

April 2020

Woburn Creative Start

On April 11th-17th, we will be celebrating the Week of the Young Child. This is a fun filled week by NAEYC (National Association for the Education of Young Children) to celebrate early learning, young children, their teachers, families and communities. Since we cannot celebrate together— we have some suggested activities you can do at home with the family! Flyer is on page 5. Please try to do at least 1 activity! Post pictures on our facebook page: Communities United Inc.

April 22nd is Earth Day! On a positive note—There is always a rainbow after the rain! With all the sickness going around, there is healing. Healing for our earth. There has been a dramatic drop in air pollution, according to data from U.S. and European satellites. Air quality is improving and our ozone layer is improving as well. Let us be thankful for what we still have— air to breath, nature to admire and family who are with us.



Dates to Remember:

April 11 - 17 Week of the Young Child (see activities on page 5)

CURRICULUM for the MONTH

We are working with all our CUI centers to have some short lessons/activities for the children to do at home with their families. These activities will help children continue to progress in all domains. We will then send a questionnaire after each activity for parents to answer. In this way, we are still able to track children's progress as well as achieve goals. All activities will be on our website—www.communitiesunitedinc.org We will continue to reach out to families to see how we can best support you.



Thank you for your patience and cooperation.

Social Emotional Corner

I hope families are doing well during this extended time at home. I have created three videos, one for infants, one for toddlers and one for preschoolers. The toddler and preschool videos feature Puppy and Snail and also some songs. I focus on different feelings children may feel during this time at home (and in general). I focus on validating the feelings the Puppy and Snail puppets have. It's important, as adults, to validate children's feelings. Simply repeating a child's feeling to them and why they feel that way can be really powerful. Taking time to listen to children before suggesting something to cheer them up can help children feel heard and understood. I hope you enjoy watching the videos! You can ask your child to talk about what they saw in the video after they watch it.

The infant video includes a Hello Song and a rhyme, Here's the Bunny. There is a separate infant letter which also has ideas for motivating children to reach gross motor milestones.



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Reminders:

Please visit our website:

www.communitiesunitedinc.org

For updates about COVID-19 and resources.

SCHOLASTICS LEARN

from Home - Free Read aloud and activities from children

Website: <https://classroommagazines.scholastic.com/support/learnathome.html>

Infant Rhymes and Gross Motor



Dear Families,

I hope you are all healthy and managing well during this unplanned time at home. We miss seeing the infants each day and hope your children are enjoying their special family time!

Franccina will be sending out a video I made which includes a “Hello” song and an example of a new I Love You Ritual, “Here’s the Bunny.” I hope you enjoy the song and rhyme with your infant!

Here’s the Bunny

Here’s the bunny with the ears so funny.

Here’s the hole in the ground.

When a noise she hears

She picks up her ears,

And jumps in the hole in the ground!

Infants’ Gross Motor Skills

Here is some information and ideas for helping your infant with gross motor development at home. Gross motor (large muscle) development typically develops from the head to the toes and from the center of the body to the outside of the body. So infants will typically develop strength and movement in their heads and core first which is essential for continued gross motor development in the rest of the body. This is something to consider to determine the order that a child will need to develop their gross motor skills. Tummy time is a good place to start. Other milestones include sidelying, rolling, sitting, crawling, moving in and out of sitting, pulling to stand, cruising, standing and eventually walking. Your child may not do everything in this order but this is a rough idea.

So what can we do to support infants' gross motor development? Some infants are naturally eager to tackle the next skill and only need a little help with motivation. Other infants may need some extra motivation to help them achieve these gross motor milestones. Things that are great motivators include: toys and social connection. For instance, during tummy time, place a toy or a mirror on the floor for your infant to look at and touch or lay down with your infant and sing a song. Put a preferred toy on one side of the infant’s head and then the other to encourage head turning. Using toy placement and social connection can be a helpful tool in encouraging infants to lay on their side as well as move their bodies by crawling, cruising or walking. So make use of your child’s favorite toys and songs to help with that extra motivation to reach gross motor milestones. If you have any questions please feel free to ask.

Stay well!

Greta Greenleaf, Mental Health Specialist

Here are some ideas for our toilet paper rolls are home!

Toilet Paper Art



Get kids helping in the kitchen



With everyone being home right now, this is a great time to reconnect. Eating as a family has so many benefits:

Parents are role models to support healthy eating.

Children of families who regularly eat together are more likely to have higher intakes of fruits and vegetables.

Children are more likely to have a healthier weight.

Keep it simple and make extra so you have leftovers during the week. Make extra chicken that can be added to soups, salads, stir fry, and fajitas during the week.

How can kids help?

Start out slow and give them time to master each task. When kids help to make food, they are more likely to try and eat that food.

Don't forget to practice proper food safety

Wash hands with soapy water for 20 seconds before starting anything.

Wash surfaces, cutting boards, dishes, and utensils with hot soapy water after use.

Rinse produce under running tap water.



Week of the Young Child 2020

April 13th-17th



Week of the Young Child is held each year to honor young children and thank teacher and all those who make a difference in young children's lives.

We have suggested activities and we invite you to enjoy them with your child:

April 11th is Music Monday – When children sing, dance, and listen to music, they develop their language and early literacy skills while being active and encouraging movement. **Can you and your child make up and record your own unique version of a song?**

April 12th is Tasty Tuesday – Cooking together connects math with literacy skills, science and more. With the rise in childhood obesity, let us encourage healthy nutrition!

Create your own healthy snack with your child!

April 13th is Build Together Wednesday – When children build together, they explore math and science concepts and develop their social and early literacy skills.

Using any building materials you can find in nature, build and design a structure with your child!

April 14th is Artsy Thursday – Think, problem solve, create! Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands!

Create a masterpiece with your child using any materials – crayons, paint, clay, crafts or all of them!

April 15th is Family Friday – Engaging and celebrating families is at the heart of supporting our youngest learners. We all applaud family members' role as young children's first and most important teachers!

Share stories to your children of somebody in your life – might be your teacher, grand parent, parent, aunt, uncle or a friend that taught you an important skill or lesson you will never forget!

Document activities through pictures! It would be nice if you can share them to us via email – woburn@communitiesunitedinc.org. Let us know if we can post them on our website and/or facebook page—Communities United Inc!