



December Hot Topics

Rainbow room

The winter holidays are a wonderful time to recoup from a busy year and take a well-earned break from all our hard work. This goes for adults and kiddos alike! It's also a good opportunity to do some practice at home for one of the most common difficulties of their day: social struggles. School provides opportunities with fun and special materials for learning; however, children are constantly needing to wait turns, share, and problem solve... which takes a ton of self-regulation and brain work! The Rainbow room has mastered the use of simple terms like "stop!" "I don't like that!" or "don't do that!". We are working to extend those by having the child communicate *what* they do not like, or what they would prefer a friend to do instead of an unwanted behavior. Here's some good reading on ways that you can provide your child with successful tools to resolve these issues when they arise.

Article: <https://www.pbs.org/parents/thrive/5-strategies-to-help-kids-resolve-conflict> Here's 5 tips and strategies you can use at home to help your child stop and calmly problem solve. I love the "stoplight" method!

<https://www.pbs.org/parents/learn-grow/age-4/social-skills/social-problem-solving> Here's some more ideas for language to use with your child regarding conflict with friends

<https://www.yumpu.com/en/document/read/6120456/coping-with-peer-problems-and-teaching-friendship-skills> This article has some good ideas for supervising playdates to encourage problem-solving language and skills. There's a great "pass-the-hat" game on page 7 you can play to try problem solving different made-up (or real) scenarios

Chapel:

Songs: Practice pageant songs (and any previous songs)

Stories: Esther: Deliverance

Monthly Events:

December 7th- Lee's 5th birthday!

December 11th- Ms. Hilary's birthday

December 18th Christmas Pageant 3-3:30

December 21st- January 4th **SCHOOL CLOSED for Christmas & New Years Day**

January 5th- School Resumes

