

Preschool Press



Dear Preschool Families,

Parent/Caregiver participation has always been crucial to student success. The current situation we are experiencing has magnified the important role you play in your child's education. Did you know that you are supporting your child's education when you:

- **Read to your child**
- **Communicate important information to your child's teacher**
- **Become involved in parent committees or governing boards**

The list is endless. Of course, in our new reality Zoom Classroom attendance is critical.

We can make classroom meetings even more successful by following a few suggestions we call Zoom Etiquette. We have included the tip sheet created by the Washtenaw Area Council for Children at the end of this newsletter, in addition we'd like everyone to consider that school policies are also Zoom policies which include dress code and appropriate language.



Please be aware of your background environment (it may not be wise to set up the "classroom" in front of your bathroom, for instance).

Following these suggestions makes the event comfortable for all and benefits all involved. Thank you for working beside the teaching teams to help your child get into their learning each day.

Please know your preschool team is here to assist you.

Michelle Pogliano, Director AAPS Early Childhood Programs, Westerman Principal
Jo Ann Telfer, Assistant Director AAPS Early Childhood Programs, Westerman Assistant Principal



What is Ms. Sophia doing with her class?

Listen to this and you will understand:

<https://www.youtube.com/watch?v=VBfJbbHJej0>

November

Upcoming Events –

3 – Election Day – No School

4 – The Potty Journey

1pm – 2 pm

Click here for [Zoom Link](#)

25-27 – Thanksgiving Break
No School

PRESCHOOL U Continues

10:00 am – 11:00 am

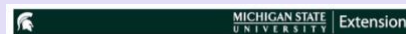
4 – Preschool U – Words

11 – Preschool U – Read

Click here for [Zoom Link](#)

Mtg. ID: 913 2228 3681

Passcode: 726738



Cooking Matters at Home

The MSU Extension Office is offering a free cooking class for Parents: Cooking Matters at Home. It is a virtual class offered utilizing Zoom. For more information please see the [Preschool Website](#) for a flyer with contact information and to register for the class. .

Enrich Language Skills while Getting Dressed

Jennie Marengi, Speech Therapist

Model short phrases to say: put it on, zip it up, take it off, help me please, I want to do it, I did it!

Describing Games: Let's find the (size), (color), (article of clothing). Ex. Let's find the big, red striped hat. Play 'I spy' with clothing items. Ex. I spy something blue that you wear on your legs.

Sequencing Games: Have your child tell you what to put on first? What's next? Mix up the order for fun. Ex. Uh oh, I put my shoe on first and forgot to put my sock on!

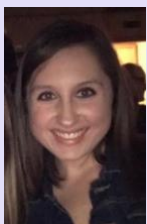
Click here for a Fun Music Video – [Put on Your Shoes](#) (jacket, scarf, hat....)

Click here for a Read-a-loud Book Video - [Getting dressed with Lily and Milo](#)



Tips!

Learning to Use Coping Skills



Amanda Chrzasz-Reedy
Social Worker

It is important to teach children responsibility over how they feel, and by providing many options to change how they are feeling, we teach them that there are many paths to reaching that goal, and if one path doesn't work, there are always more to try. [Use this activity to teach your children different coping skills](#). Once you have finished creating the chart, put it somewhere the child can easily access it when they are experiencing a negative emotion.

Practice Motor Skills while Getting Dressed

With the colder weather comes the perfect opportunity to work on your child's motor and independent dressing skills. Have your child practice putting on/taking off his/her own snow pants, coat, hat, and gloves/mittens.

Putting on a Coat: Teach your child to hold the right side of the coat with their left hand and slip the right arm through the arm hole, then reach behind with their left to get the other arm in. If they have a hard time with this, you can sew a small piece of fabric on the inside of their coat (top right, next to the opening of the right arm hole) and teach your child to hold on to the fabric with their left hand when putting on their coat.

Practice Zipping: Work on pulling up zippers at first, not starting them. Show your child that one hand holds and one hand pulls. When learning to put the bottom end of the zipper together, get your child to practice first with their coat off and in front of them. Then get them to try dressing in front of a mirror. If your child needs more practice, build independence with dressing through pretend play by using dress-up clothes or by dressing baby dolls. Be ready for those exciting words – **“Look I did it myself”**



Katharina Bragalone,
Occupational Therapist

Kathy Gaines,
Physical Therapist



Tips for PT!

With the weather getting colder and less outside time, fitting exercise and movement into your child's day is more important than ever. Making physical activity part of routines makes things more fun for your child, and it feels less like another thing to add to your already busy day!

Here are some ideas to get you started...

- Let your child help with chores! They can bring trash cans from different rooms to shake into a big bag, wipe down the table or counter after dinner, help to empty the dishwasher, carry the laundry basket...it's a win-win!
- Let your child try to throw their socks/clothes into the laundry basket at night from a distance.
- Set a “clean-up” timer to motivate your child to quickly clean up toys from the floor.
- Pick a different way to walk to your child's room when it's time for bed or bath...tiptoe, backwards, crawling, wheelbarrow walking, marching, jumping, giant steps, etc.!
- Instead of screens, put on some fun music during downtime for instant dance parties!



REMOTE LEARNING

Tips to Support Your Child in a Virtual Classroom

The landscape of learning has drastically changed for children due to Covid-19. Families are adjusting to the responsibilities and expectations for at home learning.

Here are some tips for you and your child to support a positive experience while learning at home.



Environment

Work Space:

- Include child in planning the work space
- Comfortable
- Minimal distractions and background noise
- Good lighting, natural light when possible
- Work table that is clean and clutter free
- Make school supplies accessible to children

Schedule:

- Designated school schedule
 - Align with schools schedule or adapt it to your families needs
- Be consistent with daily routine (getting up, dressed, ready to learn and homework time)



Self-Care

Encourage your child to:

- Find a balance between on screen and off screen time
- Use blue-light feature or glasses to reduce eye strain
- Take a brain break, take deep breaths and relax your mind
- Promote quiet time
- Encourage movement (stretching, walking, outdoor activity etc.)

Safe Socialization:

- Consider doing a weekly zoom check-in with other parents in your classroom
- Same for your children- they need to safely socialize too

Netiquette

Internet Etiquette:

- Set household rules for remote learning and technology usage, virtual learning and social media
- Talk about school rules and expectations for remote learning
- Promote being kind and respectful toward the teacher and peers in the virtual environment
- Respect others private & personal information
- Do not type in caps - it can be considered yelling, rude or disrespectful



Connections

Stay Connected:

- Regular and frequent contact with child's teacher
 - Daily or weekly email, google document, phone call, or virtual meeting
 - Share your contact information and the best times to reach you
 - Keep teacher and technical support contact information easily accessible
- Track assignments and online sessions
- Support your child with operating the technology and keeping it safe from damage
- Be open about your challenges and ask your teachers for clarification of expectations if you need to



- ★ Be a parent and caregiver first, don't feel like you need to take on all roles, let your teacher be the teacher
- ★ Be patient with yourself, your child, and their teacher
- ★ Engage in positive, encouraging and understanding interactions with your child

For more resources:

www.cyberbullying.org

www.BigLifeJournal.com and search for the Back To School Care Package

Contact Us

info@washtenawchildren.org
Telephone: 734-434-4215

For More Information Visit
www.washtenawchildren.org



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Rest assured that CDC Guidelines are being followed to assure all staff and customers stay safe while shopping!

***Don't forget to visit our Showcase,
where you'll find unique and
collectible treasures every day!***



***Call 734-996-9155 or visit
FaceBook page for Current Hours***