Sing songs or recite nursery rhymes while you walk.
- Mix walking with jumping, racing, hopping and walking backwards.
- Make your walk together a mathematical experience as you emphasize numbers and counting: How many windows are on the garage door? What numbers are on the houses?

These kinds of activities are fun but also help to prepare kids for school.

### How Much Activity Is Enough?

The National Association for Sports and Physical Education (NASPE) offers specific recommendations for preschoolers, saying they should:

- accumulate at least 60 minutes of physical activity that's structured (meaning it's organized by you or another adult)
- engage in at least 1 hour — and up to several hours — of free play
- not be inactive for more than 1 hour at a time, unless they are sleeping

It's important to limit TV (including videos and DVDs) and computer time to no more than 1-2 hours per day.

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## *This Months Curriculum Themes*

The July monthly curriculum theme is African Safari. The children will learn about the different animals that live in Africa. They will use their senses to explore just like the animals of the African savannah. For example they will listen like an elephant, use their nose like a lion, and use their eyes like a cheetah.

The children will learn new vocabulary words such as safari, wildlife, savannah, camouflage, rhinoceros, and cheetah. They will play games, read stories and sing songs to help them learn more information about the theme.

Please review the monthly center activity calendar. We have a number of special events and activities this month

### Strawberry Banana Frozen Yogurt Pops

Prep Time: 3 min(s)

Cook Time: 270 min(s)



An easy recipe for strawberry banana Frozen Yogurt Ice Pops. Made with pureed fruit, Greek Yogurt, and a little sweetener, these ice pops are healthy and delicious!

#### Ingredients

2 cups chopped strawberries

1 banana

1 cup Greek vanilla yogurt

Optional: a sweetener such as sugar, agave syrup, or honey

#### Instructions

1. Puree the strawberries, banana, and yogurt in a blender until smooth. If needed, stir in your choice of sweetener to the fruit and yogurt mixture until you achieve the sweetness you like.
2. Pour the mixture into the ice pop molds and secure with pop sticks. Place the pops in the freezer until frozen. Release the pops from the mold according to the manufacturer's instructions.
3. If using paper cups turn the cup upside down and run it over warm water to loosen the pops from the sides of the cup.

## Raising a Fit Preschooler By Kids Health Continued.....

### Structured Play

Preschoolers are likely to get structured play at childcare or in preschool programs through games like "Duck, Duck, Goose" and "London Bridge." Consider enrolling your child in a preschool tumbling or dance class.

Your preschooler can get structured outdoor play at home, too. Play together in the backyard or practice motor skills, such as throwing and catching a ball. Preschoolers also love trips to the playground.

Though many kids tend to gravitate toward the outdoors, lots of fun things can be organized indoors: a child-friendly obstacle course, a treasure hunt, or forts made out of sheets and boxes or chairs. Games like freeze dance or bounce catch are also fun. Designate a play area and clear the space of any breakables.

### Unstructured Play

Unstructured or free play is when kids are left more to their own devices — within a safe environment. During these times, they should be able to choose from a variety of activities, such as exploring, playing with toys, painting and drawing, doing a puzzle or playing dress-up.

During pretend play, preschoolers often like to take on a gender-specific role because they are beginning to identify with members of the same gender. A girl might pretend to be her mother by "working" in the garden, while a boy might mimic his dad by pretending to cut the lawn.

It's clear your preschooler is keeping an eye on how you spend your time, so set a good example by exercising regularly. Kids who pick up on this as something parents do will naturally want to do it, too.

### Safety Concerns

No matter what type of physical activity your child gets, it's important to keep safety concerns in mind. Remember that preschoolers are still developing coordination, balance and judgment. So as preschoolers play, a parent's challenge is to find a balance between letting them try new things and doing what is necessary to keep them safe and prevent injuries. With that in mind:

- A child on a tricycle or bike should always wear a helmet.
- If you haven't done so already, it's time to talk about street safety, because even the most cautious preschooler may dart into the street after a ball.
- A preschooler in a swimming pool needs constant adult supervision, even if he or she has learned to swim.
- Giving kids safe opportunities to play in both organized and unstructured ways builds a foundation for a fit lifestyle that can carry them through life.

Inspirational quote.....

'Life affords no greater responsibility, no greater privilege, than the raising of the next generation'  
– C. Everett Koop