



Teddy Talk

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Geometry and shapes- check! Counting and making numerals- check! Measurement- check! Comparing- Check! Children engage with numbers, shapes, measurement and more from their daily play experiences.

Math Counts...and More!

Embedded into our daily lives, math is everywhere. Do you sort your laundry or match socks? Do you set the table, follow a recipe or talk about how big your child is growing? This is math!

Math is a big umbrella term for many ideas that help us make sense of our world. Preschool math helps lay the foundations for the more complex structures introduced later on by solidifying basic concepts like shapes, numbers, counting, and measurement. In even our daily routines, we are practicing math.

The National Association for the Education of Young Children lays out 10 things we should all know about math. A summary is:

1. Math is important and it's important to help young children develop their mathematical thinking. A child's math knowledge at the start of kindergarten predicts later academic achievement better than early reading or attention skills.
2. Math is part of children's everyday lives. Taking advantage of each of these math moments develops math learning.
3. Math is measuring, sorting, building, noticing patterns, making comparisons, and describing the environment, as well as counting and knowing the names of shapes. There are many ways to incorporate math learning into everyday moments.
4. Talking about math is also important and every bit of math talk helps. Research shows a small increase in math talk, such as asking about how many objects there will be if we add one or take one away, brings big results.
5. It's important to believe your child can get better at math and develop mathematical skills.
6. When children focus on problem solving rather than on getting the right answer they learn more.
7. Parents' mindsets about math influence children.
8. You can foster a positive attitude toward math: Find ways to incorporate enjoyable math activities and math talk into regular activities like cooking, setting the table, and going for a neighborhood walk. Find math activities that YOU enjoy and feel confident doing.
9. Change can be hard. If math makes you anxious, accept your feelings and thoughts. Keep working towards your goals. Think about who might have influenced your own math attitude.
10. It's okay to make mistakes. Mistakes help us learn! Focus on problem solving and using mistakes as an opportunity to promote growth mindset, "Let's try again."

For more you can visit NAEYC at:
<https://www.naeyc.org/our-work/families/things-know-about-math>

"Without mathematics, there is nothing you can do. Everything around you is mathematics. Everything around you is numbers." —Shakuntala Devi

Important Information

Coming Up...

Fall Spirit Week:



October 31: Costume Day
November 1: Costume Day
November 2: T-Shirt Day
November 3: Pajama Day

November 1: Start of Harvest of Love with Care and Share
November 4: Math Family Workshop @10:00am
November 9-10: Home Visits
November 17: Last Day for Non-Perishable Food Donations
November 21-25: NO SCHOOL Thanksgiving Break



Harvest of Love



Every year, we partner with Care and Share in El Paso to help provide meals for families in need. There are many ways you can support our neighbors. You can follow the link below or use the QR Code to provide monetary donations. By just donating \$1, six families can be fed! You can also provide food donations at the preschools before November 17th. More information on what foods can be donated will be coming soon!

[Preschool Harvest of Love Fundraiser.](#)



Attitude of Gratitude

Every night as I tuck my children into bed, we think of one happy thought from our day. We sit in a moment of joy and become aware of our gratitude. When I am asked what I hope for my child's future, I answer- I hope for joy and happiness.

Research has consistently shown the power of practicing gratitude in developing happiness. In an article published by [Harvard Health Publishing](#) (8/14/21), the author states: *In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.*

As we enter a season when many families are already turning to practices of gratitude, here are a few ideas you may consider trying with your family:

- Create a Gratitude jar. Add strips of paper each day labeled with what you are grateful for that day. When the jar is full, read through all the things you were grateful for!
- Write a note or draw a picture to send to friends and family members and tell them why you are grateful they are in your life.
- Create a gratitude ritual like the bedtime one shared above.



For more ideas check out this website:

<https://www.verywellmind.com/how-to-teach-children-gratitude-4782154>

We are so busy and math is not my favorite! How do I help my child with math?



Oftentimes, we have our own ideas about various school subjects that can influence how we provide opportunities for our children. Remember, it is as simple as play! Here are a few ideas to try at home to keep math fun and easy to do!

5 Ways to Build Math into Your Child's Day.

By Laura Bilodeau Overdeck

1. **Bake something together**-You can't help but use math when you're baking! Ask your child: How many chocolate chips do you think it will take to fill one cup? How many for 1/2 cup? Count together and see how close you came to the right answer!
2. **Measure, count, and record**- Ask your child: How far can you throw a ball? Take a guess, then throw the ball as far as you can and measure the distance.
3. **Build something together**-Big or small, any project that involves measuring includes counting, adding, and multiplying. Ask your child: How high can you build that stack of Legos?
4. **Plan dinner or a party**- Whether you're planning a party or just getting ready for a family dinner, there are plenty of math concepts involved. Ask your child: How many plates, napkins, and forks do you need for dinner?
5. **Mix in math to your bedtime reading** -Most families read to their children at night. Why not add a math problem to the mix?

There are plenty of other ways to keep kids thinking about math—board games, stickers, and stargazing, to name a few. The important thing is just to encourage your child to see the numbers all around us and to keep things fun. This is how we'll raise a next generation that thinks math is cool!

<https://www.naeyc.org/our-work/families/5-ways-build-math-your-childs-day>

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