

JANUARY 2026

Family Newsletter



REMINDER

We are closed on Monday, January 19
for Martin Luther King Jr Day

January Book List

Happy New Year Around the World
by Sylvia Walker

The Night Before New Year's
by Natasha Wing

Squirrel's New Year's Resolution
by Pat Miller

Happy New Year
by Clara Coleman

Bringing in the New Year
by Grace Lin



Shante Keys and the New Year's Peas
by Gail Piernas-Davenport

Happy New Year Everywhere!
by Arlene Erlbach

**P. Bear's New Year's Party:
A Counting Book**
by Owen Paul Lewis

Freedom Soup
by Tami Charles



WELCOME 2026!

HAPPY 2026! We hope you had a wonderful holiday season! Every January, the new year is filled with messages of resolutions and goal setting. While young children may not understand the idea of a new year's resolutions, you can begin to build their confidence and motivation by setting good examples.

- **Encourage optimism.** Try to focus on possible solutions for a problem rather than dwelling on the problem itself.
- **Teach them grit.** Applaud their effort and help them understand that success doesn't always happen on the first attempt.
- **Help them accept that we all make mistakes!** That is how we learn. Accepting our mistakes is key to how we approach challenges in the future.
- **Celebrate their wins.** They've worked hard, let them know you see their success!
- **Give them a chance to succeed.** Kids need our love and support. Encourage them to pursue their interests.

To read more about encouraging self-motivation with your child, go to <https://bit.ly/JanTeachMotivation>

For Grins

Q: What do you call a snowman party on New Year's Eve?

(Answer on page 2)

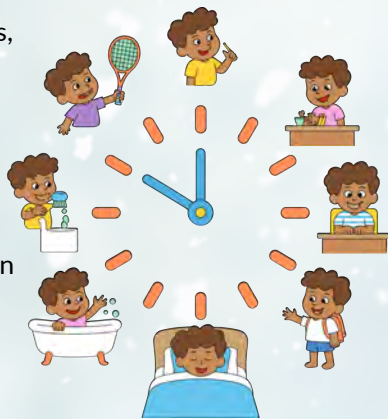




UNDERSTANDING TIME & ROUTINES

Young children don't yet have a clear concept of time. They learn routines through rhythm and repetition rather than by understanding clocks or schedules. Knowing what comes next helps children feel safe, reduces anxiety, and builds early life skills like emotional regulation and smooth transitions.

Using consistent routines, visual schedules, songs, and verbal cues to help children understand and follow the flow of the day. By preparing children for what comes next, we help them feel more confident and in control.



At home, you can support your child by talking through daily routines in simple, clear steps. For example, "After bath, we will put on pajamas then read a story." Visual tools like picture charts or timers can be especially helpful to make transitions smoother. Offer comfort and reassurance during these moments. Whenever possible, give your child choices related to transitions (e.g., "Do you want to brush your teeth first or put on pajamas?") to build a sense of control and cooperation.

Together, consistent routines both at the center and at home create a predictable environment where children can thrive.

The days are short and the weather isn't always ideal for outdoor play. Here are some fun indoor, activities for this winter season.

NOISE MAKERS

Decorate two paper plates by coloring on them, placing stickers on them, gluing pieces of paper or other materials (tissue paper, sequins, glitter), etc. Place a handful of beans or rice on one plate. Place the other plate on top and then tape the two plates together. Add a popsicle stick for a handle and shake.



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FIREWORK PAINTING

Using a recycled paper towel roll, create your paint brush by cutting small slits into it. Bend the slits outward so they look like a starburst. Pour a small amount of paint onto a paper plate. Place the paper towel roll into the paint and then onto your canvas. Repeat with different colored paint to create your fireworks.



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