

First Steps Monthly Newsletter April 2023

Pat Blakely, Editor

First Steps Early Childhood Education Center
233 Tinker Street, Woodstock, NY 679-6301
firststepsearlyeducationcenter.com

First Friends

*The children were asked,
"What makes you laugh?"*

Asalea: "When my Mom makes cupcakes"

Ariela: "When someone laughs"

Adrian: "The garbage can"

Callie: "My my brother tickles me"

Carmine: "MY Dad"

Charlie: "MY Dad"

Chloe: "My Mom"

Dylan: "Hearing my Mom"

Elijah: "Playing with Dylan"

Helena: "When Daddy tickles me"

Leo: "When Mommy tickles me"

Lilly F: "When Mommy tickles me"

Lily H: "When Mommy tickles me"

Miles: "My Mom"

Nora: "When someone calls me a chicken"

Novalee: "My Mom"

Zahara: "When my Dad tickles me Ari"

Ari: "Tickling"

Brianna: "When I have ice cream"

Zach: "When my Dad Tickles me and I say stop"

Noemi: "Food"

Singer: "Tickle monster"

Quincy: "Tickling"

Luca: "Tickling"

Anthony: "Orbeez water beads"

Avery: "A Bald Eagle!"

Gary: "My Daddy"

Isabella: "When the dogs lick me"

Islay: "Silly faces"

Levi: "Water beads"

Maximus: "Going in the pool"

Sasha: "When Mommy pushes me on the bean bag"

Walker: "Papa"

Aidan: "Making messes"

Trey: "Mimi"

Scarlett: "Animal sounds, Mom & Dad"

Riah: "My Poppy"

Madelyn: "N/A"



First Steps News

Welcome Spring! We will be so thankful to be shedding our winter snow-pants, hats, and mittens as we make way for the **muddy playground** days of April. We ask that you dress your child appropriately for outdoor play and provide at least one change of clothes for when his/her clothes are too muddy or wet!

I would like to take this opportunity to reinforce two of the many topics that are important to the development of children: **Positive Discipline** and **Developing Self-Regulation**. Positive Discipline uses guidelines of **Kindness & Firmness**. As adults we should impart **two life skills** as we encounter obstacles with our children:

1. Children will learn how to treat people by the way they are treated by adults. If you berate a child they feel sad, hurt or anxious, and they learn to tune you out. They do not learn empathy.
2. Children will learn from logical consequences of their actions. Our goal is to empower and prepare them for self-discipline, taking ownership of **their** actions. Our goal should not be to “control” them by trying to prevent mistakes, insisting on adults’ own way, and by rules and punishments that are adult-driven. If children are part of the child/adult problem-solving team, they learn in a loving, respectful environment while developing life skills of self-discipline, responsibility, cooperation, and problem-solving skills.

POSITIVE DISCIPLINE IS:

***Non-punitive—no humiliation, no blame, no shame or pain**

A misbehaving child is a discouraged child. Children do better when they feel better.

***Kindness and firmness at the same time**

Kind shows respect for the child

Firm shows respect for the needs of the situation

***Maintaining *dignity* and *respect* for all concerned—children and adults**

***Designed to teach children important life skills:**

i.e.: self-discipline, responsibility, cooperation, and problem-solving

***Understanding that every problem is an opportunity for learning**

Mistakes are wonderful opportunities to learn.



Excerpts taken from **“NPR, Creative Play Makes for Kids in Control”**,

February 28, 2008

Self-Regulation is the new “hot topic” of early childhood research. In basic terms, self-regulation is the ability for children to control their emotions and behavior, resist impulses, and exert self-control and discipline.

We hear all too often and it is a true fact, that children today are spending too much time watching TV, playing video games or involved in specific lessons. Research is showing this to have a tremendous reverse effect on a child’s self-regulating abilities. They don’t get a chance to practice regulating themselves and are relying on adults or elaborate toys, videos, computers and TV for their free time. Good, old fashioned play, where children use their imaginations in playing make-believe, significantly helps to develop self-regulation. When children learn to rely on themselves for playtime improvising props, making up games and stories, they actually develop critical cognitive skills of regulating their behavior. The best kind of play costs nothing and really only has one main requirement ~ imagination!

Some of my further reflections~

- Let your child take ownership of themselves and their actions.
- Talk about the values of your family.
- Double your child’s age by two that is the number of words you should use in a sentence when speaking to them.
- Discipline is not physically or mentally hurtful. Children need boundaries, routines, guidance and consequences for their misbehavior. This “cause and effect” must be followed through to be effective.
- Children are not duplicates of their parents. They will have values, traits and traditions that are instilled by us, however, they are individuals and need to figure out the world for themselves. As parents, we must be supportive and give advice **when asked**, but we have to let them make mistakes. It is the best way to learn, although it can be hurtful and painful for parents. (No one ever said parenting is easy.)

Our love never ends, we’ll never give-up, and we will be there to pick up the pieces. Happy Spring!!

Miss Michelle's April News

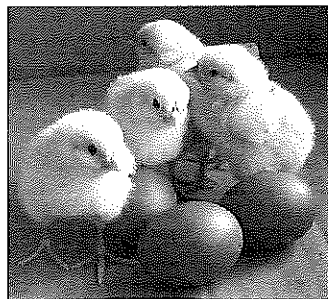


Happy April!
April showers
bring May
flowers and we
are so excited

to see some our hard work pay off
this month in the garden. We will also
be starting seeds in our classroom
that when it is warm enough, we will
be able to move to our school
garden.

We are so excited to welcome in
some visitors into our classroom as
we will hatch baby chicks! This will be
an incredible ongoing lesson and
experience

for all our
students as
we get to
watch the
lifecycle
from egg to



baby chick. We can't wait to share
this experience with your child and
we know they will be very excited to
share it with you at home.

This month, spring will officially take
over our classroom as we focus on
spring themed projects and activities.
We will learn about baby animals that



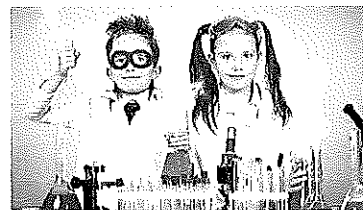
are born in spring
such as rabbits,
squirrels, and
deer. We can't
wait to extend our

classroom to the outdoors as the
weather gets nicer and get to see the
signs of spring first-hand.

This month, we will learn about
gardeners and
farmers and
the important
jobs they have
in our



communities.



We have
some
exciting
science
projects

planned to help celebrate spring and
the weather changes that come with
it. We will be making our own seed
houses using grass seed as well as
some of our very own clouds!

We look forward to another great
month of fun and learning with you
and your child!

All our best: Miss Michelle, Miss
Brandi & Miss Amanda & Miss
Kimberly

APRIL NEWSLETTER
HALF DAY UPK



Hello Families!

Spring is here! Although we are sad to see winter go and say goodbye to snow, we are excited for warmer weather!

In April we will be studying the season of Spring! Our classroom bear has awoken from his long hibernation and is now in search of food! He will be with us for a few weeks and then will go back home to wait until next year. We will explore a few questions in the month of April:

What is Spring?

How do plants and flowers grow?

How do bees make honey?

We will also talk about different kinds of weather (rain, thunder, lightning, tornadoes, hurricanes, and we will continue to talk about rainbows).

We will begin to prepare our school garden for planting seeds in April and while we are doing that we will talk about the different kinds of bugs and animals we may find under the ground in the dirt (worms, beetles etc.). We will also start to discuss the different life cycles of bees, frogs and butterflies.

We will continue to study our letters of the week and practice our letter recognition, letter sound recognition and writing our letters. We will do the same with our numbers (counting, number recognition and writing our numbers).

We will also be turning our dramatic play center into a garden center so if anyone has any extra gardening materials that we can borrow that would be fantastic!

We have many fun activities planned for the month of April! Thank you for sharing your kids with us!

-Miss April

PRE-SCHOOL APRIL NEWSLETTER

Happy Spring!

It's hard to believe it's April already! Spring comes with mud and unpredictable weather, so please continue to send in extra clothes and warm layers for your child. We are looking forward to warmer weather and spending more time outdoors!

This month we will be looking for signs of spring all around us! We will be discussing the weather as we observe the changes in nature. We will start planning our school garden and begin growing seeds in our classroom. It's exciting to get into the garden and start prepping the beds for planting.

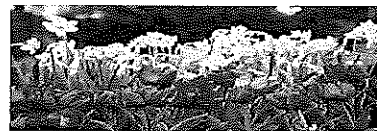
We will also be learning about Earth Day (April 22nd) and what we can do to help the Earth. There will be plenty of spring activities as we embrace the new season.

Our community helper this month is a farmer! We are eager to discover more about such hard-working members of our community.

We are ready for another fun filled month! Your children have grown so much already! They continue to inspire us every day!

Your Preschool Team,

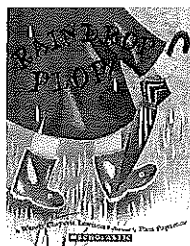
Heather, Alex, and Ashley



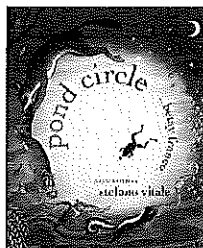
“Every child is a different kind of flower, and altogether make this world a beautiful garden.” - Unknown



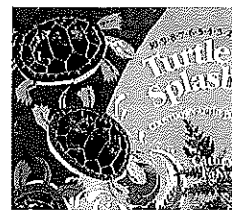
"My Spring Robin"
By Anne Rockwell



"Raindrop, Plop!"
By Wendy Cheyette
Lewison



"Pond Circle" by
Betsy Franco



"Turtle Splash!
Countdown at the Pond"
By Cathryn Falwell

DayByDayNY

FAMILY LITERACY CALENDAR

DaybyDayNY is a website for young children and their families. It is part of the New York State Library early literacy initiative *Ready to Read at New York Libraries*. The New York State Library hopes that families across New York State will use this interactive calendar to develop a love for books and learning that will last a lifetime. The calendar uses multimedia to enhance books, songs, and family health and bring these components to life. Please visit the site and view the "One More Story" ebook, links to entertaining arts and crafts, directions and locations of museums, and helpful information on living a healthy lifestyle. Check it out at DaybyDayNY.org. Also be sure to visit the **Spanish** language page at <http://daybydayny.org/be-heathly/informacion-de-salud/>

Happy April Birthdays!

Maximus Mazzeo 4/5/19
Isabella Garrison 4/15/19
Daniel Lefferts 4/15/18
Ariela Townsend 4/23/18

April Dates to Remember:

3rd -7th – ALL Closed.
15th – Tuition due
22nd – Earth Day Join us for Parent workday

Register online for Kindergarten screening
<http://www.onteorak12.ny.us/>

If you have any questions, or if you don't have access to a computer, you may contact Sharon Wood, Ontario's District Registrar, by calling 845-657-6383 ext. 1023 or emailing swood@onteorak12.ny.us.

Knock, knock!

Who's there?

Orange!

Orange who?

**Orange you
going to open
the door?**

