

HIPPY

homeroom



A Newsletter for the Home Instruction for Parents of Preschool Youngsters
November 2018 Volume 1, Issue 37 Parent Edition

November Book Recommendations

- 🍴 *How do Dinosaurs Eat Their Food?* By Jane Yolen
- 🍴 *Manners at the Table* by Carrie Finn
- 🍴 *The Berenstain Bears Forget their Manners* by Stan Berenstain
- 🍴 *The Berenstain Bears Give Thanks* by Michael Berenstain
- 🍴 *Franklin's Thanksgiving* by Paulette Bourgeois
- 🍴 *Thanksgiving is for Giving Thanks* by Margaret Sutherland
- 🍴 *Twas the Night before Thanksgiving* by Dav Pilkey
- 🍴 *The Pilgrim's First Thanksgiving* by Ann McGovern
- 🍴 *Turkey Trouble* by Wendi Silvano
- 🍴 *Just So Thankful* by Mercer Mayer
- 🍴 *The Thankful Book* by Todd Parr
- 🍴 *Thanks for Thanksgiving* by Julie Markes
- 🍴 *Ten Fat Turkeys* by Toney Johnston

Rules for Developing Good Behavior in Preschoolers

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| <ol style="list-style-type: none"> 1. Play and work with your children often. This is the best way to teach cooperation and self-restraint. 2. Express interest in your child's interest, even if these are not the same interest you have. 3. Repair moments of anger and misunderstanding. Set aside time every day to fix angry interactions. 4. Involve children in problem solving. Ask your child for ideas, then develop a plan. 5. Teach them the language of emotions. Children be- | <ol style="list-style-type: none"> 6. Teach children to wait. Teaching them to wait is an important skill that will serve them when they enter school and life. 7. Offer encouragement, not criticism. Praise efforts and help find positive solutions or alternate activities for kids to be successful. 8. Teach children the importance of people's feel- | <ol style="list-style-type: none"> 9. Let your children know you are proud of them. Being positive goes a long way. Especially let them know you are proud of the ways they help others. 10. Take time to listen. Hear their side of the story. Tell them what is right about what they are saying or doing before you tell them what they are doing wrong. |
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Thankfulness Activities for Kids (and Adults)

Although most young children are by nature self-centered, there are ways to start teaching children as young as 18 months the beginning of gratitude. By learning gratitude, children become sensitive to the feelings of others, develop empathy, and may generally be more polite and pleasant to be around.

Below are a couple of ways to begin teaching thankfulness or gratefulness to your children.

1. **Model Thankfulness**
Make sure you take time to say thank you to your children and others for the everyday things that they do as well as those extra helpful ones. This reinforces positive behavior and teaches children to appreciate others.
2. **Write Thank You Notes**
Help young children write thank you notes for gifts they receive or to let someone who helped them know they were appreciated. They can dictate the note to you or draw a picture to go with it. Make sure to explain why you are writing the note.
3. **Help Others**



Make sure your child sees you helping other people (i.e. holding doors open, visiting a sick relative, volunteering, etc.). Make your child a part of the helping and explain why it is important to the other person.

4. **Name the Best Thing**
Set aside time each day to talk about the best thing that happened. Talking about positive things will help children and adults have a more optimistic outlook and any opportunity to speak with children builds their vocabulary.
5. **Establish a Helping Jar**
Set aside a jar to place any extra coins or loose change that is found. When a disaster strikes or a worthy cause comes up, donate the money to the cause. Explain to the child why those people need the money in the Helping Jar.
6. **Have Children Help**
Give children responsibilities around the house so that they appreciate the effort it takes to get things done. They will be more understanding and grateful for all of the work others do for them.

(Sources: ehow.com, Parents, Family Circle)

Thanksgiving/Fall Activities

Parenting Tip of the Month:

Do a Turkey Trot



Teach your kids that Thanksgiving is not all about the turkey. Thanksgiving can also involve a healthy ritual such as taking a walk, or a turkey trot, before the guests come over or you go to dinner.

Take a break from the hustle of meal preparations and enjoy time spent talking with your children. Also, helping your kids get some energy out, before they are expected to sit nicely at the table, will make everyone's Thanksgiving more enjoyable (and leave you with a little room for pie).

Thanksgiving Menu Collage

Materials:

- Orange, red, yellow, or brown construction paper
- Kid scissors
- Glue stick
- Grocery ads or food magazines



Directions:

1. Have your child look through the grocery ads/food magazines and pick out items that he or she would like to have at Thanksgiving dinner, without any parental input.
2. Have your child cut out any items that he/she wants on the menu.
3. Fold the construction paper in half so it looks like a menu. Then have child glue the food items onto the menu.
4. Help your child write the name of the item below the picture.

What I'm Thankful For-Turkey Craft:

Activity for the whole family

Materials:

- Poster board or large sheet of paper
- Various colors of construction paper
- Glue stick
- Scissors
- Marker or crayon

Directions:

1. Cut two circles out of brown paper, one large, one smaller to create the turkey's head and body.
2. Cut out or draw on the eyes, beak, wad-

dle, and legs.

3. Glue the turkey onto the poster board.
4. Write "I Am Thankful For..." at the top of the poster board.
5. Cut out turkey feathers in various colors of construction paper.
6. Allow family members and friends to write what they are thankful for on the feathers and glue them onto the turkey or help young children write their thoughts.
7. Share some of the ideas.



Turkey Baster Transfer

(Great way to keep kids busy during meal preparations and develop fine motor skills)

Materials:

- Two baking pans or bowls
- Water
- Clean turkey baster
- Optional: Food coloring

Directions:

1. Place two pans on a table next to each other.
2. Fill one pan half way with water.
3. Give your child a large turkey baster and show him/her how it works.
4. Explain that the game is to transfer all of the water in the pan into the other pan.
5. Use food coloring to make it more fun.

Optional: Provide other jars and containers for the child to put water into with baster.



Turkey Leaf Feather Craft

This activity provides a great excuse to get outside, collect some leaves, and encourage children's budding science skills as they observe the differences in the leaves that they find.

Materials:

- Brown construction paper
- Fallen leaves, small twigs
- Glue or glue stick
- Scissors
- Markers or crayons

Directions:

1. Take a nature walk with your child to pick up a variety of leaves and small twigs.
2. Have an adult or child cut a large circle (body) and small circle (head) out of the brown paper.
3. Draw eyes, beak, and waddle onto the head. Then glue the head onto the body.



4. Glue the leaves onto the paper behind the turkey body to make the turkey feathers.
5. Use any small twigs or markers to create the turkey's legs.

Do the Turkey Pokey

(Tune of: Hokey Pokey)

A fun way to get some holiday energy out!

You put your right wing in,
You take your right wing out,
You put your right wing in,
And you shake it all about.
You do the Turkey Pokey and you gobble as you shout,
That's what it's all about.

(Continue with left wing, right leg, left leg, head, waddle, beak, and whole self)

Scented Pumpkin Craft

Materials:

- Orange and green construction paper
- Scissors
- White glue
- Water
- Pumpkin pie spice
- Paintbrush

Directions:

1. Help your child cut out the pumpkin. Cut out a large circle from the orange construction paper. Talk about the shape and color as you help your child cut it out.
2. Help your child cut a small rectangle from the green construction paper. This will be the stem.
3. Glue the green rectangle to the orange circle to create the pumpkin.
4. To make your scented paint, measure equal parts water and white glue and stir until the mixture is smooth.
5. Open the pumpkin pie spice. Have your child sniff it and describe how it smells. Sprinkle a good amount over the glue/water mixture and stir again.
6. Paint the scented paint over the entire paper pumpkin.
7. After the pumpkin dries you have a delicious smelling holiday decoration.

(Sources: education.com, preschool-learning-and-crafts.com, preschoolsexpress.com, allkidsnetwork.com)

