



# FEBRUARY news

"I know of nothing more inspiring than that of making discoveries for ones self"  
~George Washington Carver



## FEBRUARY TOPICS

- Meet Hailey the Heart
- Color Pink
- Black History Month
- Letters: O, P & Q
- Science: Living/Non-living
- Numbers: 13 & 14
- Math: Measuring
- Rainbow of Colors
- Affirmations: I have a big heart
- Inventors & their Incredible Inventions: Garrett Morgan
- Opposites: Asleep/Awake
- Plus More!



## Let's Get MOVING February Exercises

Toe Touches, Yoga Pose & Push-ups

## Sensory Bin

Fill the bin with: water, shaving cream and bath toy boats. Give your child some plastic straws, have them blow into the straw to create some wind for their boats.

## RAISING CONFIDENT KIDS

Self esteem is your child's passport to a lifetime of mental health and social happiness. It's the foundation of a child's well-being and the Key to success as an adult. At all ages, how you feel about yourself affects how you act.

Building self-confidence can begin very early. When babies learn to turn the pages of a book or toddlers learn to walk they are getting the idea "I can do it!" With each new skill and milestone, Kids can develop increasing confidence.

Parents can help by giving Kids lots of opportunities to participate and master their skills, letting Kids make mistakes and being there to boost their spirits so they keep trying. Respond with interest and excitement when Kids show off a new skill and reward them with a praise when they achieve a goal or make a good effort.

Of course, supervision is important to ensure that Kids stay safe. But to help them really learn a new skill, it's also important not to hover. Give Kids the opportunity to try something new, make mistakes and learn from them. Sometimes, Kids give up when frustration arise. Help by encouraging persistence in the midst of setbacks. By trying again, Kids learn that obstacles can be overcome. Once Kids reach a goal, you'll want to praise not only the end result but also their willingness to stick with it.

With plentiful opportunities, good instructions and lots of patience from parents, Kids can master basic skills like tying their shoes and making the bed. Then, when other important challenges present themselves, Kids can approach them knowing that they have already been successful in other areas.

Valentines Party Wednesday the 14th