



Endless Discoveries

PARENT NEWSLETTER

GLEN ROSE

JANUARY 2023



Benefits of Outdoor Time

We all know how much kids love playing outside, but do you know how beneficial playground time is?

When children are running, jumping, climbing, crawling, sliding and playing on riding toys, they are developing gross motor skills, the ability to move the large

Character Trait

This month's Character Trait is Self Discipline, and our teachers will be helping the children understand the value of being self disciplined.

People who are self-disciplined are able to make good choices regardless of how they feel, without requiring immediate gratification.

Self-discipline allows people to cope with uncomfortable emotions in a healthy way.

January Holidays

New Year's Day - January 1
MLK Jr. Day - January 16
January 22 - Chinese New Year

January Birthdays

Connor C. - January 17

Reminder

We will be closed on Monday, January 2. The staff at Endless Discoveries wishes you and your family a Happy New Year!



muscles in the body, such as the arms, legs and torso.

Every child develops at a different rate, and our teachers make use of outdoor play to help children develop strength and agility at every stage of their development.

Holiday Fun

National Spaghetti Day - 1/4
National Hat Day - 1/15
Winnie the Pooh Day - 1/18
National Popcorn Day - 1/19
Hot Chocolate Day - 1/31



Playing with balls and outdoor games like Hopscotch, Simon Says, Tag and Red Light Green Light are great ways to keep children moving, bonding, interacting with each other, and creating memories of fun times with friends.

How to Entertain Kids this Wintertime

Build a blanket fort and cuddle up with a good book . . . Play a board game . . . Bake yummy treats . . . Bring out the arts and crafts . . . Build a snowman or make a snow angel . . . Make cocoa and watch a favorite family movie!

Staff Birthdays

Ms. Baylee - January 30

New Year's Resolutions FOR CHILDREN

Even children can make goals for the upcoming year! Remember to keep your resolution discussions positive and age appropriate. Help your child come up with a short and achievable list of plans for the year. Remind them that it's about setting attainable goals, and following through.

Remember not to nag, and there may be lapses. The purpose is to teach kids that they can set goals and accomplish them through a little effort and dedication. Some examples for kids include cutting down on junk food, starting an exercise routine, continuing good behavior, or mastering milestones.