PARENT DISCUSSION SERIES
EVENT RECAP

We had a wonderful family discussion on the topic of social and emotional development in February. Lisa Welsh, a developmental specialist from Early Head Start, facilitated the discussion with families. Lisa explained that every family has specific strategies for navigating their own child’s behaviors. Families were able to share tips together and discuss new ways for approaching these behaviors with their own children.

Along with the discussion, resources for families were shared. Check out the social and emotional development resources at the end of this newsletter.

Join us next month for our discussion on Math and Science with Young Children at home on Wednesday, 3/4 from 3:45-5:15. Learn more or see other upcoming discussions on page 3 of this newsletter.

FAMILY STORYTIME

Join us on Wednesdays for Family Storytime! Starting at 4:45pm in the library, come enjoy stories, songs, and delicious snacks. Each week features a unique theme that explores different early literacy skills!

MARCH SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>BOOKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MARCH 4</td>
<td>Big and Small</td>
<td>I’m the Biggest Thing in the Ocean by Kevin Sherry</td>
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<td></td>
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<td>A Big Guy Took my Ball by Mo Willems</td>
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<td>What’s Looking at You Kid? by Patrick Lewis</td>
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<td></td>
<td>Math Language</td>
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<td>MARCH 11</td>
<td>Lion and Lamb Books</td>
<td>The Lion and the Mouse by Jerry Pinkney</td>
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<td></td>
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<td>Sheep in a Jeep by Nancy Shaw</td>
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<td></td>
<td>Little Bo Peep game</td>
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<tr>
<td></td>
<td>Vocabulary</td>
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<tr>
<td>MARCH 18</td>
<td>The color green!</td>
<td>Where is Green Sheep by Mem Fox</td>
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<td>Green Eggs and Ham by Dr. Seuss</td>
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<td></td>
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<td>The Wide-Mouthed Frog by Keith Faulkner</td>
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<td></td>
<td>Print Awareness</td>
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<td>MARCH 25</td>
<td>Get Moving!</td>
<td>From Head to Toe by Eric Carle</td>
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<td>Zen Zoo by Kristen Fischer</td>
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<td>Dancing Feet by Lindsey Craig</td>
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<td></td>
<td>Phonological Awareness</td>
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</tbody>
</table>

account balances

All outstanding school fees need to be paid in fully by May 15th. If you would like to set up a payment arrangement, please contact Eric Schwendeman at schwendeman.2@osu.edu or 614-688-4767.

new website

Our partners at the Crane Center for Early Childhood Research and Policy recently launched a new website. You can check it out (as well as get a sense of the work being done there) by visiting: crane.osu.edu.
In the School: **ART CLASS**

In celebration of Women’s History Month, art classes during the month of March will be inspired by influential women from around the world!

### PRESCHOOL CLASSES

<table>
<thead>
<tr>
<th></th>
<th>Week of 3/2</th>
<th>Week of 3/9</th>
<th>Week of 3/16</th>
<th>Week of 3/23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOOK:</strong></td>
<td>Ain’t Gonna Paint No More by Karen Beaumont</td>
<td>Rosie Revere, Engineer by Andrea Beaty</td>
<td>Little Melba and Her Big Trombone by Katheryn Russell-Brown</td>
<td>Little People, Big World: Georgia O’Keefe by Maria Isabel Sanchez Vegara</td>
</tr>
<tr>
<td><strong>PROJECT:</strong></td>
<td>Painting with oversized paint brushes</td>
<td>Using building bricks to inspire art</td>
<td>Using black, purple, and brown to create while listening to jazz music</td>
<td>Creating landscapes in the style of Georgia O’Keefe</td>
</tr>
<tr>
<td><strong>LITERACY TOPIC:</strong></td>
<td>Math Language</td>
<td>Vocabulary</td>
<td>Vocabulary</td>
<td>Vocabulary</td>
</tr>
<tr>
<td><strong>ART CONCEPT:</strong></td>
<td>Painting in the style of Fabienne Verdier</td>
<td>Building with building bricks and using paint to recreate the structures on paper</td>
<td>Using music to inspire our artwork</td>
<td>Landscape art</td>
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### INFANT AND TODDLER CLASSES

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<thead>
<tr>
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<tr>
<td><strong>PROJECT:</strong></td>
<td>Painting with oversized paint brushes</td>
<td>Painting with building bricks</td>
<td>Using black, purple, and brown to create while listening to jazz music</td>
<td>Creating flower drawings inspired by Georgia O’Keefe</td>
</tr>
<tr>
<td><strong>LITERACY TOPIC:</strong></td>
<td>Math Language</td>
<td>Rhyming</td>
<td>Vocabulary</td>
<td>Vocabulary</td>
</tr>
<tr>
<td><strong>ART CONCEPT:</strong></td>
<td>Painting in the style of Fabienne Verdier</td>
<td>Observing the prints made building bricks dipped in paint</td>
<td>Using music to inspire our artwork</td>
<td>Using chalk pastels to create flowers</td>
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### KASS FAMILY BOOK CLUB GIVEAWAY

Don’t forget to get this month’s Kass Family Book Club selection from your child’s mailbox in Town Square!

**INFANT & TODDLER FAMILIES**

**Future Engineer**
Look for Future Engineer by Lori Alexander. Can a baby be an engineer? You bet!

**PRESCHOOL FAMILIES**

**The Word Collector**
Look for The Word Collector by Peter Reynolds. Jerome loves to collect words. Have fun exploring all of the words that Jerome collects.
In the School: **MOTOR SPACE**

This month, the children will be working on their throwing skills. On the back wall of the motor space, you will see targets at a variety of heights. Friends will practice stepping with one foot and throwing with their opposite hand. Inspired by the books *I Fall Down* by Vicki Cobb and *Gravity* by Jason Chin, teachers and children will also experiment with throwing a variety of objects and determining which items fall fast versus slow.

Have fun with this idea at home by challenging your child to throw different objects into the air and making observations about how fast they fall down. You can use objects such as bean bags, oranges, feathers, and pillows!

**UPCOMING FAMILY DISCUSSION SERIES**

Join us for our informal, monthly series focused on topics selected by families and facilitated by an expert. Printed take-home materials will be available. Stop in for a short time or stay for the entire discussion. See you there!

<table>
<thead>
<tr>
<th>TOPIC</th>
<th>WHEN &amp; WHERE</th>
<th>DETAILS</th>
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</thead>
<tbody>
<tr>
<td>Supporting Math and Science at Home</td>
<td>Wednesday, March 4 3:45–5:15pm Dining Room</td>
<td>Shelby Dowdy, from Ready4Success, will provide information and ideas about working with your child on math and science at home.</td>
</tr>
<tr>
<td>Infant/Toddler Transition</td>
<td>Wednesday, May 6 3:45–5:15pm Dining Room</td>
<td>Join our infant/toddler and preschool teachers to get more information the transition to a preschool classroom, what to expect in pre-k and how to support the transition at home.</td>
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</tbody>
</table>
LITERACY TIPS
GET OUT AND MOVE!

Spring is right around the corner, along with more daylight! Take a break from being stuck inside and move your early literacy learning outdoors. Try a few of the activities below to encourage movement and outdoor play as you learn!

- **Head outside with a good book!** Reading in the sun is a great way to get outside, even if just for a few minutes. Try reading on your porch, in the grass, and even at the playground.
- **Grab some sidewalk chalk and have fun with writing and drawing.** Encourage your child to write their name, draw a picture of themselves, or make a hopscotch game and have your child help you write numbers in each box.
- **Take a walk and talk with your child.** Ask them about activities from their day, what their favorite colors are, or make a plan for a future activity together.
- **Work with your child to find rocks, sticks, or flower petals** and use the materials to create letters, numbers, and shapes.

Stop by the library to check out these books and more!

UPCOMING & ONGOING EVENTS

**LET'S TALK ABOUT SCREENS: TECHNOLOGY & PRESCHOOL AGE CHILDREN**
Thursday, March 12 at 7:00pm
JCC Columbus, 1125 College Ave, Columbus
Join Crane Center researcher Rebecca Dore who will speak about how media usage with your children. This event is hosted by the Jewish Community Center and is open to the community. See the flyer at the end of this newsletter for more information.

**SCHOOL CLOSED**
Friday, March 13
Professional Development

**COFFEE TALK**
Thursdays from 7:30am – 9:00am
Drop off your child and enjoy coffee and a snack with staff and other families in the library.

**IMAGINATION LIBRARY!**
First Lady Fran DeWine has teamed up with the incredible Dolly Parton’s Imagination Library to offer all children under 5 years old and live in Franklin County, the opportunity to receive a new book each month, free of charge. The program will eventually be available to children across Ohio. For more information or to sign up visit, ohioimaginationlibrary.org.

**OPERA COLUMBUS**
Tuesday, April 14 at 10:00am in Town Square
In celebration of the Week of the Young Child, Opera Columbus will be performing for all of the classrooms. Join your child’s class on Tuesday, April 14th at 10am in Town Square for a performance of Who’s Afraid of the Big Bad Wolf. After the event, stop by the library for a copy of Little Red Riding Hood to continue the fun at home!

**SCHOOL CLOSED**
Friday, April 24
Professional Development
Let Talk About Screens: Technology & Preschool Age Children

Thursday, March 12th
7 PM
JCC Columbus
1125 College Ave

Media and Technology can bring the world to your children. The question is how much of the world does your child really need at his/her current stage of development?

Rebecca Dore, PhD
Senior Research Associate
Crane Center for Early Childhood Research and Policy, OSU

"Why We Know and What We Don’t Know About the Effects of Children’s Media Use: Takeaways from the Research"

Rhonda Moskowitz, LLC
Founder, Practical Solutions Parent Coaching

"Kids and Screens: Supporting Our Children’s Developmental Needs in a High Tech Culture"

For more information and to RSVP contact Nikki Henry
nhenry@columbusjcc.org
# Social-Emotional Development Guide

Support the social-emotional development of children by checking for these important milestones.

## Milestones

### 2 Month
**Babies**
- let you know they are happy by cooing, smiling, laughing, and gurgling.
- like to play with their fingers, hands, feet, and toes.
- look at your face and may look in your eyes, but only for a few seconds at first.

### 6 Month
**Babies**
- respond to your affection and may begin to show you signs of affection.
- sometimes suck on their fingers and hands to calm down.
- will sometimes stop crying when you talk to them rather than pick them up.

### 12 Month
**Babies**
- show many emotions, such as happiness, sadness, anger, and discomfort.
- respond differently to strangers than they do to family members and friends.
- imitate other children and adults. They may imitate sounds, actions, and facial expressions.

### 18 Month
**Toddlers**
- are generally happy and smile at other people, including other children.
- enjoy playing near other children but not with them quite yet.
- are showing different emotions, such as fear, guilt, sympathy, modesty, or embarrassment.

### 24 Month
**Toddlers**
- like to imitate you, other adults, and their friends.
- like to use the words mine, no, and me do it.
- enjoy simple pretend play. They may like pretending to cook or talk on the telephone.

### 30 Month
**Children**
- greet familiar adults and are happy to see friends.
- like to be loved and cuddled—but not in the middle of playtime.
- are getting louder and bossier at times. They may talk with a loud, urgent voice.

### 36 Month
**Children**
- use imagination to create stories through pretend play.
- can sometimes use their words to express their feelings.
- are learning to follow simple rules, although they sometimes need gentle reminders.

### 48 Month
**Children**
- now understand short and simple rules at home.
- love silly jokes and have a sense of humor.
- are beginning to share. They take turns but are possessive of their favorite toys.

### 60 Month
**Children**
- may play with small groups of children at the park or at school.
- now play simple games such as Candy Land and Go Fish.
- are beginning to understand the meaning of right and wrong. They do not always do what is right, though.
You are the most important person in your child’s life. You are the one that helps her feel safe. When you are worried or sad, she knows it. Taking care of yourself is one of the most important ways you take good care of your child.

Feelings you may have during stressful times:

- Trouble sleeping. You might wake up in the night or have nightmares.
- Eating changes. You may not be hungry. Or maybe you are eating everything in sight.
- Getting upset easily; lose your temper; cry a lot.
- Can’t stop thinking about what’s causing you stress or concern.
- Afraid and worried about what is going to happen to you and your family.
- No energy to do anything, even though there is so much to do.
- You have little control over your life.
- Hopeless about future.

These feelings are normal and, in many cases, rational responses to stressful situations. It is how you handle these feelings that makes the difference for you, and your child.
Tips for Parents: Managing Big Stressors with Little Ones (cont.)

Here are some ideas for taking care of yourself even when you’re at your most stressed:

- **Stay connected.** Talk to people you trust. Share your feelings, fears and concerns. Keeping these strong feelings inside can make them grow and add to your stress.
- **If possible, find ways to get some exercise alone and with your child.** This can be a great way to reduce stress.
- **Take a break in whatever way you can.** Take a walk, read—do something that soothes and satisfies you.
- **Find ways to have fun with your child.** Activities like singing and reading books together can relieve stress for both parent and child!
- **Establish a daily routine as best you can.** Consistency and routines help adults and children feel safe and secure.
- **Try mindfulness techniques.** Note the feelings that come up for you but try not to get stuck on negative thoughts. Think about what you can do with your feelings that could be productive.
- **Ask for support!** Consider talking to a trusted health professional or seeking other professional help if you have further questions or need more support.