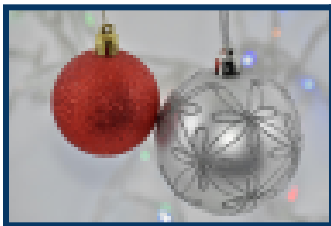


Rush-Henrietta UPK December Newsletter

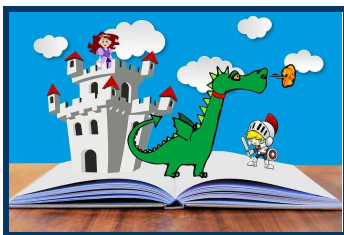
We wish you good health, peace and
happiness this holiday season!



Family Center at Good Shepherd - December Events



The Family Center will host a **Winter Carnival** at 6:30 p.m. on Tuesday, December 16. More information will be sent out soon!



There will be two **Preschool Story Times** this month. The first story time, for children aged 2-5, will take place at 10 a.m., Tuesday, December 2. The second story time is for children 3-5 years old and will be at 6 p.m., Tuesday, December 9. See the flyer for details and register soon!

Tips for parents

Please take a look at this month's "Family Focus" article on the importance of reading with your child every day. If you need books to read at home, try the [Henrietta Public Library](#) or the [Rush Public Library](#)! They are fantastic resources for families.

Parent Discussion Group

- Are you frustrated when your child won't go to bed at night?
- Do you struggle with getting your child to sleep in their own bed?
- Does bedtime become a battleground that is overwhelming?

This month, parent educator Betsy Marshall will host a discussion on "**Putting Bedtime Problems to Rest.**" Come and share your experiences with Betsy and other preschool parents. UPK parents are welcome and encouraged to attend any group time that fits their schedule. See the attached flyer for details and the calendar below for session dates and times!

Putting Bedtime Problems to Rest

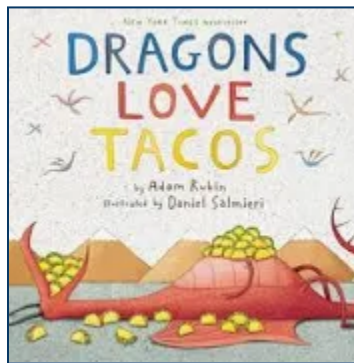
Site	Date	Time
Expressive Beginnings	Tuesday, December 2	8:30-9:30 a.m.
Care-a-Lot	Wednesday, December 10	8-9 a.m.
Good Shepherd	Thursday, December 18	12-1 p.m.



Henrietta Public Library - Special December Events

(click on the links for more details!)










- [Holiday Lights and Magic Tree Lighting Event](#) 🌲 - Join the Town of Henrietta for the annual Tree Lighting Ceremony, 6:30-8 p.m., Saturday, December 6. Enjoy holiday lights, snacks, crafts, and more! Fun for all ages!
- [Music and Movement](#) 🎵 - Sing, dance, and wiggle along in this fun-filled music and movement storytime, 10:30-11 a.m., Saturday, December 13! Designed for children ages 0-5. Please register to ensure your spot.
- [Dragons Love Tacos Visit and Storytime](#) - Taco Dragon from Adam Rubin's beloved book, [Dragons Love Tacos](#), is coming to visit the Henrietta Public Library, and he can't wait to meet you! Enjoy a [Dragons Love Tacos](#)-themed storytime and meet-and-greet with stories, songs, and rhymes. This program is designed for children ages 2 - 6 years, but all are welcome! There are two dates for this event: 10:30-11 a.m., Monday, December 9 and Friday, January 2. No registration necessary.



- [Family Concert with Music Dan](#) 🎵 - Join the beloved Dan Lynch, otherwise known as Music Dan, to sing, dance, and play the morning away, 11 a.m. - noon, Tuesday, December 30! No registration necessary.
- [Noon Year's Eve Party!](#) 🎉 - Looking for a fun, low-key and kid-friendly way to ring in the New Year? Then join the annual Noon Year's Eve Party! There will be music and dancing in the Community Room starting at 11:45 a.m., Wednesday, December 31, and of course - a countdown to *NOON* on the grand staircase with lots of confetti! No registration necessary.

Calendar

There is no UPK December 22-January 4 for the December Recess.
We will see students beginning Monday, January 5!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	Can your child answer this? What is orange, grows on a vine, and starts as a seed? (pumpkin) 	Help your child clap the syllables they hear in: -tree (1) -winter (2) -holiday (3) -ornament (3) -snow (1)	Read your child a favorite story and have them tell you their favorite part. 	Ask your child to touch their: -elbows -ankles -knees -toes -shoulders	Place four items in front of your child. Have them touch and count the items and tell you how many. Repeat with other numbers.	
7	8	9	10	11	12	13
	Practice the letter Dd (for December) Say these words: door, dog, doll How many "Dd" words can your child think of?	Go on a listening walk with your child. What was the loudest and softest sound they heard?	What shape are the windows in: -your house? -your car? -a school bus? 	Put out some paper and crayons and encourage your child to draw, color, or write. Ask questions about their creations.	Play one of your child's favorite songs and dance!! See if they can dance through the entire song.	
14	15	16	17	18	19	20
	Draw a large circle on a paper. Ask your child to color or draw inside the circle, then outside the circle. 	Say the alphabet, slowly, with your child, at least once a day. Start today! 	Review with your child their: -first name -last name -address -phone number	Sunday is the first day of Winter! Talk about the seasons and focus on Winter. List a few characteristics of the season.	Discuss with your child the traditions or holidays your family celebrates. 	
21	22	23	24	25	26	27
First Day of Winter 	Schools are closed this week.			Christmas Day 		
28	29	30	31	1	2	3
	Schools are closed this week.			New Year's Day		

Rush Henrietta Universal Pre-K

Parenting Education Programs



Putting Bedtime Problems To Rest

- Do you struggle with getting your child to bed at night?
- Does bedtime become a battleground that is overwhelming?
- Are you frustrated when your children won't fall asleep alone?
- We will work to understand why children struggle to self soothe and how to teach a child to fall asleep without your help.
- Tips for how to get your child to bed and stay in bed will be discussed.

UPK Site	Date	Times
Expressive Beginnings	Tuesday, December 2	8:30-9:30 a.m.
Care-A-Lot	Wednesday, December 10	8-9 a.m.
Good Shepherd Building	Thursday, December 18	12-1 p.m.

All are welcome! Please join us (any of the sites/times that work for your schedule). This is a free program for adults.

*The R-H Family Center
invites you to*

PRESCHOOL STORY TIME

December 9, 2025

6 p.m.

**Good Shepherd Building
3288 East Henrietta Rd, 14467**

Call (585) 359-7915 to register



R-H Family Center Presents:

A Winter Carnival

to benefit

R-H Kicking Hunger School
Food Pantry

December 16, 2025

6:30 p.m. - 7:30 p.m.

*Good Shepherd Building,
3288 East Henrietta Rd., 14467*

**Bring the whole family for fun
indoor games, smiles and
community spirit**

***Admission: One can of fruit or vegetable
per person***

**FOR MORE INFO CALL
(585) 359-7915**

Family Focus

Building a Foundation for School Success

Getting Ready for School Reading with Your Child Every Day

Reading books aloud with children in any language can introduce them to new information, expand their imaginations, and build their vocabulary. When your child sits with you and listens to a book you are sharing, you also are strengthening your parent-child relationship.

Why is this important for school readiness?

Reading develops children's language skills. If your family is multilingual, reading to your children in your home language will help them become better readers in both your home language and English. Books use words that you may not use every day with your child. Reading helps expand your child's vocabulary.

Reading exercises your child's brain. Research shows that specific areas of the brain are affected when children are read to on a regular basis from an early age. These areas include memory, problem-solving, emotion, thinking and behavior regulation.

When children are read to, they develop knowledge about the world as well as learn new words. The more they know about, the more questions they will ask, and the more successful they will be in school, not just in literacy but in all areas.

Reading develops a child's imagination and creativity. As children hear a story, they imagine the characters, the setting, and what will happen next.

The act of reading with a child can build a stronger bond between the child and parent because they are spending time together, sitting together, reading and talking.

What can families do to help?

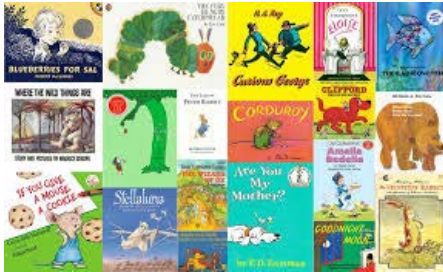
- ❖ Reading TO a child is not the same as reading WITH a child. When you read with your child, you have conversations about the book, predict what's happening next, and enjoy the experience together.
- ❖ Visit your public library and get a library card. Many libraries have a selection of books that can be accessed on-line and read from a digital device. Libraries also have many family activities that are free. Be certain to check out the calendar of events at your local library.
- ❖ Set up a cozy area in your home with a basket of books, a comfortable seat, and some favorite stuffed animals for your child to "read" to.
- ❖ Let your child take the lead in choosing books that are interesting to him or her. If you are not familiar with a book your child selects, first look at the pictures in the book before you read it aloud to make sure it is not violent.
- ❖ Include non-fiction books. Books that include real pictures can expose a child to new things he or she may never have seen before.



Activities to do with your preschooler:

❖ *Types of Books Preschoolers Tend to Like*

Your child will enjoy choosing books with topics and characters that he or she finds interesting. But what are the types of books young children like? Here's a list to provide you with some ideas:



3-4 Years of Age

- Small books that fit into small hands and has thick pages.
- Books with simple rhymes.
- Books with familiar routines such as bathing and bedtime.
- Lift the flap books.
- Books that they can learn “by heart” because they have few words.

4 – 5 Years of Age

- Books that tell stories.
- Books that make them laugh.
- Books they can “memorize”.
- Books about familiar real-world objects and events: trucks, going to school, animals, insects.
- Counting books, alphabet books, non-fiction books.



❖ *Read with Your Child: Shared Reading Practices*



In shared reading, you sit with your child and you read a book that your child is interested in.

- While reading, you pause every now and then to ask your child open-ended questions (ex., Why do you think Max escapes to the land of the Wild Things?).
- Ask questions that start with “What if” or “Suppose”. Expand on your child’s answers.
- Encourage your child to make predictions, comment, and ask you questions about the story as you read.
- Choose times when you’re not in a rush as your shared reading time. You want to be able to give your child as much time as he or she wants to dig into the story and characters.



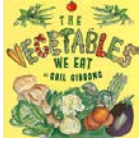
❖ *When Once is Not Enough: Repeated Reading Practices*

Your child will love to hear his or her favorite books read aloud over and over again. This is a good thing! Repeated readings of the same book helps your child master the story line, the language used in the book, and encourages a love of reading. Here are some ways to make repeated readings interesting:

- Welcome your child’s comments and questions about the story. Have a conversation about it.
- Let your child “read” the story to you. After hearing a story read many times, your child will memorize sections of it and enjoy saying the words and turning the pages of the book as if he or she were reading.
- Let the child pick the book for you to read. Show that you are excited about the story even if you’ve read this story dozens of times.



❖ Identify, Connect Word with Print, Learn: *Sharing Word Books*



Reading and sharing “word books” that clearly label the pictures help your child learn new words, recognize familiar words, and connect words in print to the picture. This type of book helps your child feel confident that he or she can “read” the picture. Let your child pick out word books with topics that interest him or her. When you read a word book, point to the objects on the page and let your child name them. Ask questions such as, “What is this?” or “Where have you seen this?”



Resources for families: [Get Ready to Read](#) website & [Raise a Reader: A Parent Guide to Reading for Ages 3-5](#) website

Resources used for this tip sheet: Bonfiglio, C. (2017). [10 Benefits That Highlight the Importance of Reading with Young Children](#), Pruettt, K. (n.d.). [Reading to Preschoolers Falls Short on the Road to Literacy](#), & Center for Early Literacy Learning: [Practice Guides to Use with Parents: Reading and Storytelling](#)

