



Hello Green Room Families! We hope you all had a wonderful, and restful thanksgiving break. Our little friends are becoming more verbal. We are seeing and hearing rapid language development from our toddlers that our friends have mostly figured out the word, “no”. Rest assured, this is completely normal and is a part of the toddler phase. Our little friends are becoming more aware of themselves -- with their own thoughts and feelings. They are also starting to test boundaries. Saying “no” can also be a way of testing their caregivers. However, being able to say “no” also helps them understand their own limits. Therefore, it is crucial that we understand the context behind their “no”. I’ve found a few great articles that further explains the “toddler refusal phase”, and some tips on how to respond to your child when they say “no”. One great tip is offering them two options when you anticipate their refusal. Instead of asking your little one, “do you want to clean up”, try “do you want to pick up the trucks or do you want to pick up the balls?” “Would you like a banana or would like some blueberries?” Offer choices whenever possible. Validate their feelings, and don’t react right away. Praise them for accomplishing tasks. Positive encouragement and using positive statements instead of just saying “no” to your toddler is much more beneficial.

Also, the holiday season is upon us. Christmas break will be here before we know it. We encourage families to try to keep your little one on the same schedule similar to the Green Room schedule that we have posted. Our friends are fully aware of the routine and feel the safest when they understand what’s coming next. Happy Holidays!

[https://www.babycenter.com/toddler/behavior/resistance-what-to-do-about-the-endless-nos\\_12285](https://www.babycenter.com/toddler/behavior/resistance-what-to-do-about-the-endless-nos_12285)

<https://www.brighthorizons.com/family-resources/toddlers-and-twos-the-no-stage>

#### Important Dates:

December 1 Giving Tuesday

December 18 Christmas Pageant (3:00-3:30pm)

December 18 Early Dismissal @3:30pm NO Fun Zone

December 21-31 School closed for Christmas Break

January 4 School Closed for Teacher In-Service

January 5 School Resumes