

Preschool Press

AAPS EARLY CHILDHOOD PROGRAMS

DECEMBER 2022

PRINCIPAL'S MESSAGE

Dear Preschool Families,

This is a gentle reminder that:

- With winter weather upon us, your child needs to be dressed appropriately for the weather and ready to play outside. AAPS policy for no outdoor activity is -On days when the temperature and/or wind chill are below 0°F: Students will not have recess outside.
- Please remember to LABEL all your child's clothing, even hats and mittens.
- Another important reminder is- please be at your child's bus stop 10 minutes earlier than the scheduled time. We have been having frequent bus returns to school with children brought back to school as an adult was not at the bus stop for pickup.
- Please be aware we keep a log of bus returns and if a child is returned to school very often then the bus riding privileges could be removed. If you are having difficulties, please contact your Family Community Resource Specialist.
- Do not underestimate the emotion your child goes through if not picked up on time. A child that has been left behind will feel an increasing level of anxiety and distress the longer they are unsure of where their parents are. Children are tired, hungry and wondering what happened to their grown up when returned back to school or picked up late.

This Friday, school is in session. We would like you to make sure that your child attends school on Friday's when school is in session. As our total attendance for the day is an important factor to meet the required instructional hours for the school year. Please check the preschool calendar for the Friday school in session dates.

Preschool has received generous donations for winter clothing, so if you feel your family needs assistance with winter clothing, please do not hesitate to contact your child's teacher or our Family Community Resource Specialist- Robin Dye, Laura Dills and June Parnell-Johnson and let them know.

Thank you for your continued support.

Sincerely,
Kristin Crowe
Principal/ Director
crowek@aaps.k12.mi.us

Jo Ann Serafano Telfer
Assistant Principal /Assistant Director
telferj@aaps.k12.mi.us



IMPORTANT DATES

12/09/22 FRIDAY	School In Session
12/23/22 FRIDAY - 01/6/23 FRIDAY	Winter Break -NO SCHOOL-

UPCOMING EVENTS

12/09/22 FRIDAY	Wear your POD color. A - Orange B - Blue C - Yellow D - Teal
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ANNOUNCEMENT

**Bus Transportation Form for
CHANGE in Transportation or
NEW Transportation is due on
MONDAY DECEMBER 12 by
12pm**

IMPORTANT RESOURCES

Holiday Assistance Program	Pg: 7
MSU Extension Workshops	Pg: 10



Image by rawpixel.com on Freepik

THANK YOU ARBOR BRIDGES, ANN ARBOR



On behalf of everyone at the AAPS Early Childhood Programs, we would like to express our sincere gratitude to **Arbor Bridge Church** for their generous donation of Thanksgiving dinner to our preschool families. We really appreciate it. Arbor Bridge Church provides Thanksgiving meals every year to families in need. This year 39 families from the Early Childhood Program enjoyed a thanksgiving dinner with their families.

We appreciate and are very grateful to you for being there to support our preschool families.

THANK YOU AAPS COMMUNITY FOR YOUR SUPPORT!

We also would like to **thank the people of the community for their support for the AAPS millage**. This millage support has made it possible for the Westerman preschool to open a **"NATURE PLAYGROUND"** and provide an opportunity for students to enjoy nature.



Preschoolers exploring the Nature playground.
Classroom D102 -Sarah West and Wendy Blackman



EARLY ON

Hello, Early On Families!

Starting in 2023, I'm offering a social opportunity for all Early On families to participate in together. This will be an opportunity to meet other families, connect, share resources or simply just let your children play. An Early On provider will be present at these gatherings as an added resource as well. A meet up location will be determined and sent out with an address and time the provider will be there. Feel free to go early or stay longer!



If you are interested in hearing about these meet up dates, please email me at morgans@aaps.k12.mi.us to be added to the private email group. I hope to see you there!

Sarah Morgan, M.A.
Early Childhood Special Education Teacher

MAKE EVERYDAY SENSORY-FRIENDLY



Raleigh Sadlier
Occupational Therapy

Sensory information is beneficial for learning and growing. With the days getting shorter and all of us spending more time indoors and seated, here are some easy ideas you can make at home with your child to help maintain attention (to reading time and less gross motor activities) and to get more sleep.

*Wrap a full-size flat sheet on a toddler size mattress or visit a fabric store for jersey tubing (stretch material). Insert your child's

mattress like inserting paper into an envelope so the top and bottom of the mattress are covered. The feeling of this 'enveloped' sheet helps the brain to quiet, leading to quicker and hopefully more restful sleep.



Sitting for more than 20 minutes at our children's ages can be a challenge. Increase their concentration while providing necessary sensory input with this homemade weighted buddy.



Take any mismatched sock, fill with rice or beans, leave enough material to tie a knot at the top. Your child can fidget with the texture, sit on the buddy, or place it on their lap. Decorations are a fun fine motor activity, too!

INDOOR EXERCISE FOR THE WINTER WEATHER



Kathy Gaines
Physical Therapist



Winter weekends and breaks from school can mean long days at home, and even though outdoor time is recommended for children all year long, some days can just be too chilly! Here are some indoor exercise ideas to keep you and your preschoolers active and fit while the snow falls and the wind blows outside!

- ★ Check out all the great movement websites for kids, like **GoNoodle**, www.gonoodle.com, **The Learning Station**, www.learningstationmusic.com, or search **Super Simple Songs** on YouTube for some of your child's preschool class favorites!
- ★ Play Simon Says with your child, do yoga poses, or practice animal walks (stomp like an elephant, hop like a bunny, crawl like a bear, etc.) around the house.
- ★ Set up an obstacle course with pillows, furniture, or big books to make stepping stones, hurdles to step over, or a balance beam.
- ★ Play parachute with a bed sheet or beach towel, with each person grabbing a corner and shaking it up and down. Try to bounce small pillows or stuffed animals in the air!
- ★ Have a snowball fight over the sofa with rolled up sock balls, or practice knocking over towers of empty cereal or tissue boxes.
- ★ Hide puzzle pieces around the house. Ask your child to find each piece (upstairs, downstairs, etc.) and bring it back to the puzzle board.
- ★ Play fun music on your phone or smart speaker and have a dance party!

If you decide to visit an indoor play area, keep the kids home if they aren't feeling well. Always encourage your child to wash their hands or use hand sanitizer frequently, especially before they eat and when they are done playing. And even though it's not hot outside, drinking water throughout the day and staying hydrated is still important to stay healthy!

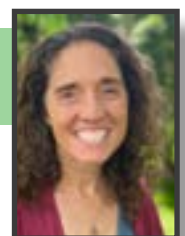
SPENDING TIME WITH BOOKS

Expand the time you spend with your child and books by "Book Sharing". This means veering from the text and taking the time to talk about the pictures in a story or picture book. I challenge parents to spend as long as possible on each page, monitor your child's interest and turn the page only once their attention lags. Having children "show", "point to" or follow your point as you state "look....." are great ways to increase their receptive and expressive vocabulary. Consider commenting using nouns, verbs and adjectives. Often children will fall into a turn taking commenting pattern during book sharing, again, stay on each page until this "conversation" ceases then turn the page and start over! The most important

Part is to enjoy the shared time together!



Jacqueline Malcolm
SLP



Colors in Arabic!



Red is Ahmar (Red is Ahmar)



Blue Azraq (Blue Azraq)



Yellow is Asfar (Yellow is Asfar)



Green Akhdar (Green Akhdar)



White is Abyad (White is Abyad)



Black Aswad (Black Aswad)



Purple is Banafsaji (Purple is Banafsaji)



Brown Bunni (Brown Bunni)



Orange Burtuqali (Orange Burtuqali)



Pink Zahri (Pink Zahri)

These are all the colors (These are all the colors)

In Arabic (In Arabic)

We are lucky in our classroom to have speakers of multiple languages! To encourage bilingual development in English learners, English-only speakers, and fluent bilingual students, we use multiple languages in the classroom. One way we do this is with this call-and-response song about colors! We sing in English, Spanish, French, and Arabic, which are the most-spoken languages in our class! The song is to the tune of "Frere Jacques." Try singing them with your child at home, or mix-and-match languages to your own language use!

Colors in French!



Red is Rouge (Red is Rouge)



Blue is Bleu (Blue is Bleu)



Yellow is Jaune (Yellow is Jaune)



Green is Vert (Green is Vert)



White is Blanc (White is Blanc)



Black is Noir (Black is Noir)



Purple is Violet (Purple is Violet)



Brown Marron (Brown Marron)



Orange is Orange (Orange is Orange)



Pink Rose (Pink Rose)

These are all the colors (These are all the colors)

In Francais (In Francais)

Los Colores En Espanol! (Colors in Spanish!)



Red is Rojo (Red is Rojo)



Blue Azul (Blue Azul)



Yellow Amarillo (Yellow Amarillo)



Green Verde (Green Verde)



White is Blanco (White is Blanco)



Black Negro (Black Negro)



Purple is Morado (Purple is Morado)



Brown Cafe (Brown Cafe)



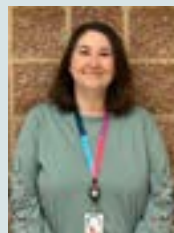
Orange Anaranjado (Orange Anaranjado)



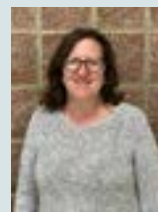
Pink Rosado (Pink Rosado)

These are all the colors (These are all the colors)

En Espanol (En Espanol)



Sarah West
Lead Teacher



Wendy Blackman
Para Pro

“NO! I WON’T DO IT!”: WHAT YOUR CHILD’S DEFIANT AND CONTROLLING BEHAVIORS MAY BE TELLING YOU

Ms Fahlsing shares an article by By: Jamie Quail, MA, LPCC

Jamie Quail, MA, LPCC is a Child & Family Therapist and Owner of Wise Nest Counseling, LLC offering play therapy and parent coaching sessions in Boulder, CO.



Alexandra Fahlsing
Social Worker

We all love to watch our children grow up, become their own person with their own unique personality. However, there comes a time - usually around age 2 or 3 - that this little personality of theirs also includes defiance. No longer will they do what you say without pushing the limits or asking “why?”. It can begin to feel like we are constantly in frustrating power struggles with our kiddos, both of us wanting our way until one gives in.

So how do we decrease these power struggles so that our relationship with our child becomes more like a collaboration and less like a battle? Let’s start with understanding the developmental usefulness of defiant and controlling behaviors.

Around age 2 & 3, pushing boundaries, testing limits, and saying “No!” is your child’s job. Developmentally, your child is beginning to become their own person - a process called individuation - and in order to feel safe to explore and engage in the world without you, they need to learn the boundaries and limits of their world through trial and error. One way this shows up, which I’m sure sounds familiar, is when as a parent you find yourself saying, “how many times have I told you, we don’t _____!” It may seem like your child knows not to do something, and does it anyway. This is them testing boundaries to learn what is acceptable and not acceptable, and because their brains are still developing, it may take breaking the rules over and over until it sinks in.

In addition to testing boundaries in order to become more independent, children also want more control. As we all can relate to, the world can feel scary, but especially to your child’s highly emotional, underdeveloped brain. When we feel scared, we like to use control to help us feel safe. I can think of how I continue to do this in my adulthood: when the world feels out of control as it has this year, my go-to is to make detailed schedules and lists to help me feel more in control of my life and to make it feel more predictable. Your child is doing the same thing when you notice their controlling behaviors.

Parent: “Here’s your orange popsicle!”

Child: “I want grape!”

Parent: “I got you orange, it’s just as good.”

Child; “No! I’m getting grape!” - Child runs to the freezer and makes a mess as they aim to find their grape flavored popsicle.

As our children navigate the world slowly but surely on their own, it will feel overwhelming and scary, because it is new and unknown to them. When you notice they want to be in charge of every little thing, or get really upset when they don’t get to decide something, they are telling us that it feels really hard, scary, or sad to not have control.

Now that we’ve discovered what is underneath our child’s controlling and defiant behaviors, let’s talk about how to take this into our relationship with them. Truth is, your children can’t always be in control. As their parent, you are ultimately in charge of most things and they cannot rule the roost. So this process is two-fold: First, we focus on what your child CAN be in control of.

Instead of: “Put your shoes on, it’s time to go” ---> Try: “Do you want to wear your sneakers today or your sandals?”

Instead of “Here’s your orange popsicle” ---> Try: “Would you like grape or orange?”

It’s always helpful to focus on what your child CAN have or CAN do, rather than what they can’t. This reframe helps your child’s brain to develop and internal locus of control - meaning when the outside world feels chaotic and overwhelming, they will look in-

wardly on what they do have control over, which gives them a better sense of empowerment and resilience. When we focus solely on what can't happen, they can develop an external locus of control - meaning when the world feels chaotic and overwhelming, they will feel helpless and powerless until the world changes.

Second, we deal with disappointment. Inevitably, the choices you offer may never be good enough for what your child really wants, and they will put up a fight. It may look like a tantrum or emotional upset, which makes sense! Your child wants to do something and they are being told no. That is very disappointing, especially to the little ones since their reasoning brain doesn't quite understand yet why they can't do something. Often, if your child has a hard time being told "no" or listening to boundaries, they have a hard time feeling disappointment (sadness). In these moments, validate that the boundary or limit IS disappointing and reassure your child that they get to feel disappointed about it. Once you've validated the disappointment or upset, this is a great time to instill the life lesson of "sometimes, we have to do things we don't want to do."

With time, and of course with modeling how you handle your own disappointment, your child's spongy brain will create neural pathways that help them deal with being told no in a regulated, resilient way. Remember, your child doesn't want to make things more difficult. When you see their behavior as communication, we get to know what is underneath the control and defiance and connect with our kids on a deeper level, all while developing resilience, emotional intelligence, and empathy.

HOLIDAY ASSISTANCE PROGRAM



Ann Arbor Public Schools - <https://www.a2schools.org/Page/17932>



Peace Neighborhood Center - <https://peaceneighborhoodcenter.org/>



Salvation Army - Applications accepted October 10th through November 4th <https://saangeltree.org/>



Toys for Tots - Applications accepted October 22nd through November 22nd <https://ypsilanti-mi.toysfortots.org/local-coordinator-sites/lco-sites/default.aspx?nPageID=100&nPreviewInd=200&nRedirectInd=3>



Volunteers of America: Adopt a Family Program - <https://aaf.voami.org/>



Washtenaw County's Sheriff Office - <https://www.washtenaw.org/2492/Shop-with-a-Cop>



Milan Area Schools - <https://aidinmilan.org/>



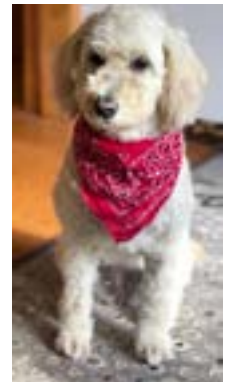
Ypsilanti Community Schools - <https://sites.google.com/view/secret-santa-society-of-ypsi/home>



SPIRIT DAY - SILLY HAIR DAY



WEDNESDAY, NOVEMBER 30TH, PRESCHOOLERS ENJOYED A VISIT FROM A THERAPY DOG NAMED BUNNY



THE RESOURCE CORNER FROM YOUR FAMILY COMMUNITY RESOURCE TEAM



DECEMBER IS HERE!

The month of December brings many opportunities for all.
Follow links below to find some wants
and needs for the entire family.
Plus some FREE fun during Winter Break!



THIS Friday, December 9th, YES we Have School!

Free activities for Ann Arbor/Ypsilanti Area

<https://annarborwithkids.com/events/categories/free/>

MSU Extension Online Classes

<https://www.canr.msu.edu/mimoneyhealth/events>

11 Free Reading Websites for Preschoolers

<https://blog.reallygoodstuff.com/11-free-reading-websites-for-kids/>

10 Free Online Educational Game Sites

<https://www.kqed.org/mindshift/34761/10-free-online-educational-game-sites>

10 Easy Preschool Activities

<https://playtolearnpreschool.us/10-preschool-activities/>

Ann Arbor Hands-On Museum

<https://discoverscienceandnature.org/announcements/eat-discount>

Leslie Science Center

<https://discoverscienceandnature.org/leslie-center>

Free Ann Arbor Museums

<https://annarborwithkids.com/articles/5-ways-to-visit-ann-arbor-museums-for-free/>

Michigan Museums for All

<https://museums4all.org/#>

Your Family Community Resource Team is always here to assist you and your family.



Laura Dills



Robin Dye



June Parnell-Johnson



Child and Family Development December Offerings

MSU Extension has a wide range of free online classes for parents and caregivers of children of all ages and early childhood professionals. See below for our December offerings!

Please reach out to your local Extension office or [find a Child and Family Development team member near you!](#)

Follow our Facebook page for more information and resources at [MI Stronger Family - MSU Extension](#).

Together We Can: Co-parenting

Parenting is a team effort. The adults in a child's life need to consider their children's needs as they parent together. Build upon your knowledge and skills to promote healthy family and parenting relationships. This workshop is for all parents (married, divorced, single, step, etc.)

Monday, December 19, 2023 5:30-7:00 (In-Person)

Location: Westerman Preschool & Family Center

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

Class dates:

12/6/2022: Reducing Challenging Behaviors in Toddlers

12/13/2022: Birds and the Bees: Talking With Kids About Sex

12/20/2022: Mindfulness for Children

12/27/2022 No Class

Registration: https://msu.zoom.us/webinar/register/WN_awdaBOMnToq_DP_dpSgShA

Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available.

Title: Essential Skills for Learning and Life

Class Date: December 15th

Class Time: 7:00PM to 8:30PM

Registration: https://msu.zoom.us/webinar/register/WN_U4dleNZRQHS2CvBw5PbXHA

Extension Extras Family FAQs Lunch and Learn

Join MSU Extension for our live question and answer parenting programming option, Extension Extras Family FAQs Lunch and Learn! This one hour program features MSU Extension child and family development experts answering your pressing parenting questions. Pre-register and join via Zoom or watch the live stream on our Facebook page @MiStrongerFamily.

Title: The Importance of Self-Care

Parents and caregivers often face what seems like a never-ending list of tasks, on top of trying to successfully raise children. Join us to talk about the importance of self-care. Bring your questions and receive live answers! Pre-register at https://msu.zoom.us/webinar/register/WN_OmLLnpFtQZ-Z44mRqgQ6PQ and join via Zoom or join live on Facebook @MiStrongerFamily

Class Date: December 15, 2022

Class Time: 11:30AM – 12:30PM

Registration: <https://bit.ly/MSUEFamilyFAQ>

Since 1993

A2PTO & Showcase News

December 2022



Share the News!



Additional Thrift Shopping Days!

In addition to our Thursday – Sunday Shopping Hours

Shop Tuesdays, December 6th, 13th, & 20th

Shop Wednesdays, December 7th, 14th, & 21st

10 am – 6 pm

Donations accepted Thursdays & Saturdays, 10 am – 5 pm weather permitting

734-996-9155

2280 S. Industrial Hwy, Ann Arbor

a2ptothriftshop.org



**IF ANY ITEM BELONGS TO YOU
PLEASE CALL THE
WESTERMAN PRESCHOOL OFFICE:
(734)-994-2303**

