

Thank you families for coming in to read to our class. Having families share in class story time is very special to children☺

Please ensure your child brings a labeled bottle of water daily, continue to provide nutritious snacks (packing enough to keep these growing little ones full!) and remember Colorado's changing weather requires additional clothes for your child.

Every child is unique, and children experience emotions in their own ways, so we need to become good observers (like detectives!) Pay close attention to your child's expressions, body language, tone of voice and behavior. Listen and validate the child's feelings. Set limits while helping the child to problem-solve. Recognize these emotional times as "magic moments" and as opportunities for intimacy and teaching. This type of "Emotion Coaching" requires a significant amount of commitment and patience, but the job is essentially the same as that of any other coach. If you want your child to succeed at baseball, you don't avoid the game, you get out in the yard and start working on skills. Likewise, if you want to see your child handle feelings, cope with stress and develop healthy relationships, you don't shut down and ignore expressions of negative emotion; you engage with your child and offer guidance. Research has shown that even more than IQ, emotional awareness will determine success and happiness in all walks of life. For parents, this means being aware of your child's feelings and able to empathize and guide them. For children it includes the ability to control impulses, delay gratification, motivate themselves, read social cues and cope with life's ups and downs.

*Raising an Emotionally Intelligent Child, by John Gottman, PhD;
1997*

Please feel free to email us anytime with questions, concerns or comments or if our child will be out...

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Kinder Adventures ~ Ms. Sue

8:30 ~ 11:30 AM

No School: April 13th/16th

Last day of class: May 16

End of Year Celebration:

May 17



Show & Tell...a time to take turns, develop vocabulary and tell stories☺

April 5/6 bring something with wings

April 11/12 bring something with wheels

April 19/20 bring something that flies

April 26/27 something that floats