Count and Color the Shapes in the Picture

Ask your child to name the shapes in the picture, count the number of each different shape, and count the number of sides for each shape.

- circle
- square
- triangle
- rectangle
- hexagon
- rhombus
- trapezoid

HAVE SOME WINTER FUN!
Read to Me

Write winter words in flour, rice or whipped cream together and point out letter names and sounds. For example: boots, gloves, mittens, sled, ice skate, scarf, coat, snow, snowman, snowflake, etc.

Have your child read his/her favorite winter book to you.

Have your child sing the ABC song while getting ready for bed.

Count with Me

Count together while washing your hands.

Ask your child to count the characters in the book “The Napping House”. Count together how many beds you have in your house.

Count your footprints in the snow.

Talk to Me

Create a small, comfortable area in your home where your child can feel calm. This can be called a “Safe Place.” Use pillows, stuffed animals, or other items that are special to your child to make the space feel calming, or relaxing. Allow your child to go to this space when she/he is feeling anxious, mad, or afraid.

Ask your child what makes him/her angry. Talk about what you can do to work through the anger (i.e. belly breathe, squeeze a ball, jump up and down, listen to music, go to your “safe place”), or other ideas.

Notice when your child uses a healthy strategy when feeling angry and say, “I see you used belly breathing; that helped you calm down.”

This Month’s Booklist

How Do You Know It’s Winter? By Ruth Owens
Winter Wonderland by Jill Esbaum
The Mitten/ The Hat by Jan Brett
I See Winter by Charles Ghigna
Little Monkey Calms Down by Michael Dahl

This Month’s Page Turner Book:
The Napping House by Audrey Wood

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