

A letter to our Preschool families for JUNE

Ideas for Busy Families

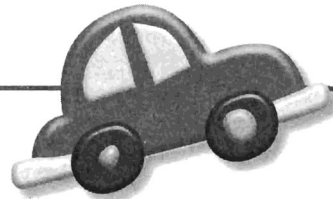


At Bath and Bed Time

In this unit, your child is learning about parts of the body and how they move.

- Ask your child to identify his or her hands, knees, head, and toes. Have a discussion about how body parts move.
- Explain and show how body parts move in different ways. Then have your child clap, bend his or her knees, turn his or her head, and wiggle toes.

On the Move



In this unit, your child is learning about fitness and staying healthy.

- Talk with your child about exercise and playing sports. Discuss the need for exercise to stay healthy. If possible, visit a park and point out people exercising to help your child visualize and understand the idea of fitness.
- When you take your child to the park, bring a large ball. Model how to bounce, kick, and throw it. Let your child bounce, kick, and throw the ball back to you.