



7 Family Time and Learning Tips for the Holidays

By: Laura Bay

The holiday season is here! Like most families, my household is already in a flurry of activity—decorating, purchasing gifts, preparing for guests and baking cookies and pies.

This is also a special time for family fun and togetherness. But with the holiday rush, the to-do list seems to grow exponentially by the minute.

In the busyness of the season, it's important to keep learning and quality time with family at the top of the list while your kids are home on break from school.

Research shows that families who spend quality time together and connect activities at home to what children are learning in school have a stronger emotional bond and better communication—and the kids do better academically.

The holiday season also provides great opportunities to expose children to new ideas and information, reinforce skills and knowledge, and encourage creativity, which supports their success in school.

As you are shopping, baking and celebrating special traditions, here are some ideas to mix quality time with learning:

Create a Budget — Encourage your kids to write a list of the people they want to buy gifts for. Then have them allocate a certain amount for each person on their list. While shopping for gifts, help your kids keep track of spending and their remaining budget.

January 2022

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Please check Brightwheel every day. There is important information there! Also, make sure your child always has a change of clothes and/or diapers/pull-ups, if necessary. Thank You!

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Caterpillars/Buttercup Butterflies



Happy New Year! We are excited to have all of our friends back in school after the holidays! We are starting this year by learning about our five senses. Make sure to check your child's folder for any projects!

-Ms. Meme, Ms. Stacey & Ms. Bailey

Pixie Butterflies

What an exciting new year! For the month of January, Pixies will engage in a variety of activities involving their senses! Pixies will explore their sense of hearing, seeing, tasting, touch, and smell! We look forward to an exciting new month!

- Ms. Vanessa & Ms. Ally



Elf Butterflies



Hope you have had a wonderful holiday and have a great New Years. We have continued to learn more about trees. It has been an exciting unit for us as we also learn tree songs. Ask your child about the song "I'm a sturdy oak tree"! We are enjoying the cooler weather as well. Please check cubbies to make sure that your child has extra clothes and shoes in case of any accidents.

-Ms. Stephanie & Ms. Madison

Julia Butterflies

Happy new year!

This month we will start a new study about bread! We will learn how bread is made, where it is made and the names of different types of bread. We will continue working on writing skills. Please help your child work on writing their name.

-Ms. Paige & Ms. Fallon





Ms. Ali's 16th Anniversary— January 3rd
Ms. Ali's Birthday—January 4th
Ms. Nadine's Birthday— January 22nd

7 Family Time and Learning Tips for the Holidays ... continued

Cook Together — Include your children in meal prep and baking for holiday gatherings. It's a great way to have fun and teach kids about cooking and nutrition. While you're cooking, you can practice math and reading skills—and demonstrate cool science concepts through various cooking techniques.

Make Holiday Greeting Cards and Gifts — Have your kids write holiday cards or letters to family and friends. It's a great opportunity for children to practice their handwriting, as well as their grammar, spelling and creative writing skills. Also, making gifts at home is a way to encourage creativity.

Explore Your City — When you feel a bit of cabin fever, plan a family outing. Many local parks and zoos feature light displays and other festivities to celebrate the season. You can also visit a local museum and historic sites, or see a play at a local theater.

Play Games — Playing board and trivia games during holiday get-togethers is a good way to enjoy quality time together. Look for ideas online. There are a variety of games—for all ages—that are fun and educational as well.

Enjoy the Great Outdoors — Play with your kids in the backyard or at a local park. If it snows, build a snowman or hit the slopes! You can find fun outdoor games that promote physical activity.

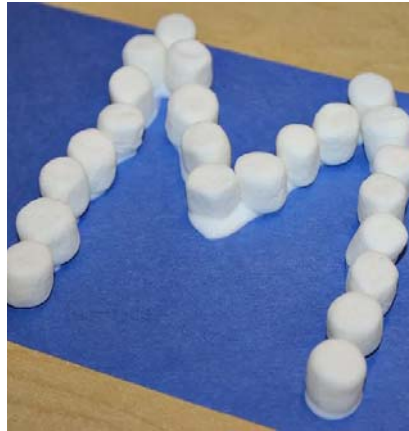
And Read Every Day — Take your kids to the local library and borrow books to read over the winter break. And spend time reading together—it helps children develop their literacy skills and excel academically.

Name Marshmallow Craft

Practice letter recognition and hand-eye coordination with this fun activity to help children spell their names. Mini marshmallows can be held by little hands and are fun to squish once the masterpiece is dry.

What you will need:

- 12" x 18" Blue Construction Paper
- Miniature Marshmallows
- Glue
- White Crayon



1. First, cut the construction paper in half horizontally. If your child's name is longer, then staple the two pieces of paper together to make it longer.
2. Write your child's name using a white crayon. Make sure to write the letters large enough so that the marshmallow letters don't overlap.
3. Trace the your child's name with glue.
4. Add the marshmallows.
5. Allow to dry several hours or overnight.

January

**Super Supper
Baked Ziti
w/ Ground
Beef and
Tossed
Salad**
Pick-up day
is Thursday,
January
13th.

**Shepard's
Pie w/ Fruit**
Pick-up day
is Thursday,
January
27th.

\$5.00 each
**Payment is
due before
pick-up.**

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Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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