



# ECDEC/FIND News

January 2021

Parenting Tips For A Healthier New Year

**HAPPY  
NEW YEAR**

Dear Families,

Welcome to 2021! I wish you a happy and healthy new year! 2020 was an extremely challenging year and we did learn a lot about ourselves and the world, but most importantly, we learned that together we are stronger. I thank you for your patience and trust as we continue to work to keep everyone safe.

– Kristen



The ECBG program of Palatine and Wheeling Townships would like to express our sincere gratitude and appreciation to all benefactors who donated to the ECBG programs this holiday season!

## EMERGENT WRITING in Pre-k Children

Did you know that children at the age of two years begin to write by drawing and using marks to share their ideas? This is the start of your child's writing stages: drawing, scribbling, random letters, letter like forms and patterned letters.



You might see your young child drawing but to you it will appear as scribbling. This is the beginning of your child expressing his/her thoughts. Scribbling has two stages: Random and Controlled. During random scribbling your child may scribble on a paper and say what it is. Controlled scribbling is when your child scribbles in rows across the paper which gives your child meaning to his/her writing in lines. Many rows are left to right (how we

read) and top to bottom. Next he/she will enter the random letters stage where you will see some letters and shapes to bring meaning to his/her writing. Finally, your child will begin using patterned letters where he/she will begin to string letters together. Words in your child's mind are being formed since he/she sees print in the environment/books that shows clusters of letters together with breaks in between. This is where we see letters from your child's name appear but not always in order.



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## Did You know?

Winter Weather Changes: It only takes 15 minutes for a cold front to come through and severely drop the temperatures.

### Be A Voice

Our next Parent Advisory Council Meeting will be

Wednesday, January 13th

From: 6:00 p.m. -7:00 p.m.

Via Google Meets

PAC Future Topics of

Interest Survey:

Please make sure to complete the Parent survey on topics of interest by January 11th. We will announce the top three for future meeting topics.

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Please visit our website at  
[www.ecdec.org](http://www.ecdec.org)

## Slime Recipe:

Indoor fun with your child!

Ingredients– 5oz. of white glue, 3 teaspoons of baking soda, 4 drops of food coloring

Steps:

1. Put food coloring drops in bowl.
2. Add 5 oz. of Elmer's glue and mix together.
3. Add 3 teaspoons of baking soda. Mix together.
4. Test with finger. If it's still runny, add baking soda 1 teaspoon at a time until stretchy.
5. Store in a sealed baggie for future use.



## Science Fun:

Snow Melt Observation-

- Have your child bring a cup of snow inside. Ask him/her to make a prediction.
- “What do you think will happen to the snow?” “Why do you think so?” “What might happen if...?”
- Record your child's observation. This can be done by drawing the cup of snow when making the prediction and recording/drawing the results (water).
- Write your child's response.
- Go over with them to see if their prediction was correct.

With this activity your child is writing, developing reasoning skills and incorporating science. You can substitute ice cubes and icicles instead of snow. Add salt to see a more rapid result.



## EMERGENT WRITING in Pre-k Children- Continued

One of the first words your child will learn to write is his/her name. Name's are important to your child since they carry meaning and understanding. It is important to provide some writing experiences in your home. Some of the things you can do with your child is to have him/her draw a picture of something you as a family shared together such as a visit to the park; a walk in the neighborhood; an item you made, cooked or baked; a book or movie you may have watched together or as family. Your child could draw about his/her experience and then you can write under his/her drawing what he/she says about it. Modeling writing in front of your child is very important since children learn by observing you and how you do things. You can also take a picture of your child writing or drawing and show him/her and send one in to your child's teacher as well. Children will value their work if you do!

The most important part you as the parent can do to support your child's writing is to provide opportunities for writing. Maybe before going to the grocery store have your child make a list of what you need to buy. Leave a note or message for each other or make a card to send to Grandma etc. Please don't correct your child. Remember, your child's writing has meaning to him/her. Early writing experiences help your child to be ready for Kindergarten.

## Nutrition:

There's no better time than the New Year to focus on the health of you and your child. One way is to make sure your child is getting the nutrients he/she needs. Following the U.S. guidelines on *Healthy Eating*, each day your preschooler should have:

- Fruits-Choose from fresh, frozen and canned (in 100% fruit juice).
- Vegetables– Choose fresh frozen or canned (without added salt).
- Grains– Use 100% whole grain cereal, breads and pasta.
- Protein-Choose a variety of protein foods, such as, seafood, beans, lean meats, poultry and eggs.
- Dairy-Serve unflavored, fat free and low fat milk.

-myplate.gov

Please look for our scheduled **nutrition workshops** being offered during the month of January.

While eating healthy foods children also need to be moving. Below are some outdoor/indoor activities you and your child could do.

