



A loving environment for every child

# Watch Me Grow

Child Development Center



## September Newsletter

Please check out our website at [www.watchmegrowlv.com](http://www.watchmegrowlv.com)  
Please like us on Facebook and read the great articles you can find on there

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

### Did You Know???

Watch Me Grow transports to a number of area schools?  
Call today to learn about our Voyager Program!

- Watch Me Grow is more affordable than safe key
- Open on most non-school days
- Provides breakfast and snack at no additional fee (lunch on non-school days)

Call today to learn more!!

### Why Art and Creativity Are Important



Your preschooler is having a blast finger-painting with a mix of colors. Trying to be encouraging, you ask her, "What are you making?" and she shrugs. Until you mentioned it, she hadn't

given it any thought. Unlike older kids and adults, most toddlers and preschoolers aren't self-conscious about what they're doing or focused on creating a finished product. That can be hard for parents to accept, says Lisa Ecklund-Flores, cofounder and executive director of Church Street School for Music and Art, in New York City. But letting go -- and allowing kids to enjoy the process of creation -- can reap big rewards. "Children will be better off in the long run if they're allowed just to be in the moment and express themselves," she says.

### Why Art?

Fostering creativity won't just increase your child's chances of becoming the next Picasso. You're also helping him develop mentally, socially, and emotionally, says Ecklund-Flores. Creating art may boost young children's ability to analyze and problem-solve in myriad ways, according to Mary Ann F. Kohl, author of *Primary Art: It's the Process, Not the Product*. As kids manipulate a paintbrush, their fine motor skills improve. By counting pieces and colors, they learn the basics of math. When children experiment with materials, they dabble in science. Most important perhaps, when kids feel good while they are creating, art helps boost self-confidence. And children who feel able to experiment and to make mistakes feel free to invent new ways of thinking, which extends well beyond the craft room.

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Kids say the funniest things.....

A child went to his teacher and said "my dad is a reptile." The teacher then asked the child why he thinks that. The child responded and said "well, you said a reptile has no hair."

### Upcoming Events



- September 5:** Labor Day  
WMG Closed
- September 11:** Grandparent's Day
- September 16:** "Herbivore Tasting"  
ie: Veggie Tasting

## This Months Curriculum Themes

The September monthly curriculum theme is Dinosaurs, Reptiles and Pond Life. Each week, the teachers will focus on a different topic pertaining to the month's theme. Children will learn the names of various dinosaurs and some characteristics of each. Activities will include a dinosaur puppet show, a dinosaur march and a matching game. The children will also become paleontologists engaging in a dinosaur fossil dig.

In the reptiles and pond life unit, children will learn that a pond is a small body of still water and that many animals such as frogs, snakes, dragonflies, and turtles call the pond home. Children will also learn about the frog and its life cycle.

In the dinosaurs unit, children will learn new vocabulary words such as fossil, herbivore, carnivore, and dinosaur names such as stegosaurus, pterodactyl, and tyrannosaurs rex. In the reptiles and pond life unit, vocabulary will include amphibians, habitat, lily pad and tadpole. 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 Yogurt Bark

#### Ingredients:

- Yogurt (we used honey Greek Yogurt)
- \*Dried strawberries

\* We used freeze dried strawberries, available in many supermarkets. You can use fresh fruit, nuts, or any mix-ins of your choice. Dried fruit was chosen to keep the moisture/mushy feel and frozen texture down since the bark is frozen.

#### Instructions:

**Step 1.** Line a flat pan with sides with parchment paper and spread evenly with yogurt, make sure it's not too thin so that it breaks easily. (About 3/8 of an inch thick is good.)

**Step 2.** Sprinkle with your mix-in on top (fruit, nuts, etc.)

**Step 3.** Freeze for a few hours until completely frozen. Remove the frozen yogurt from the pan and peel off the parchment paper. Break into pieces. Serve & enjoy!

Why Art and Creativity are Important... continued from page 1

## 6 Ways to Inspire Creativity

### Prepare for a mess.

- Set up an art space where your kid can be free to experiment (and get messy!), advises Bushara. Throw a drop cloth or a newspaper on top of your kitchen table or in the garage. If weather permits, let kids paint outside.

### Avoid giving direction.

- Don't tell your kid what to make or how to make it. Instead of saying, "Paint a rainbow," encourage her to "experiment with mixing colors using different types of brushes and paper," suggests Bushara.

### Speak specifically about art.

- When talking to your child about his artwork, try to be precise in your comments. For instance, instead of giving a generic compliment, Bushara recommends saying, "I see you used a lot of purple. Why did you choose that color?"

### Explore your child's process.

- Often the best way to encourage conversation about your child's art is simply to say, "Tell me about what you made," or ask, "Did you have fun making it?"

### Don't draw with your child.

- When parents draw something representational while a younger child is sketching, it can frustrate him, warns Bushara. "It's better to be near him and let him know that you're interested and supportive of his art-making," she says.

### Let it be.

- When a child finishes a piece, don't suggest additions or changes, advises Bushara. It's important for a child to feel that what she's created is enough -- even if it's just a dot on the page.



Inspirational quote.....

"We cannot always build the future for our youth, but we can build our youth for the future."

— Franklin D. Roosevelt, Great Speeches