

# Happy Hearts News

## Dates to Remember

♥	Jan 1-4	TPS Winter Break
♥	Jan 1	Center Closed
♥	Jan 15	No TPS – MLK Birthday
♥	Feb	Black History Month
♥	Feb 14	Valentine's Party
♥	Feb 19	No TPS – President's Day



## Happy Birthday

### January

Cayden  
Courtlynn  
Kamron  
Olivia  
Angela

### February

D'Angelo  
David  
Gideon  
Kylin  
Melia  
Ashton

## Early Literacy

### Singing with your little one...

Nursery Rhymes have so many benefits for little ones—not only do they help develop language skills, but they're also great for introducing counting, animal sounds and are a fun way to connect. Check out these 10 classic and fun rhymes to sing with babies and toddlers:

<http://rainydaymum.co.uk/10-nursery-rhymes-for-tots>

### Hat, cat, bat...Why Rhyme?

- Rhyming teaches children how language works. It helps them notice and work with the sounds within words.
- Rhymes help children experience the rhythm of language. As they recite nursery rhymes they learn to speak with animated voices. Someday they'll read with expression, too
- When children are familiar with a nursery rhyme or rhyming book, they learn to anticipate the rhyming word. This prepares them to make predictions when they read...another important reading skill.
- Rhyming is important for writing, too. It can help children understand that words that share common sounds often share common letters. For example, the rhyming words bat and cat both end with -at.
- When listening to rhyming songs and poems, children create a mental picture, expanding the imagination.
- Because rhyming is fun, it adds joy to the sometimes-daunting task of learning to read. Check out some great examples of rhyming books, but don't forget rhyming songs and finger plays:

<http://pbs.org/parents/adventures-in-learning/2014/08/rhyming-books-kids/>

### Bedtime Reading...

Reading to kids at bedtime has lots of benefits, with language and literacy development being the most obvious. But bedtime reading also provides bonding time with parents, is a point of focus and distraction away from the day's activities, and because bedtime reading happens when children are tired and relaxed, it becomes associated with those feelings. Even in young babies, this point of focus helps them filter out the stimulating world around them and relax.

<http://www.readbrihtly.com/bedtime-stories-key-better-nights-sleep-kids-parents/?ref=9B06BE3756CB%27s>

### Early Literacy Skills...

Sounding out words is a developmental skill. It can be introduced gradually, reintroduced later, and then we can provide opportunities for practice when it has finally "clicked." But, did you know little ones need to know quite a few things about reading before we should teach them to sound out words? Check out this really helpful information:

<http://www.themeasuredmom.com/reading-skills-kids-need-theyre-ready-sound-out-words/>

sproutsdevelopment

## Siblings: Turning Rivalry Into Relationships

Brothers and sisters are usually each other's first playmates, helping each other discover the world and develop social skills. Outside of their parents, they are each other's greatest supporters and they have a natural love for one another. It all sounds lovely, but all of us who've ever been on a family road trip know the truth, Sibling rivalry is real.

According to Laurie Kramer a University of Illinois researcher, variables such as gender and age difference don't make much of a difference between siblings.

What does seem more important are the social behaviors that children learn in their early years that they can use to develop a positive relationship with a sibling. That's why it's important for parents to encourage siblings to be engaged with one another and develop a relationship where there is mutual respect, cooperation and the ability to manage problems.

To support these problem-solving skills, parents must role model the type of behavior that dispels anger, competitiveness or dominance and portrays love, care and affection.

To help toddlers overcome what doesn't come naturally to them, parents need to coach how to resolve conflict in a loving and respectful way.

Family games and activities where all of the family is cooperating to have fun or to complete an activity is a good way to demonstrate teamwork and further building love and respect.

Despite parent's best efforts, there may still be battles and fights that occur. Learning to express emotions and feelings can be healthy. Immediately punishing or separating siblings after a fight can lead to suppressed feelings and harboring anger, which can erode a loving relationship. Instead, help them work it out and show affection by sharing a hug once things are better. This experience will help foster that loving relationship.

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