



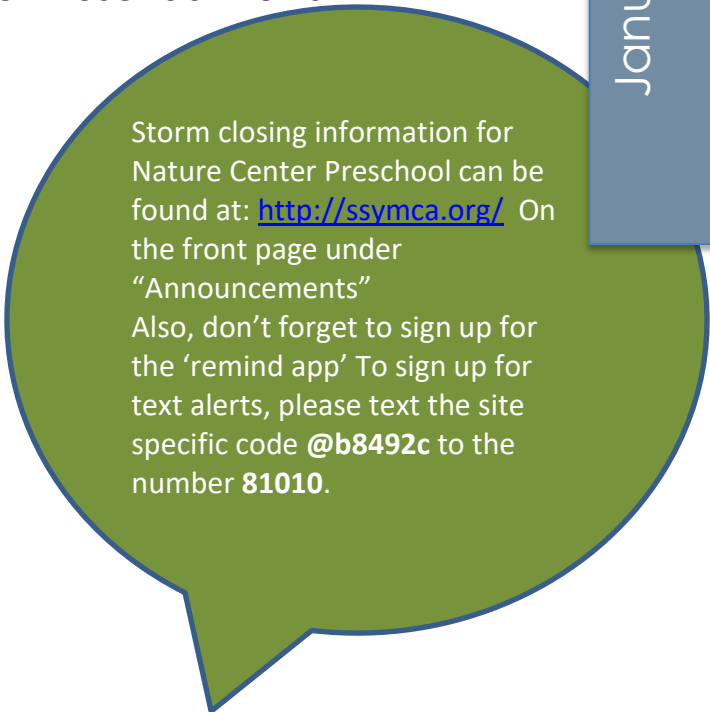
THE SOUTH SHORE NATURAL SCIENCE CENTER

January 2018



Nature Center Preschool News

Happy New Year and welcome back to the second half of the school year! Thank you to all NCP families for your outpouring of support during the holidays with classroom gifts including a classroom camera, art supplies, and a portable Bluetooth speaker. Your generosity is overwhelming and it shows us each day how lucky we are to serve such a supportive community of families.



Storm closing information for Nature Center Preschool can be found at: <http://ssymca.org/> On the front page under "Announcements"
Also, don't forget to sign up for the 'remind app' To sign up for text alerts, please text the site specific code @b8492c to the number 81010.

Enrollment for Fall 2018 is ongoing for current Nature Center Preschool families and siblings! Registration is now open to new families. Please help us spread the word about our unique program! If you need a registration please ask your Teachers or Preschool Director, Diane, for a copy!

Swim

The family swim playgroup continues through the winter and the remainder of the school year. If you need more information or would like to register, please ask you teacher or the Preschool director.

Did you know?

Save the Date!

Silhouette artists Jean and Marcella Comerford are returning to SSNSC April 6 and 7. This is a great opportunity to capture your child's silhouette with this classic artform!
More information will be available soon!



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Family Advisory Council News!

Thank you to all families for your generosity in supporting the Friends of the Homeless on the South Shore Holiday Gift Drive!

Next meeting: Jan 11, 7-8pm

(Bring your planning energy for Ladies Night Out)



Dates in January

Jan 2 New Family Registration for Fall 2018 begins

Jan 2 Classes resume

Jan 8 Registration for Feb. vacation week begins

Jan 15 Dr. Martin Luther King Jr's birthday
No school

Jan 28th Rainforest Reptiles (SSNSC)



Nature Notes

Wintergreen: A Splash of Winter Color

Gaultheria procumbens goes by many common names – checkerberry, teaberry, and boxberry. But it is most often called American wintergreen. Even those unfamiliar with the plant will recognize its fresh flavor, a synthetic version of which frequently flavors chewing gum. I appreciate that flavor any time of year, but it is the welcome splash of bright red that wintergreen berries bring to winter snows that makes it one of my favorite wild edibles.

Wintergreen grows in the acidic soils of our northern forests. Technically it's a diminutive shrub; its woody stems rise only a few inches above the ground from trailing rhizomes. It has thick, dark green, glossy, leathery leaves. They are oval with small, inconspicuous teeth. As one might deduce from their name, they are green all year and smell strongly with an unmistakable odor when broken.

https://northernwoodlands.org/knots_and_bolts/wintergreen-color

THANK YOU!

The staff of NCP would like to thank families for your kind expressions of gratitude and your generous gifts during the holiday season. It is an honor to teach your children!

LOOKING FOR SOMETHING TO DO?

NCP has one pass to the South Shore Children's Museum in the Hanover Mall to lend out to families for a day! Ask at the front desk of SSNSC to find out if it is available or call ahead! Please return the same day or next day at the latest.



January areas of Learning!

Science Animal homes in Winter, frozen experiments, winter birds

Literacy *Snowflake Bentley, Stranger in the Woods, No Two Alike*

Math Patterns in nature, sequencing, first, next, last; comparisons, measurement

Social Emotional Discussing diversity, Dr. Martin Luther King, Jr; winter helpers

Fine Motor practicing zippers and buttons, playdough, beading

Environmental Literacy Making predictions based on nature experiences; exploring the winter woods



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Positive Parenting Tip

<https://www.positiveparentingconnection.net/how-to-get-kids-to-listen-without-yelling/>

Many parents and caregivers confess to yelling at their kids upwards of ten times a day.

Parents and caregivers say they do this most of all because they want their children to listen but they get zero cooperation. When promises, pleading and threats no longer work, yelling can feel like the only option. Especially if time is short, behaviors are out of bounds, and big power struggles break out, yelling becomes the go-to way to get kids to start listening.

The problem is that yelling at kids really doesn't help them focus on what you want them to do.

Katie Hurley, parenting educator explains why this backfires: A natural defense mechanism for children is to "tune out" yelling. It's a highly charged input. Children might yell back or they might even laugh in response, but they aren't internalizing the message. Frequent yelling can trigger symptoms of anxiety in children and can lead to a negative cycle of communication that is difficult to break.

Here are some pro-active strategies to try if you want to reduce yelling and encourage your kids to listen and cooperate:

Set limits early on

Sometimes we dread the potential tears, conflict or protest that may come with setting a limit. So we avoid setting the limit in the first place. The problem? This practice of avoidance until the last minute leads to frustration and resentment on our part. Then we yell and our child startles, cries, or disconnects.

Setting a limit sooner means the problem is eliminated well before it grows and triggers yelling.

Keep your Limits AND remember to validate feelings

Setting limits sometimes means children feel upset. Keeping limits however helps children learn to trust

our guidance. While we cannot own or change our children's feelings, we can strive to accept them, empathize and lead confidently.

It's very helpful to validate feelings and then trust that your child will be able to feel her feelings and move on. Here is a conversation:

adult: "Can you please set the place mats on the table?"

four year old (with creative excuses): "Oh..but my legs hurt! And I'm playing with my playmobil!"

adult: (showing interest): "Oh no, your legs hurt? What's going on with them?"

four year old (being honest!): "Ugh, I just don't feel like table setting mama. it's so boring!"

adult: (validating): "uhm.uhm..you don't feel like it. It is boring. I understand. And it's dinner time. So what's your plan to get your job done?"

four year old: "I don't wannnna. I don't mama."

adult: "it's a boring job. you don't want to do it. Could you make it a fun job?"

four year old (understanding my request wasn't changing): "Can my playmobil princess do it? You, know, with my help?"

adult: "yes!"

Parenting educator and psychotherapist Andrea Nair says "Yelling grows children's defenses while clever language grows their cooperation."

Adjust expectations

Young children touch everything, preschoolers ask WHY around 300 times a day, school aged children often have no interest in doing homework when WE think it's the time to do it. When expectations are in line with our children's abilities (in that moment!) the better they can follow through with our requests and yelling is no longer necessary.



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