

# Charles County Public Schools Office of Early Childhood Monthly Newsletter

December 2023

Thank you for reading the Early Childhood monthly newsletter! This month we will be sharing friendship activities to help children birth to 5 practice school readiness activities.

# 1.

## LANGUAGE AND LITERACY

Children enjoy being read to by an adult. This month after reading a fiction text to your child, model retelling the major events in the story. Then see if your child is able to retell familiar stories with support. Stories that have a pattern are good to use to practice this skill.



### Twinkle Twinkle

"Twinkle Twinkle Little Star,

(Hold child's hands above their head. Wiggle your fingers together.)

What a wonderful child you are!

(Bring your arms down and rest them on each other's shoulders.)

With bright eyes and nice round cheeks,

(Touch next to each other's eyes then cheeks.)

talented person from head to feet.

(Take your child's hands and swing them up high then down low.)

Twinkle Twinkle Little Star,

(Hold child's hands above their head. Wiggle your fingers together.)

what a wonderful child you are."

(End the song with a hug.)



Conscious Discipline®

Must  
★ Try ★

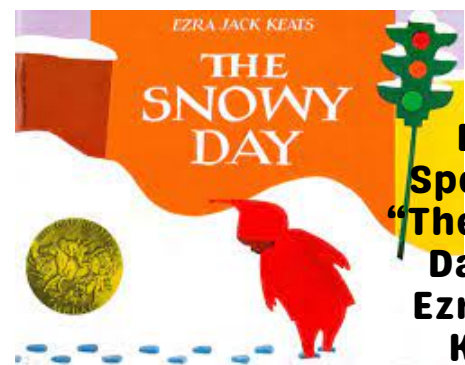
### Reading Foundational Skills: Phonological Awareness

Syllables: The ability to hear word parts

- Say parts of a word to your child such as tur-tle.
- Are they able to blend or put together the two parts to say the word turtle?
- Practice blending or putting together word parts to say a whole word.

Try it...

win-dow, um-brell-a, spi-der, pen-cil, cup-cake



Book  
Spotlight:  
"The Snowy  
Day" by  
Ezra Jack  
Keats



## MATH- One to One Correspondence

Line up five objects



Have your child use their pointer finger to touch each object as they count it.

As your child counts, help them with the following skills:

- Say the number names in standard order (one, two, three, four, five)
- Match each object with one and only one number

If counting five objects with one to one correspondence is too hard for your child, try using a smaller number of objects such as two or three.

If they are successful with counting five objects using one to one correspondence, try counting sets with other numbers up to ten.

3.

## SOCIAL FOUNDATIONS

I can self-regulate by taking three calming breaths.

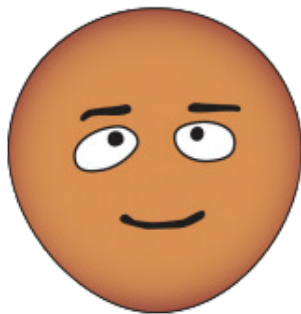
Take a drain breath!

- Extend arms out, pretending your arms are faucets.
- Tighten arm, shoulder, and face muscles.
- Exhale slowly making a “ssshh” sound and release all your muscles, draining out the stress.

## Drain Breathing!



## Identifying Emotions



**Calm**

- What makes you calm?
- How does your face look when you are calm?
- How do you feel when you are calm?
- How do you know when others are calm?

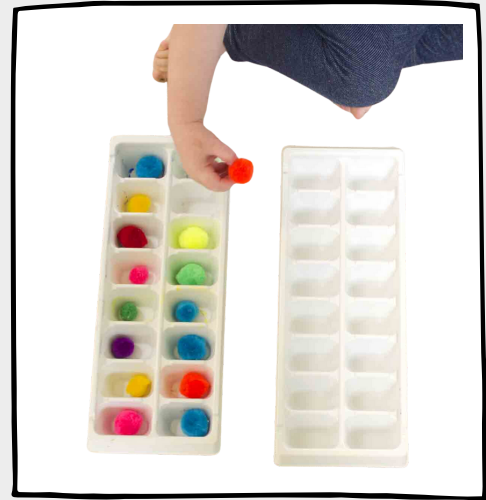
# 4.

## FINE MOTOR DEVELOPMENT

Have your child practice fine motor activities using ice cube trays! Your child can place pom-poms or other small toys in each spot of the ice cube tray. Start with using their hands and then begin using tweezers or a measuring spoon.

Questions to ask your child:

- How many items did you place in your tray?
- What items were easier to move?
- What items were harder to move?
- What tool was easier to use?
- What tool was harder to use?



## ACTIVITY SPOTLIGHT

The following events are happening across the county for the birth to 5 age group.

- Move and Groove is hosted by the Charles County Recreation, Parks & Tourism is for ages 2-5. Let your kids run, jump and play to the sound of music. We will play short, exciting games to get your little one moving and grooving.

[https://charlescountymd.myrec.com/info/activities/program\\_details.aspx?ProgramID=30542](https://charlescountymd.myrec.com/info/activities/program_details.aspx?ProgramID=30542)

- Early Childhood Story Hours are hosted at five local Elementary Schools for children ages 2-5 that are not currently enrolled in Charles County Public Schools. You may register for any location. You do not need to reside in that school zone.

