Greetings to all the children and families in 1500B. It is our hope that everyone is healthy and safe.

Here at Head Start we promote the development of the whole child. While letter knowledge and number skills are important at the preschool level, social, physical, language and emotional development are just as important, if not more at this age.

During this uncertain time, routines and schedules have understandably changed. Children are very sensitive to changes. Consistent daily routines are important, as mentioned before. One routine that can be affected is the bedtime. Preschoolers ideally should get 10-13 hours of sleep each night. Changes in the bedtime routine can cause children the inability to focus, regulate their behavior and possibly affect their health. Remember the three B’s for bedtime.

1. Bath
2. Brush teeth
3. Book

Keep a regular bedtime/wake up time (+/- 15 minutes) and try for some daily outside time. If weather is not good, do activities inside.

- Pretend to be a frog - using a tape measure, stand next to the zero and guess the number he/she can jump too. Then have him/her jump, place a rock or other object on the spot and compare the number guessed with the actual number. Repeat with mom/dad having a turn. Repeat (Math/Gross)
- Match the number - have cards 1 to 6 (can make your own) and have your child roll a die and count the dots on the die. Then find the card with the matching number (three dots - find 3). Have child do a movement for that amount that they rolled (3 jumps/march-twist). For older children playing or for a challenge use two dice and cards 1 to 12. (Math/Gross)
- Obstacle course - create an obstacle course with toys and other objects in the house. Have you child use a stuffed animal or toy follow the obstacle course using positional words (under the chair, over the block, etc.) (Literacy)
- Go on a letter hunt - place letters on paper and place around the room. Tell your child what letter to find, one at a time. Or have your child find each letter and tell you what the letter is. (Literacy)
- Draw a picture - have you child draw a picture of themselves. Are you happy/sad/mad. Talk to your child about their picture and why they feel the way they do. (Creativity)

Well that’s all for now. Get out when you can. Practice social distancing and wash you hands.

Ms. Anne and Ms. Ray