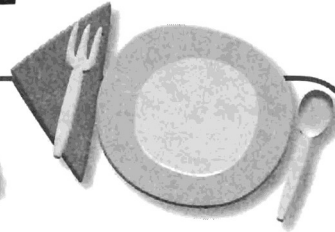


A letter to our Preschool families for DECEMBER

Ideas for Busy Families

In the Kitchen



In this unit your child is learning about different kinds of food and how food changes when cooked.

- Invite your child to join you in the kitchen and talk as you are preparing meals. Keeping a stool in the kitchen that is especially theirs will help make them feel cared for.
- Remind children of cooking safety rules. Talking with your child about everyday items helps children develop their vocabulary.

On the Move



In this unit your child is learning about how we get food.

- Talk with your child about what is on your grocery list. Discuss the various sections of the grocery store and what you might find in each section. This will help your child learn to classify food items.
- When you are going through check out, explain the steps of checking out, such as scanning for a price, what the cash register is, and how you pay for the groceries.