



Welcome Winter, and the great and busy month of December! As the infants are getting older, you may be seeing more emotions being expressed. Whether they are sad, mad, hungry, or frustrated, we always like to acknowledge their feelings first. We want the children to know that we hear or see how they may be feeling, and validate those feelings so they know that we understand. For example, “I see that you are frustrated. You wanted to use that toy but someone else is using it right now.” Then we would find a similar toy and offer it to the child. I love this quote from the following article that talks about the importance of having a strong foundation for healthy development, “A critical first step in helping your child learn to cope with her feelings is not to fear the feelings, but embrace them—all of them. Feelings aren’t right or wrong, they just are.” As parents and caretakers, we can fall into a trap of saying, “It’s ok or you’re ok.” This phrase can be misleading and at that moment your child may not be okay. Instead you can say, “It’s okay to cry or be sad,” “I know this is hard,” followed by a more elaborate description of what is happening such as “You are hungry and it’s hard to watch someone drink their bottle,” and “I am here if you need me,” to name a few. Please let us know if you have any questions or any particular scenarios you are seeing at home that we could help you with.

<https://www.zerotothree.org/resources/294-first-feelings-the-foundation-of-healthy-development-starting->

Reminder Dates:

December 16th- PTF Meeting 12-1 pm

December 18th- Christmas Pageant 3:00 pm; School closed at 3:30 pm- No Fun Zone

December 21st-January 4th- School Closed for Christmas Break

December 26th- Happy 1st Birthday Stella!

January 5th- First Day of School