



# HIPPY

## homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters  
December 2018 Volume 1, Issue 38 Parent Edition

### Winter Animal Book Recommendations

- 8 *Animals in Winter* by Henrietta Bancroft
- 8 *Hibernation* by Margaret Hall
- 8 *How and Why Animals Prepare for Winter* by Elaine Pascoe
- 8 *Time to Sleep* by Denise Fleming
- 8 *Don't Wake Up the Bear!* By Marjorie Murray
- 8 *Hibernation Station* by Michelle Meadows
- 8 *If You Were a Penguin* by Florence Minor
- 8 *These Birds Can't Fly* by Allan Fowler
- 8 *Penguins: Scholastic Science Readers* by Kathleen Weidner Zoehfeld
- 8 *Polar Bears* by Gail Gibbons
- 8 *Polar Bears* by Mark Newman
- 8 *Knut: How One Little Polar Bear Captivated the World* by Craig Hatkoff
- 8 *The Little Polar Bear* by Hans De Beer (series)
- 8 *Way Up in the Arctic* by Jennifer Ward



## Great DIY Gifts Kids Will Love



Below are several gift ideas that kids will love, but will not break the bank.

#### Themed Gifts:

**Movie Night:** A family DVD, microwave popcorn, plastic popcorn bowls with family members names on them.

**Sundae Party:** Personalized ice cream bowls, ice cream scoop, toppings, spoons, gift certificate for a half gallon of ice cream from the store or local ice cream shop.

**Cooking Kit:** Kid's cookbook, cooking utensils such as spatula, cookie cutters, wooden spoon, apron, mixing bowl.

**Bubble Party:** Large container of bubbles, variety of bubble wands, tray for pouring bubbles.

**Art Studio:** Pack of construction paper, water color paints, brushes, glue, child safety scissors, crayons, markers, any other craft materials, bucket or container to hold supplies.

#### Snow Globes:

**Directions:** Use water resistant glue to glue a small figurine to the center of the top of a baby food or mason jar. Cover the bottom of the jar with glitter. Fill the jar with water. Place glue all around the inside of the lid to keep it secure and close the jar tightly.



#### No-Cook Playdough

**Directions:** Mix 3 cups flour, 1 cup cold water, 1 cup salt, and 2 teaspoons oil in a bowl. Keep kneading until it is smooth. To make different colors, divide the dough into several pieces and place a couple of drops of food coloring in the center of each piece and knead until color is thoroughly mixed in. Store in air tight containers.



Sources: [ivillage.com](http://ivillage.com), [blog.modcloth.com](http://blog.modcloth.com), [handmadeandcraft.com](http://handmadeandcraft.com), [frugalliving.about.com](http://frugalliving.about.com), [ehow.com](http://ehow.com), [multiples.about.com](http://multiples.about.com), [stretcher.com](http://stretcher.com)

## Winter Weather Safety Tips



1. Change the batteries in your smoke alarms and carbon monoxide detectors at least once a year.
2. Clean your chimney and fireplace to prevent build up and potential fires.
3. Check your furnace/heating system. Have a professional inspect it before each heating season.
4. Do not store newspapers, rags, clothing or other flammable materials near a furnace, hot water heater, space heater, etc.
5. Do not leave space heaters on when you are not in the room and keep them at least 3 feet away from anything that might burn, including the wall. Do not use extension cords with electric space heaters as the cord could melt and start a fire.
6. Never use your gas oven/range as a substitute for a furnace or space heater.
7. Be prepared for ice, snow, and cold temperatures before they start. Get your shovels, de-icer, hats, scarves, and gloves now. Keep a set in your car in case of emergency.
8. Get your flu shot.
  9. Prepare your vehicle. Make sure you have enough antifreeze and de-icer fluid in your car. Keep an ice scraper in your car.
  10. To prevent burst pipes due to temperatures below freezing, leave water dripping slightly so that water is constantly running through them.
11. Prepare for winter storms by stocking up on: a battery powered radio, flashlights and spare batteries, water, non-perishable food that doesn't need cooking, pet food, prescription medications, and a first aid kit.

(Sources: [safety.lovetoknow.com](http://safety.lovetoknow.com), National Safety Council)





# Winter Activities



## Parenting Tip of the Month:

### Limiting the "Gimmies":

Every year at this time, kids across the country come down with bad cases of the "Gimmies". The toy catalogs that come in the mail, the commercials on t.v., and the holiday decorations that appear in stores right in early November do not help this issue. Below are a few tips to keep your kids from getting the "Gimmies".



### 1. Turn the season of "getting" into the season of giving.

Take the time to involve your children in an activity that helps others, whether it is volunteering at a local soup kitchen or shelter, helping out an elderly or home-bound neighbor, donating some of their old toys or books, or simply making cards to send to troops overseas, their teachers, the mail-

man, etc. Explain why these actions are so helpful to others; even young children will understand some of the concept.



### 2. Try hard not to give in.

Be honest with your child and talk to him/her about what you can and cannot afford. Setting realistic expectations for your child will help him/her to appreciate what is received during the holiday season.

### 3. Downplay the presents.

Try to focus more on the idea of celebrating the holidays with friends and family, not on receiving gifts. Introduce a new ritual or continue old ones that have less to do with presents and more to do with spending time together (i.e. baking cookies, making homemade presents for others, volunteering, etc.)

### 4. Set a present limit.

Set a present limit for your child and those buying gifts for your child. Let family members know what it is. This way, your child will not receive more gifts than you want him/her to have and set up high expectations for years to come.

**\*\*** If others won't follow this policy, stash away extra presents to give out for special occasions throughout the year.

(Sources: [parents.com](http://parents.com), [acpi.biz](http://acpi.biz))

## Footprint Penguin

*This activity can be done year after year to help show your child's growth or can be used to teach shapes and shape words.*



### Materials:

- Black, white, and orange construction paper
- Googly eyes
- Scissors
- Glue/glue stick
- White crayon

### Directions:

1. Trace your child's foot onto black construction paper using the white crayon (do not go in between his/her toes or your penguin will be too bumpy).
2. Cut out the footprint.
3. Cut out two oval-shaped wings out of black construction paper that fit your penguin. Glue one on each side of the penguin's body.
4. Cut another oval out of white construction paper and glue it to the body of the penguin.
5. Cut out two trapezoids from orange construction paper and glue to the bottom of the penguin as feet.
6. Cut out a small orange triangle for the penguin's beak and glue into place.
7. Glue on two googly eyes or draw them on with a white crayon.

(Source: [allkidsnetwork.com](http://allkidsnetwork.com))

## Ice Decorations

*This activity provides an opportunity to talk about the items found in nature during the winter as well as observe how water changes in different temperatures.*

### Materials:

- Small dishes with sides or shallow bowls
- Variety of nature items: berries, twigs, shells, leaves, pine needles, etc.
- Water
- String

### Directions:

1. Fill the dishes or bowls with water.
2. Add a piece of string (make sure part of it is completely under water with enough left over to tie, later).
3. Place your items in the water. They will float around a little and your child might enjoy playing in the water with them a bit.



4. Place the container outside to freeze (if cold enough) or put in freezer overnight.
5. Hang frozen decorations outside and observe what happens as temperatures rise and fall.

(Source: [redtedart.com](http://redtedart.com))

## Polar Bear Craft

*This activity will reinforce the circle shape, practice the fine motor skills of tracing and cutting, and build eye-hand coordination as the child glues objects in specific places.*

### Materials:

- White cardstock or construction paper
- Cotton balls
- Glue
- Googly eyes
- Pom-poms
- Marker



### Directions:

1. Help your child trace a large circle onto a piece of cardstock or thick white paper.
2. Then, help your child trace or draw 2 smaller circles for the ears.
3. Help your child cut out the circles and glue the small circles on top of the large circle for the ears.
4. Have your child put glue all over the polar bear face and ears, then place the cotton balls on top of the glue to make the "fur". *This will be a bit sticky, but fun.*
5. Help your child glue on the googly eyes and pom-pom for the nose.
6. With a marker, draw a polar bear smile on top of the cotton balls.

(Source: [littlefamilyfun.com](http://littlefamilyfun.com))

## Wintertime Poem

*Help your child come up with motions to go with the words of the poem.*

Icy fingers, icy toes

Bright red cheeks and bright red nose.

Watch the snowflakes as they fall,

Try so hard to count them all.

Build a snowman way up high,

See if he can touch the sky.

Snow forts, snowballs, sledding too,

In the snow, so white and new.

Slip and slide and skate so fast,

Wintertime is here at last.

(Source: [preschoolrainbow.org](http://preschoolrainbow.org))

