



A loving environment for every child

Watch Me Grow

Child Development Center



March Newsletter

Please visit our new Website at www.watchmegrowlv.com
Please add us as a Friend on Facebook and Twitter

Did You Know???

The key to a successful Child Development Program is Parent Involvement.

We have a number of opportunities for parents to participate in our program -

- Playground monitors
- Story tellers
- Party and Event planning
- Parent meeting coordinators

Talk to your child's teacher about how you can get involved today.

Kids say the funniest things.....

In our preschool classroom the teachers were discussing traffic lights with the children. The teacher said red means stop, yellow means slow down and green means go. She was quickly interrupted by one of the children who said "No Ms. Julie, my mom goes really fast when the light is yellow"

Family Engagement/ Parent Education Opportunities

Date: March 12th (Wednesday)
Time: 6:30-8:30
Location: Watch Me Grow
Presenter: Brandie Heiseler

Date: March 25th (Thursday)
Time: 6:30-8:30
Location: Watch Me Grow
Presenter: Alina Ruiz

*Child Care and Refreshments provided

NOW ENROLLING

CHILDREN AGES 6 YEARS TO 12 YEARS

SPRING BREAK AND SUMMER CAMP

\$100 PER WEEK

INCLUDES MEALS AND FIELD TRIPS

MUST ENROLL BY 3/31/2014

TO LOCK IN THIS SPECIAL RATE

10 Things Every Parent Should Know about Play

By Laurel Bongiorno

1. Children learn through their play.

Don't underestimate the value of play. Children learn and develop:

- Cognitive skills – like math and problem solving in a pretend grocery store
- Physical abilities – like balancing blocks and running on the playground
- New vocabulary – like the words they need to play with toy dinosaurs
- Social skills – like playing together in a pretend car wash
- Literacy skills – like creating a menu for a pretend restaurant

2. Play is healthy.

Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.

3. Play reduces stress.

Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety and stress.

4. Play is more than meets the eye.

Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name just a few. Researchers study play's many aspects: how children learn through play, how outdoor play impacts children's health, the effects of screen time on play, to the need for recess in the school day.

5. Make time for play.

As parents, you are the biggest supporters of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotional development.

6. Play and learning go hand-in-hand.

They are not separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.

7. Play outside.

Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.

8. There's a lot to learn about play.

There's a lot written on children and play. Here are some [NAEYC articles and books about play](#). David Elkind's *The Power of Play* (Da Capo, 2007 reprint) is also a great resource.

9. Trust your own playful instincts.

Remember as a child how play just came naturally? Give your children time for play and see all that they are capable of when given the opportunity.

10. Play is a child's context for learning.

Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. For example, in playing restaurant, children write and draw menus, set prices, take orders, and make out checks. Play provides rich learning opportunities and leads to children's success and self-esteem.

This Month's Curriculum Themes

The March monthly curriculum theme is Farming and Farm Animals. Each week, the teachers will focus on a different topic pertaining to the month's theme. This month children will learn about life on the farm, the job of a farmer, animals that live on a farm and how to care for farm animals. They will also learn how farming and farm animals affect their daily lives.

The children will be introduced to new vocabulary words such as agriculture, harvest, pasture and tractor. They will play games, read stories and sing songs to help them learn more information about the theme.

Color of the month: Red
Shape of the month: Triangle
Letters of the month: E and F
Numbers of the month: 5 and 6

Please review the monthly center activity calendar. We have a number of special events and activities this month

Cooking with Kids



Nutella and Raspberry Sandwiches

Ingredients

8 slices white bread
1/2 cup Nutella
2 6-ounce packages fresh raspberries

Directions

1. Spread 4 slices of bread with the Nutella.
2. Top with the raspberries and sandwich with the remaining slices of bread. Cut each sandwich into 4 pieces.

Daily Parenting Tip

Parenting Magazine

14 Tips to Get Kids to Open Up and Talk More About What's Going On in Their Lives

1. **Wait at least a half an hour.** Kids are generally drained and strained the moment they walk in door. So wait at least 30 minutes to start talking about school.
2. **Don't turn questions into a third degree.** What would make you want to open up and tell her all those details? The same rules apply to kids. Big kid turn offs: pushing, prodding, demanding, coaxing, lecturing and threatening.
3. **Look interested.** Think of how your best friend asks you about your day. Use her example.
4. **Ask questions that require more than yes or no.** So pose questions that require your child to respond with more than just yes, no, nope, sure, nothing, fine.
5. **Don't use the same questions.** A big kid turn off is hearing your same old predictable: "How was your day?" query. So be creative. Churn up those questions so your kid knows you are interested!
6. **Stop and listen.** The nanosecond your child utters ANYTHING related to school, stop and give your full presence.
7. **Stretch conversation with "invitation openers."** Don't push or prod but instead use these type of comments: "Really?" "Uh huh?" "I don't believe it!" "Wow!" They're not threatening and invite a talker to open up.
8. **Repeat talk portions.** The trick is to repeat the tidbit in a matter-of-fact but interested way to get your child to open up and add more.
9. **Make your house kid-friendly.** Many parents swear they find out more about school from their kids' friends than from their own child. So invite your child's friends over.
10. **Get on the school website.** Find out what's going on in your kid's school world: read the teacher newsletters, click onto the school calendar, read the school activities schedule and menu. You can then ask specific questions about your kid's day.
11. **Go into your kid's time zone.** Find out when and where your kids are most comfortable talking and use to get the conversation rolling .
12. **Sit side to side.** Try sitting side to side instead of face to face (which is less threatening).
13. **Talk while doing.** Some kids (especially boys) are more likely to open up while doing something they enjoy like shooting baskets, etc.
14. **Put yourself into the mix.** Describe your experiences using a natural conversational tone and your child may begin to open up about theirs.

Inspirational quote.....

A person soon learns how little he knows when a child begins to ask questions.

-- Richard L. Evans