

Rush-Henrietta UPK December Newsletter

We wish you good health, peace and
happiness this holiday season!



Family Center Events



The Family Center will host **Make a Holiday Ornament** at 6:30 p.m. on Monday, December 9. You can register for this fun, free event by emailing Patty Sammon at psammon@rhnet.org. Registration will open on Monday, December 2, and is limited to 20 children! Please see the flyer for more details.

Tips for parents

Please take a look at this month's "Family Focus" article on the importance of reading with your child every day. If you need books to read at home, try the [Henrietta Public Library](#) or the [Rush Public Library](#)! They are fantastic resources for families.

Parent Discussion Group

- Are you frustrated when your child won't go to bed at night?
- Do you struggle with getting your child to sleep in their own bed?
- Does bedtime become a battleground that is overwhelming?

This month, parent educator Betsy Marshall will host a discussion on "**Putting Bedtime Problems to Rest.**" Come and share your experiences with Betsy and other preschool parents. UPK parents are welcome and encouraged to attend any group time that fits their schedule. See the attached flyer for details and the calendar below for session dates and times!





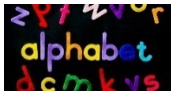


Putting Bedtime Problems to Rest

UPK Site	Date	Times
Augustin	Wednesday, December 11	9-10 a.m.
Care-a-lot	Monday, December 16	8-9 a.m.
Expressive Beginnings	Monday, December 9	8:30-9:30 a.m.
Good Shepherd	Wednesday, December 4	9:30-10:30 a.m. or 2-3 p.m.
Henrietta Recreation Center	Tuesday, December 10	11:30 a.m.-12:30 p.m.
Richard M. Guon Child Care Center at MCC	Monday, December 2	9-10 a.m.
Pride and Joy	Tuesday, December 3	8:30-9:30 a.m.
Rush Nursery School	Wednesday, December 11	2-3 p.m.

Calendar

There is no UPK December 23-January 3 for the December Recess.
We will see students beginning Monday, January 6!

Happy Holidays!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>Can your child answer this? What is orange, grows on a vine, and starts as a seed? (pumpkin)</p> 	<p>Help your child clap the syllables they hear in:</p> <ul style="list-style-type: none"> -tree (1) -winter (2) -holiday (3) -ornament (3) -snow (1) 	<p>Read your child a favorite story and have them tell you their favorite part.</p> 	<p>Ask your child to touch their:</p> <ul style="list-style-type: none"> -elbows -ankles -knees -toes -shoulders 	<p>Place four items in front of your child. Have them touch and count the items and tell you how many. Repeat with other numbers.</p>	
8	9	10	11	12	13	14
	<p>Practice the letter Bb. Say these words: big, bag, ball</p> <p>How many "Bb" words can your child think of?</p>	<p>Go on a listening walk with your child. What was the loudest and softest sound they heard?</p>	<p>What shape are the windows in:</p> <ul style="list-style-type: none"> -your house? -your car? -a school bus? 	<p>Put out some paper and crayons and encourage your child to draw, color, or write. Ask questions about their creations.</p>	<p>Play one of your child's favorite songs and dance!! See if they can dance through the entire song.</p>	
15	16	17	18	19	20	21
	<p>Draw a large circle on a paper. Ask your child to color or draw inside the circle, then outside the circle.</p> 	<p>Say the alphabet, slowly, with your child, at least once a day. Start today!</p> 	<p>Review with your child their:</p> <ul style="list-style-type: none"> -first name -last name -address -phone number 	<p>Saturday is the first day of Winter! Talk about the seasons and focus on Winter. List a few characteristics of the season.</p>	<p>Discuss with your child the traditions or holidays your family celebrates.</p> <p>Happy Holidays!</p>	
22	23	24	25	26	27	28
	<p>Schools are closed this week.</p>		<p>Christmas Day</p> 			
29	30	31	1	2	3	4
	<p>Schools are closed this week.</p>		<p>New Year's Day</p> 			

Rush Henrietta Universal Pre-K

Parenting Education Programs



Putting Bedtime Problems To Rest

- Do you struggle with getting your child to bed at night?
- Does bedtime become a battleground that is overwhelming?
- Are you frustrated when your children won't fall asleep alone?
- We will work to understand why children struggle to self soothe and how to teach a child to fall asleep without your help.
- Tips for how to get your child to bed and stay in bed will be discussed.

UPK Site	Date	Times
Richard M Guon Child Care Center at MCC	Monday, December 2	9-10 a.m.
Pride & Joy	Tuesday, December 3	8:30-9:30 a.m.
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All are welcome! Please join us (any of the sites/times that work for your schedule). This is a free program for adults.

You are invited to the Rush-Henrietta Family Center's

“MAKE A HOLIDAY ORNAMENT”

Monday, December 9, 2024 from 6:30 to 7:30 p.m.

Good Shepherd School Gym

3288 East Henrietta Road, Henrietta, NY 14467

~ For parents and children in Even Start and UPK ONLY. ~

Children will receive their own materials with directions to make and decorate their choice of several ornament designs!

Space is limited
to **20 children**

Registration is required and will begin
on Monday, December 2, 2024.

**NO REGISTRATION
WILL BE ACCEPTED
BEFORE THAT DATE.**



Please **EMAIL** Patty Sammon at psammon@rhnet.org
and include the following information:

- Your family name
- Number of children/their ages and number of adults
- The best phone number to reach you in case we need to contact you regarding the event.

Family Focus

Building a Foundation for School Success

Getting Ready for School Reading with Your Child Every Day

Reading books aloud with children in any language can introduce them to new information, expand their imaginations, and build their vocabulary. When your child sits with you and listens to a book you are sharing, you also are strengthening your parent-child relationship.

Why is this important for school readiness?

Reading develops children's language skills. If your family is multilingual, reading to your children in your home language will help them become better readers in both your home language and English. Books use words that you may not use every day with your child. Reading helps expand your child's vocabulary.

Reading exercises your child's brain. Research shows that specific areas of the brain are affected when children are read to on a regular basis from an early age. These areas include memory, problem-solving, emotion, thinking and behavior regulation.

When children are read to, they develop knowledge about the world as well as learn new words. The more they know about, the more questions they will ask, and the more successful they will be in school, not just in literacy but in all areas.

Reading develops a child's imagination and creativity. As children hear a story, they imagine the characters, the setting, and what will happen next.

The act of reading with a child can build a stronger bond between the child and parent because they are spending time together, sitting together, reading and talking.

What can families do to help?

- ❖ Reading TO a child is not the same as reading WITH a child. When you read with your child, you have conversations about the book, predict what's happening next, and enjoy the experience together.
- ❖ Visit your public library and get a library card. Many libraries have a selection of books that can be accessed on-line and read from a digital device. Libraries also have many family activities that are free. Be certain to check out the calendar of events at your local library.
- ❖ Set up a cozy area in your home with a basket of books, a comfortable seat, and some favorite stuffed animals for your child to "read" to.
- ❖ Let your child take the lead in choosing books that are interesting to him or her. If you are not familiar with a book your child selects, first look at the pictures in the book before you read it aloud to make sure it is not violent.
- ❖ Include non-fiction books. Books that include real pictures can expose a child to new things he or she may never have seen before.



Activities to do with your preschooler:

❖ *Types of Books Preschoolers Tend to Like*

Your child will enjoy choosing books with topics and characters that he or she finds interesting. But what are the types of books young children like? Here's a list to provide you with some ideas:



3-4 Years of Age

- Small books that fit into small hands and has thick pages.
- Books with simple rhymes.
- Books with familiar routines such as bathing and bedtime.
- Lift the flap books.
- Books that they can learn "by heart" because they have few words.

4 – 5 Years of Age

- Books that tell stories.
- Books that make them laugh.
- Books they can "memorize".
- Books about familiar real-world objects and events: trucks, going to school, animals, insects.
- Counting books, alphabet books, non-fiction books.



❖ Read with Your Child: *Shared Reading Practices*



In shared reading, you sit with your child and you read a book that your child is interested in.

- While reading, you pause every now and then to ask your child open-ended questions (ex., Why do you think Max escapes to the land of the Wild Things?).
- Ask questions that start with "What if" or "Suppose". Expand on your child's answers.
- Encourage your child to make predictions, comment, and ask you questions about the story as you read.
- Choose times when you're not in a rush as your shared reading time. You want to be able to give your child as much time as he or she wants to dig into the story and characters.



❖ When Once is Not Enough: *Repeated Reading Practices*

Your child will love to hear his or her favorite books read aloud over and over again. This is a good thing! Repeated readings of the same book helps your child master the story line, the language used in the book, and encourages a love of reading. Here are some ways to make repeated readings interesting:

- Welcome your child's comments and questions about the story. Have a conversation about it.
- Let your child "read" the story to you. After hearing a story read many times, your child will memorize sections of it and enjoy saying the words and turning the pages of the book as if he or she were reading.
- Let the child pick the book for you to read. Show that you are excited about the story even if you've read this story dozens of times.



❖ Identify, Connect Word with Print, Learn: *Sharing Word Books*



Reading and sharing “word books” that clearly label the pictures help your child learn new words, recognize familiar words, and connect words in print to the picture. This type of book helps your child feel confident that he or she can “read” the picture. Let your child pick out word books with topics that interest him or her. When you read a word book, point to the objects on the page and let your child name them. Ask questions such as, “What is this?” or “Where have you seen this?”



Resources for families: [Get Ready to Read](#) website & [Raise a Reader: A Parent Guide to Reading for Ages 3-5](#) website

Resources used for this tip sheet: Bonfiglio, C. (2017). [10 Benefits That Highlight the Importance of Reading with Young Children](#), Pruett, K. (n.d.). [Reading to Preschoolers Falls Short on the Road to Literacy](#), & Center for Early Literacy Learning: [Practice Guides to Use with Parents: Reading and Storytelling](#)

