



# KIDDIE SHACK CONNECTION

from Mrs. Sabrina  
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## Getting to know your child

Every child is born with unique characteristic traits (emotions and activity level, etc.) that forms his/her temperament personality, character); of which, influences the way he/she will approach the world, interact with their environment and approach learning.

According to the Center on the Social and Emotional Foundations of Early Learning, there are three types of temperament:

1. The easy or flexible child: tend to be happy, have regular sleep and eating habits, tend to be calm and easy-going in nature.
2. Active or feisty child: may be fussy, have irregular sleeping and eating habits, are fearful of new situations, and get easily upset.
3. Slow to warm up or cautious child: may be less active and prefer to observe activities for a while before joining in. May withdrawal in new situations or cling when unfamiliar people are around.

It's important to note that not all children's temperament fit in one of the three types and children who may have the same temperament type might react differently in similar situations or throughout different stages in their development. Understanding temperament is important because it helps you understand your child's individual differences and can help you learn how to help your child express his/her preferences, desires and feelings appropriately.

As your child becomes older, his/her distinct preferences and personality will become more obvious. As he/she asserts their growing independence, you'll see how their temperament influences their responses to people and situations. They are learning new ways to express their needs, desires and comfort level to you.

Discovering the traits that make your child unique and special is one of the most exciting parts of being a parent!

"Kindness is a gift everyone can afford."

~Unknown

## What We're Learning . . .

Meet Dylan the Diamond  
Color Green

Easter

St. Patrick's Day

Letters: R, S & T

Science: Bugs

Numbers: 15 & 16

Oh, the places you'll go!

Affirmations: I am a good listener

Alexander Graham Bell

Opposites: Stop/Go

Plus More!

## Let's Get MOVING MARCH EXERCISES

Lunges, Yoga Pose, Sit-Ups

## Red FIZZY FUN

In a plastic container add about  $\frac{1}{2}$  cup of baking soda. In a separate container mix some white vinegar and red food coloring. Fill some child friendly pipettes with mixture. Next help your child squeeze the pipette into the baking soda.

