

# Charles County Public Schools Office of Early Childhood Monthly Newsletter

January 2024

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

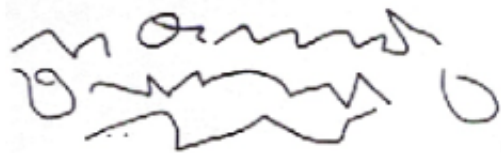
1.

## LANGUAGE AND LITERACY

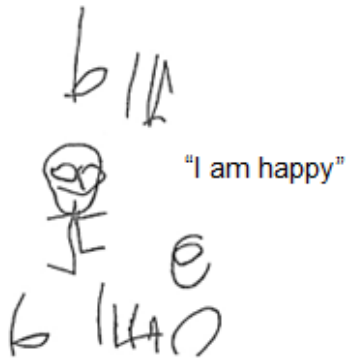
### Stages of Writing

Model writing a simple sentence for your child to help them understand spoken words can be written and read. Also, give your child the opportunity to practice writing. In Stage One: Pre-Emergent “Picture Writer” your child will communicate by drawing or making random marks. As they progress to Stage Two: Early Emergent “Verbal Informer” your child will be able to draw a picture that contains a few details, tell about the picture, and may make random symbols or letters that are not connected to a sound.

### STAGE ONE:



### STAGE TWO:

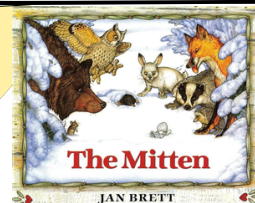


### Reading Foundational Skills: Phonological Awareness

Syllables: the ability to hear word parts  
Segmenting syllables: breaking sounds apart

1. Say a word
2. Have your child chop or break the word into syllables or word parts
3. You can do this by clapping or stomping
4. For example, the word raincoat would be broken into rain- coat

Try segmenting sunset, firefly, jumping, picture, butterfly



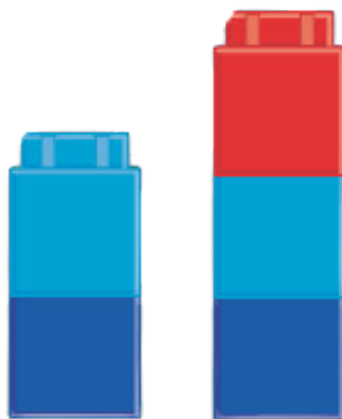
**Book  
Spotlight:  
“The  
Mitten” by  
Jan Brett**

2.

## MATH

One More

- Help your child count out a set of two objects. If you do not have counters, you can use colored cereal pieces.
- Add one more counter to the set.
- Ask “How many are there now?”
- Your child should reply with three.
- Then touch and count each object....one, two, three.
- Continue adding one more object to the set, identifying the new number of objects in the set, and counting to confirm the set now has one more.
- This activity will help your child begin to recognize that each successive number name refers to a quantity that is one larger.



3.

## SOCIAL FOUNDATIONS

**I can self-regulate by taking three calming breaths.**

**Take a pretzel breath!**

- Stand up and cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers.
- Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest.
- Put your tongue on the roof of your mouth.
- Relax and breath.
- Repeat 3 times.

## Pretzel Breathing!





## Here's the Bunny

(Have the child pretend to be the bunny and the adult is the hole.)

"Here's the bunny with the ears so funny.

(The child makes two bunny ears with their fingers above their head.)

Here's the hole in the ground.

(The adult makes a circle shape by extending both arms and linking fingers.)

When a noise she hears, she picks up her ears,

(Child makes their pretend bunny ears perk up straight.)

And jumps in the hole in the ground!"

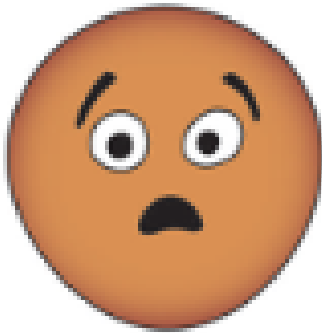
(The child then goes into adult's extended arms, ending with a hug and some loving squeezes.)

5/5



Conscious Discipline®

## Identifying Emotions



Scared

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

# 4.

## FINE MOTOR DEVELOPMENT

### Watercolors on Ice

- Place ice cubes in a bucket or sensory table.
- In small cups, create colored water using food dye.
- Using eye droppers place different color water on the ice.
- Discuss what happens- What colors did you create? What happens when two colors were added in the same area?



### Indoor Snow Shoveling

- Place large and small cotton balls on the floor.
- Give your child a small dustpan and different “shovels” (small broom, tongs, sand shovel)
- Have your child ‘shovel the snow’.



## ACTIVITY SPOTLIGHT

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

- The James. E. Richmond Science Center is hosting a Fulldome Movie Short Seasonal Planetarium Presentation for the Month of January.
  - “Space Shapes” is for ages 3+
  - “One World, One Sky: Big Bird’s Adventure” is for all ages
- Ticket prices and dates are listed here: <https://sciencecenter.ccboe.com/dome-shows>
- 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.

REGISTER NOW

