

FEBRUARY 2023

Family Newsletter

February Book List

Llama Llama I Love You by Anna Dewdney

The I Love You Book by Todd Parr

Happy Valentine's Day! by Laura Numeroff

I Spy Little Hearts by Jean Marzollo

Little Blue Truck's Valentine by Alice Schertle

I Love You, Little Pookie by Sandra Boynton

I Am Martin Luther King Jr by Brad Meltzer

Fifty Cents and a Dream: Young Booker T. Washington by Jabari Asim

Whoever You Are by Mem Fox

The Jazz Man by Karen Ehrhardt

Black Inventors: 15 Inventions that Changed the World by Kathy Trusty

The ABCs of Black History by Rio Cortez

LOVE AND CELEBRATION

2023 is moving along! While January was all about MOON MONTH, February is full of LOVE and CELEBRATION! This month we celebrate Black History month, Valentines Day and eagerly wait to learn whether the groundhog will see his shadow and predict six more weeks of winter.

In January we participated in a professional development session where, in addition to important information about licensing, safety and center policies, we also learned about "Brain Matters". This session discussed the important experiences children need to experience to positively shape brain development. See the summary on Page 2 for more information. It's fascinating!

Don't forget to follow us on Facebook for updates, fun at-home activities and important reminders.



Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope
~ Maya Angelou

For Grins

(Answer on page 2)

Who always have a date on Valentine's Day?



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BRINGING IT HOME



RESOURCES AND ACTIVITIES FOR ALL AGES

Floating Hearts

Using a dry erase marker, draw on a heart on a plate (not plastic). Make different colored and different sized hearts. Then pour water onto the plate watch what happens. Your hearts should pop off the plate and move around in the water.



For more information about this activity and the science behind it, go to <https://www.thebestideasforkids.com/floating-dry-erase-marker-experiment/>

Contact Paper Hearts

Start by having your child cut out a heart from construction paper, make sure they cut the center out too so that you just have a frame of a heart. Place a piece of contact paper over the heart and then have your child fill the open space on the contact paper with small items. Ideas of items could be pipe cleaner pieces, small pieces of paper, crunched up tissue paper, glitter, etc. Then hang your heart on a window and see what happens when the sun shines through it.



 www.pbs.org

THE BRAIN MATTERS

During the first few years of life, from birth to around five years, a **child's brain develops more than at any other point**. Early brain development can impact a child's ability to learn, build loving and trusting relationships, and succeed in school or life. Therefore, quality early experiences and interactions with teachers and caregivers help support children in development and learning but also help to shape early brain development.

The Brain Matters documentary ([link below](#)) focuses on **FOUR MAIN EXPERIENCES** that children need in early life.

Rich language experiences



Play that promotes learning



Good nutrition

Frequent and intentional attention, love, and care



These early life experiences are essential in brain development and early developmental milestones achievements. In addition, how the brain develops early in life can be strongly affected by a child's experiences and interactions with other people.

To watch the video, go to https://bit.ly/Jan_BrainMatters

For Grins  Answer: A calendar!



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