



ECDEC/FIND News

Parenting Tips for a Healthier New Year

Happy New Year

January 2022

Happy New Year!

Welcome to 2022! I wish you a happy and healthy new year! 2021 was a 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.

Parents, as a gentle reminder please make sure you dress your child appropriately for the Winter since we do go outside daily if the temperature is 25 degrees or above.

Thank You– Kristen



Winter Weather Clothing

Helpful Hints:

- If possible use mittens for your child since it is easier for them put on. If not, no worries, practice makes perfect with gloves. *Have your child practice at home by counting each finger by putting his/her fingers in the glove. Then count how many fingers all together.*
- Hats and scarfs should be worn.
- Boots. *If temperatures are above 25 degrees we do go out.* Children love going out in the snow, so don't hesitate sending your child with them on so they can enjoy the experiences of winter.



LENDING LIBRARY

Our toy lending libraries are open. There are a variety of books, puzzles, toys, puppets and games for you and your child to enjoy. Each location has age appropriate items from birth to 5 years old. Please remember the Lending Library follows the same calendar as the ECDEC classrooms.

- Tuesday 12-2pm: POC/CRC 1585 N. Rand Rd. Palatine, IL 60074
- Wednesday 11-12:30 pm: EPNRC 2270 Algonquin Parkway Rolling Meadows, IL 60008
- Thursday 9:30-11am: POC/CRC 1585 N. Rand Rd. Palatine, IL 60074
- Thursday 1-2:30pm: EPNRC 2270 Algonquin Parkway Rolling Meadows, IL 60008
- Friday 12-1:30pm: Edgebrook 1926 Green Lane Palatine, IL 60074

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

Tuesday, January 25th
From: 6:00 p.m. -7:30 p.m.

Via zoom

Guest speaker: Carmen Garcia from Start Early (Formerly Ounce of Prevention) will be conducting a talk on “Advocacy” and how you the parent can be influential regarding your child’s education.

PAC future topics

The results of the parent survey from our last meeting were:

- 1.Helping your child understand Diversity and Unity
- 2.Helping your child with understanding their emotions. Behavior Strategies..

Meals and Manners came in third. Our Nutritional workshop in collaboration with *Northwest Community Hospital* is scheduled for mid February. Eating and helpful tips are covered. Please look for your invitation to come home in your child’s backpack or email depending on your teacher’s method of communication. Hope you will join us!

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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 re-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

HOMEMADE SNOW RECIPE

1 large box of baking soda
1 can of shaving cream

Add as much of the baking soda you like to a large bowl or container. Then, slowly mix in shaving cream. As you mix the shaving cream and baking soda it should feel like play dough or soft clay. Your child is using Math (estimation, measurement) and Science (observation) doing this fun activity. He/She can make snow balls or snowmen out of the material created.



The Importance of Laughter in Your Child’s Development

Laughter and having a sense of humor will help your child in developing: his/her self-esteem, problem-solving skills, and social skills. Children with a good sense of humor are able to form friendships easily, which helps them feel better about themselves and lifts their self-esteem.

Your child can also learn the soothing power of laughter at an early age. For example: when they try to make sad friends and loved ones laugh to cheer them up, they are also showing important social skills of *empathy and sympathy*.

Laughter helps your child cope with stressful experiences in life and can help him/her develop resilience, protecting him/her from mental health conditions like anxiety and depression. Children who can laugh at their mistakes are also more likely to accept that no one’s perfect and keep trying.

So the next time your child says something or makes a silly face make a funny face yourself or create a silly story with him/her. Remember, laughter is contagious and good for you as well!



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 February.

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

Pancake or Waffle Sandwich Recipe:

You will need: 2 leftover pancakes or waffles

2 Tablespoons nut or seed butter or cream cheese

1 Tablespoon jam or jelly

