

NOVEMBER 2023

Family Newsletter

November Book List

The Gift that I Can Give
by Kathie Lee Gifford

Gratitude is my Superpower
by Alicia Ortego

I Am Thankful
by Sheri Wall

The Things I Am Grateful For...
by Arnie Lightning

I'm Thankful
by Terri-Sue Hill

The Thank You Book
by Mo Willems

Thankful
by Eileen Spinelli

Thanks A Million
by Nikki Grimes

Bear Says Thanks
by Karma Wilson

The Thankful Book
by Todd Parr

Llama Llama Gives Thanks
by Anna Dewdney



WE ARE GRATEFUL!

November at our center is **GRATITUDE MONTH**. We have celebrated Gratitude Month every November for the past three years and we hope the children, our staff, and our families feel the ❤️. Look for our Gratitude art projects and activities throughout the center this month!

Last month our staff participated in one of our four annual In-Service days. This time is so important to provide our educators with key training as well as any updates to licensing guidelines and requirements. The focus of this past In-Service was "Understanding Behavior". To help build on their knowledge and ECE training, staff viewed a presentation and then participated in a role-playing activity where they talked about how to handle different classroom scenarios. There are so many factors to consider when working with children – developmental milestones, cultural backgrounds, maybe something as simple as a poor night's sleep – and this training was an important way to reinforce being objective and thoughtful with children.

Finally, help us meet our fundraising goal! Our Charleston Wrap fundraiser runs through November 17th. Drop by the front office if you have questions about the program.

We wish you and your family a very Happy Thanksgiving!



Happy Thanksgiving

For Grins



What's a Turkey favorite Thanksgiving food?

(Answer on page 2)



Early Learning Academies



BRINGING IT HOME

RESOURCES AND ACTIVITIES FOR ALL AGES



THANKSGIVING WITH KIDS

Thanksgiving is no doubt one of the most special and family-friendly holidays. Families gather to enjoy Thanksgiving favorites like turkey, stuffing, mashed potatoes and gravy, cranberry sauce, and of course pumpkin pie! This year, try the following tips for making this year's feast extra special with your little ones.

Get kids involved with the meal planning and prep. Ask kids what Thanksgiving foods they would like to include on the Thanksgiving menu. When kids are involved in the process, they generally feel more comfortable trying different foods. Choose age-appropriate meal prep activities to include children in. If making homemade stuffing, kids are great at tearing bread into small pieces!



Don't ditch the routine. While the Thanksgiving Day schedule likely looks very different from a typical day, keep some consistency with meals. Try to minimize grazing throughout the day and avoid skipping any meals.

Offer a variety of foods. Kids tend to dislike combination dishes like casseroles and anything that looks unfamiliar. Be sure to include some kid-friendly staples on the thanksgiving table like fresh fruits, vegetables, macaroni and cheese, and bread or rolls.




FAMILY GRATITUDE TREE, WALL, OR WREATH

Designate an area of the house where you would like your family to visually display their gratitude! Have a family meeting and discuss what gratitude is, what it means to your family, and how you can express it. Allow each family member to say what they feel gratitude towards and then each person can take a few moments to either write down or draw a visual representation of what makes them feel grateful. You can cut paper or notecards into the shape of leaves, flowers, feathers, etc. Proudly display each family member's contribution in a prominent place in your home to remind everyone to always be grateful!



See Page 3 for our special bonus

Gratitude Scavenger Hunt

For Grins  Answer: Nothing! They're already stuffed

Gratitude Scavenger Hunt



Each November we celebrate Gratitude Month.

A time for us to pause and recognize all we are grateful for. Our amazing community, the children, staff, and families that make us who we are and for kindnesses big and small.

We invite you to take a moment with your children to complete our Gratitude Scavenger Hunt and take note of the things you are grateful for. During good times and hard, when we take a moment to appreciate all the sweet things in life, life too becomes that much sweeter.



- Something Beautiful
- Your Favorite Place Indoors
- Your Favorite Place Outdoors
- Something That Smells Good
- Your Favorite Activity
- Something That Will Make Someone Else Happy
- Your Favorite Song
- Something Tasty
- Your Favorite Texture
- Someone You Love
- Something That Makes You Laugh
- Something That Makes You Feel Safe
- Something That Helps Keep You Healthy
- Something That Helps You Feel Calm
- Something That Makes A Sound You Like