

EHS NEWSLETTER

SEPTEMBER 2019

September 2019

Getting Ready for School.....Begins at Birth

To become eager learners, children need to develop skills in four key areas:

Language and Literacy Skills: Language provides the foundation for the

development of literacy skills. Learning to communicate through gestures, sounds, and words increases a child's interest in- and later understanding of books and reading. **Talking, reading aloud, and singing** all stimulate children's understanding and use of language, and help them learn to become good communicators and eager readers.

Thinking Skills: Children are born with a need to understand how the world

works. They start by making basic associations such as "I call out, dad comes." As they grow, they develop more and more complex ways of figuring things out. In their everyday experiences, children use and develop an understanding of math concepts, such as **counting and sorting** and **problem-solving skills** that they will need for school. For example, a 2-year-old figures out that she needs to get one more cookie because another friend has come to the snack table.

Self Control: Self- control- the ability to express and manage emotions in

appropriate ways- is essential for success in school and healthy development overall. It enables children to **cooperate with others**, to **cope with frustration**, and to **resolve conflicts**. Young children learn these skills through interactions with others and guidance from you.

Self Confidence: When children feel competent and believe in themselves, they



are more willing to take on new challenges, a key ingredient for school success. Self-confidence is also crucial for **getting along with others** and working out the many social challenges- such as **sharing, competition, and making friends**- that children face in school settings. Self-confident children see that other people like them and expect relationships to be satisfying and fun.

Children learn best through their everyday experiences with people they love and trust, and when the learning is fun ! Please join us at socializations and have some family fun!

Information from ZERO TO THREE, www.zerotothree.org

Have you hugged your child today.....Brenda

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 go for a hike	2 Family Center is closed Labor Day	3 Read	4 Read	5 Read	6 Have a Movie Night	7 Play memory
8 Have a play date!	9 Read	10 PUEBLO ZOO!!! Meet us at the Zoo at 10am! Lunch PIZZA & SALAD 	11 Read	12 Read	13 Pop POPCORN the old fashioned way	14 Go to a farm stand and pick fresh produce!
15 Cook a new dish for dinner	16 Read	17 Socialization Pioneer Park 11:00am Lunch Provided	18 Workshop Temperament 12:30pm Lunch & Childcare	19 Policy Council Pathfinder Park 5:30pm	20 Snuggle and watch your favorite mov- ies	21 Pretend
22 Take a nature walk and look for changing Leaves	23 	24 Read	25 Read	26 Read	27 Go to a high school football game 7pm CCHS or FHS Both home games	28 Go to APPLE ORCHARD
29 Drink apple cider!	30 READ!					