

CREATIVE DAY SCHOOL

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How to Boost Your Child's Self-Esteem

One of the greatest gifts we can give our children is a positive self-esteem. Why? Because children with high self-esteem are competent, feel loved and ultimately grow into happy, healthy, and productive adults. So, what can you do to boost your child's self-esteem? Here are some easy ideas:

- Give your children choices – within reason. Choices with a reasonable set of options allows your child to feel empowered. Let them make smaller decisions now and this will help them with bigger decisions as they grow.
- Do not do everything for them. Have some patience and let them work out a situation on their own. This allows them to face more challenges and as they do so, they become more confident.
- Make sure your child knows that none is perfect, and they should not expect to be either. Watch how you react to things your child does and mistakes they make. Your reaction determines how your child will react.
- Give your children chores that are appropriate for their age. These can be anything from setting the table to walking the dog and anything in between. Assigning certain tasks and allowing them to do those gives them problem-solving skills and a sense of competency.
- Do not compare your children to each other or two other children. Each child is unique in their own way and their differences should be celebrated.
- Spend one-on-one time with your child on a regular basis. It does not matter if it is over lunch or on a bike ride or a walk in the park – spending time with your child in this way allows them to discuss things that are on their mind and further strengthen the bond you have with each other.



February 2021



Kids Joke of the Month

What day of the week are most twins born?

Twos-day!

Monthly Quote

"Sometimes when you innovate, you make mistakes. It is best to admit them quickly and get on with improving your other innovations."

—Steve Jobs

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Take A Look at What We Are Doing...

This month's theme is: Cultural Celebrations and History

- **Infants:** This month, the infants will explore cultural music and discover what a celebration is. They will enjoy activities involving transportation, and exploring the moon, stars, and sun through a variety of pictures and books. They will strengthen their fine motor skills using shakers and stacking toys. The infants will also be strengthening their gross motor skills as we are encouraging their crawling, cruising, and moving around their play areas.
- **Toddlers:** The toddlers will enjoy having pretend celebrations. They will hear cultural music to express themselves as they dance. They will explore the sun, moon, and stars through pictures, books, and art activities. They will work on their gross motor skills using riding cars to move around the playground. The toddlers will also use shape sorters to improve their fine motor and cognitive skills.
- **Twos & Threes:** The twos and threes will use books, music, clothing, pictures, and play foods to sort, share, discover, and discuss multicultural facts. They will discuss celebrations and learn about what happens during different celebrations. They will look at their personal history as they share pictures of themselves as babies. The children will continue to work on matching, sorting, counting, and practicing their letters.
- **Fours:** The Pre-K class will discover cultural types of foods, homes, clothing, language, and music from around the world through a variety of hands-on activities. They will learn about various types of celebrations including seasonal and from around the world. They will discuss food, clothing, transportation & technology from the past through pictures and informative books. They will also enjoy scientific exploration using magnets, bubbles, forces of nature, astrology and the human body/biology through creative art activities, books, and pictures. They will continue to practice their numbers, shapes, colors, letters, & writing their own name.
- **After-schoolers:** The After schoolers will discuss interesting facts about cultures from around the world. They will talk about celebrations and share how their family celebrates birthdays, holidays, and other family celebrations. They will discover things of the past such as food, clothing, trends, transportation, and technology. They will also explore the anatomy of the human body through pictures and activities. February is Black History Month. The school-age children will discuss important contributions made by various African American inventors.



Feb 5 Jamarion
Feb 5 Damari
Feb 9 Jalil
Feb 9 Susana
Feb 15 Manuel-Manny
Feb 21 Ju'el
Feb 22 Ashaad



Center News:

Our nutrition activity for February is discovering multicultural foods using pictures, books, and play foods.

Here is a resource of the COVID-19 Guidance for Families with Children in Child Care that was updated: January 11, 2021. This guidance is based on the ChildCareStrongNC Public Health Toolkit from the NC Department of Health and Human Services (NC DHHS):

<https://healthychildcare.unc.edu/wp-content/uploads/sites/17234/2021/01/Guidance-for-Families-1-2021-ENGLISH.pdf>

Thank you for your cooperation in following these guidelines and staying safe and well for our families.

