



## THE SOUTH SHORE NATURAL SCIENCE CENTER



### Nature Center Preschool News

February 2019

As February begins, we are preparing for our imaginary trip to India. Thanks to the Mantil-Klein and the Ahuja-Wolstenholme families, we are looking forward to discovering the people, places, culture and nature in India. We will investigate food, art, animals and plants, music and dance, and much more! During our trip we will celebrate with a Friendship Day by sharing in the making of a friendship fruit salad and bringing thoughts from home that demonstrate all the ways that we love and appreciate each other.

February Vacation week is Feb 18<sup>th</sup> -22<sup>nd</sup>. We will be exploring the theme of "Winter Discovery" and investigate all things cold and snowy.

<http://southshorenaturalsciencecenter.org/preschool/vacation-week-programs/>

**Classical Indian Dance  
Performance Saturday Feb.  
2nd!**

**Families and the public are  
invited!**

11am-12pm

Free—but preregistration  
required due to capacity.

See flyer posted at the  
classrooms.

## Did you know?



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## Family Advisory Council News!

The next meeting for the FAC is:

- Feb 12<sup>th</sup> 6:30-7:30pm
- Feb 9<sup>th</sup> Storybook walk launch 9:30-11am
- Ladies Night out is coming March 14<sup>th</sup>

## Dates in February

**Feb 2 Groundhog Day**

**Classical Indian Dance Performance**

**Feb 12<sup>th</sup> FAC meeting**

**Feb 13/14/15<sup>th</sup> Friendship Fiestas**

**Feb 18<sup>th</sup> Eyes on Owls**

**Feb vacation week 18<sup>th</sup> -22<sup>nd</sup>**

**Feb 25<sup>th</sup> School resumes**



## Nature Notes

### It's winter—where do the turtles go?

As the water temperature goes down, the turtle's body temperature and metabolism do, too. Turtles lie in the mud or on top of it, barely breathing. During their winter dormancy (sometimes called brumation, as opposed to mammalian hibernation), they absorb oxygen from the water through an orifice called the cloaca. Eastern painted turtles can live for extended periods without oxygen, and their heartbeats can slow to as few as one beat every 8-10 minutes.

They do move around, though. Turtle expert and author David Carroll, who has observed turtles for 60 years, says, "I've seen a spotted turtle moving under ice that's as clear as a window. It's a curious thing, because they like to be dug in to avoid otters and other predators." Snapping turtles also are spotted moving beneath the ice, he says. "They can move in water that's an eyelash above freezing."

[https://northernwoodlands.org/outside\\_story/article/the-quiet-parlor-of-the-fishes](https://northernwoodlands.org/outside_story/article/the-quiet-parlor-of-the-fishes)

Save the Date! NCP Art Show May 1<sup>st</sup>!



### February areas of Interdisciplinary Learning!

- **Social/Emotional:** self-regulation, being an audience, waiting for turns, collaborative play
- **Physical, Gross and Fine Motor:** Gross motor: Trail walks, feeding the birds, making notes for friends, scissor skills, stringing beads
- **Cognitive:** Groundhog Day, flora and fauna of India; Bird migration, exploring ideas as a group
- **Language/Early Literacy/Math:** *The Tree Huggers*, *The Colors of Us*, non-fiction selections; beginning sounds, measuring and mixing ingredients, one to one correspondence
- **Music/art:** Music from India, rhythm sticks, pottery, Alma Thomas—mosaic style paintings



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## How to Raise a Problem-Solver

Excerpt from <https://www.realsimple.com/work-life/family/kids-parenting/how-to-raise-problem-solver>

We want kids to enter the real world as prepared and self-sufficient as possible. The road to this goal has one major rule: make sure you let them drive sometimes.

By Joanna Nesbit October 01, 2018

How can you give your kids space to figure out their stuff? For starters, don't view "giving space" as yet another task you do for your kids. It's about establishing a new mindset, not making life more complicated. A few ideas from the experts.

**Make room for play.** Children learn critical skills through open-ended play. In their 2016 book, *Becoming Brilliant: What Science Tells Us About Raising Successful Children*, university professors Roberta Michnick Golinkoff, PhD, and Kathy Hirsh-Pasek, PhD, contend that today's culture elevates "content" over play—in other words, we want kids to soak up knowledge at all times. But free play teaches important skills, such as problem-solving, collaboration, communication, critical thinking, innovation, and confidence. "Play is really the crucible for developing these skills because in play kids don't have to stick with the program," says Golinkoff, professor of education at the University of Delaware in Newark. "They can violate the norms." Structured activities are important, but kids also acquire essential skills from made-up games in the backyard.

The best part about free play is that it's, well, free. It only requires downtime—and all you have to do is get out of the way. For example, when your child is playing with a friend, don't hover nearby to mediate disputes or correct their ideas—let them figure everything out, unless they really need you. And even if it makes you nervous, allow them to do some calculated risk-taking: Let them climb and use tools, with some supervision in the beginning.

Taking reasonable risks (evaluating a challenge and deciding how to handle it) is now recognized as an important component of learning to problem-solve.

You can also create more opportunities for invention. Keep a box full of random loose parts and junk, like paper towel rolls and cardboard boxes, which make excellent fort-building materials.

**Support purpose.** Little kids, as self-centered as they may sometimes seem, actually want to be part of activities that benefit other people. They are motivated to help when they know the work they're doing matters and the tasks are real (they can usually tell the difference between real-life and pretend scenarios), says Andrew Coppens, PhD, assistant professor of education in learning sciences at the University of New Hampshire in Durham. How we respond to their initial eagerness is crucial, he says: If you wait until your child can do a task independently, you may miss the sweet spot when she doesn't see household tasks as drudgery and truly wants to participate. So if your little one is watching Dad fold laundry, Dad can give him a pile of socks to sort. If your kid loves hanging out in the kitchen while you make dinner, ask him to stir a bowl of ingredients or measure out a cup of beans. At first it's going to be messy, and it'll probably make the job take longer, but think big picture: "Getting kids involved in work that's needed and matters gives them a sense of purpose and teaches them to be truly helpful in regularly getting those things done," says Coppens.

**Ask questions.** One reason we jump into action so instinctively: We often underestimate kids' capabilities because kids develop so quickly, especially in the early years.

Swooping in to fix a mistake—or handling a task from the beginning—is so easy. And you'll do it better.



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If you think your child is too young to try something, ask yourself why, suggests Jennifer L.W. Fink, a mom of four sons and the founder of Building Boys, a blog focused on boys' well-being. "Is it a cultural thing you're carrying over? Is it because nobody else's kid is doing it? Are you afraid other parents will judge you?" Consider the ways your child has already surprised you and how proud her progress has made you. Then remind yourself that stepping back is a form of helping too.

**Let go of perfect.** In other words, prepare for bumps. When you introduce your kids to life skills—prepping food, doing laundry, heading to the dentist solo—expect a learning curve, says Lythcott-Haims. But your kids will become capable. Karen Schwartzkopf, a mom of three in Richmond, Virginia, asked her kids to handle one family dinner a week. "They could get help from each other but not from me," she says. "One child's first effort was a glob of sticky soba noodles that looked like a brain in a bowl." But since then, all three have become excellent cooks.

The other trick is helping kids let go of perfect too, which can be difficult in high-achieving schools or communities. Suniya Luthar, PhD, a psychology professor at Arizona State University in Tempe who researches high-achieving schools around the country, says the teens she studies feel an intense pressure to excel. "These kids need to know they're loved by the adults around them for who they are, not for what they do," she says. But even if you're not prone to anxiety about GPAs and colleges, counterbalancing the influence from school isn't easy. Try to limit "transactional" conversations about grades and tests, says Lythcott-Haims. Practice this speech: "There are lots of great colleges. No point stressing about getting into the small handful that deny almost everyone. Life is about so much more than that."

The irony, of course, is that today's climate of more activities, more academics, and more supervision means there's less room for learning independent problem-solving, stick-to-itiveness, and teamwork, the very things that help kids do well at college and

beyond. Rest assured that letting kids play, help out at home, and handle their own issues helps them build the confidence they need for life. And if they just can't figure out how to open the cap on the gas tank, you're still only a phone call away.

### Questions That Keep You in the Passenger's Seat

When kids come to you for help, resist the urge to take over. Eileen Kennedy-Moore, PhD, a psychologist in Princeton, New Jersey, and coauthor of *Growing Friendships: A Kids' Guide to Making and Keeping Friends*, suggests asking questions like these to guide them toward a solution. Keep your tone kind, calm, and curious.

What do you think you/we could do to solve this? (if your child offers an unreasonable suggestion, ask, "What else could you/we do?")

What could you do to help them feel better?

What's your plan for getting this done?

How is that strategy working?

What has happened when you've tried doing that in the past?

What might get in the way of this plan?

What do you want to do differently next time?



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