



A loving environment for every child

# Watch Me Grow

Child Development Center

## January Newsletter



Please visit our new Website at [www.watchmegrowlv.com](http://www.watchmegrowlv.com)  
Please like us on Facebook and follow us on Twitter

Refer a friend and receive a \$75.00 tuition credit  
Call today for more details

### Reminder

Watch Me Grow will be Closed

January 1, 2015- New Year's Day

# HAPPY NEW YEAR

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

While visiting Room 10, I observed three girls playing in the house area. They were putting on the dress up clothes and talking about who they were going to be.

One of the girls said "I am going to be a princess."  
The other two girls said that they were going to be a princess too.  
The first girl responded and said "we can't all be a princess. Someone has to sit on the curb and clap as I go by."

### Family Engagement/ Parent Education Opportunities

Date: January 15, 2015  
Time: 6:30-8:30  
Location: Watch Me Grow  
Presenter: Alina Ruiz- "Seeing Children in a Positive Light"

\*Child Care and Refreshments provided



## Noisemaker Shakers

Shake, rattle, and roll in the new year

from **FamilyFun Magazine**

### Materials

Ribbon spool	Dried peas or beans
Pencil	Acrylic paint
Masking tape	Colorful stickers

### Instructions

1. For each one, first see if the holes in the sides of your ribbon spool are covered by the ribbon's labels. If so, use a pencil to poke through the label over 1 of the holes; if not, cover 1 hole with masking tape.
2. Next, pour a handful of dried peas or beans into the spool through the open hole, then seal the hole with tape.
3. Coat the shaker with acrylic paint, let it dry, then decorate it with colorful stickers.

## This Months Curriculum Theme

Brrr! It's winter and January's monthly curriculum theme is Winter and Arctic Animals. The classrooms will be welcoming winter by learning about clothing that is worn during this cold season. Classrooms will discuss the change in our environment when it is winter, for example, temperature/ weather changes, change in foliage, shorter days, etc. They will also learn that there are sports that can only be enjoyed during this season like skiing, ice-skating and bobsledding. Activities will include "freeze dance", "snowball" throwing practice, ice cube paintings, and creating snowflakes.

Children will also learn about the arctic and the animals that live there, such as foxes, wolves, penguins, walrus, polar bears and snowy owls. They will learn about how the animal's white outer fur or white feathers help camouflage them on the snow-covered winter landscape. Activities will include waddling like a penguin, a polar bear parade, and creating penguins and polar bears during art.

In the winter unit, children will learn new vocabulary words such as mittens, scarf, icicle, and bobsledding. In the arctic animals unit, vocabulary will include the names of the animals, as well as camouflage, blubber, and hibernate. 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.



## Bubbly Jell-O Parfait

from **FamilyFun Magazine**

Grab a spoon and toast the New Year with a cool, sparkly dessert that wiggles.

1. Make bubbly Jell-O according to the directions on a box of Sparkling White Grape Jell-O. Be sure to use club soda, seltzer, or ginger ale and follow the tips on the box for getting the gelatin to sparkle.
2. Chill the Jell-O in champagne flutes or parfait glasses. We suggest making these the day of the party, since they might lose some bubblyness if they're made further ahead. Wind a metallic multicolored star garland (available at party stores) up the stem of the glass for pizzazz.

## Daily Parenting Tip Parenting Magazine

### How Do I Teach My Child to Sleep Alone?

Anxiety, insecurity, distractions -- these can all send your little one straight from her bed into yours. Luckily, you can break this bedtime habit. Here's how to encourage your child to sleep independently.

Remove televisions, computers, and other electronic devices from your tot's room to create an environment that is conducive to sleep. "The stimulation associated with watching TV or playing video games and the light from computer and TV screens both make it much more difficult to fall asleep," says *Parents* adviser Judith Owens, M.D., coauthor of *Take Charge of Your Child's Sleep*. "Certainly, a dim light, such as a night-light, is OK for kids who need it."



### I have a dream handprints

Give each child a piece of white paper shaped as a heart, in the center write "I have a dream...". Have the children write or dictate their dream and write it on the heart. Glue the white heart to a slightly larger red heart and then glue to the center of a rectangular sheet of construction paper.

Then, using multicultural skin tone paints - have the children dip a hand in one color paint and press onto one side of the paper. Then have the children dip their other hand in another color and press on the other side of their paper.

Explain how this symbolizes our friendship with each other, and that we all have the same dreams for a better world!

### Inspirational quote.....

**When you give a little of yourself to a child, you give a little of yourself to their future!**

**-Kevin Heath**