

# Seed to Sprout

P R E S C H O O L

DECEMBER 2023 NEWSLETTER

## THIS MONTH

In the spirit of the holidays, our storytelling focus this month will be “The Gingerbread Man” and perhaps we’ll try our hand at making some gingerbread ourselves--but hopefully ours will stay put!



## IMPORTANT DATES

December 15th  
Priority Registration Begins  
December 19th  
Holiday Singalong  
Dec. 26th-Jan.2  
Winter Break

## HAPPY BIRTHDAY

Dec. 18th Liam

Half Birthdays

June 2nd Lena

June 15th Asher



## AFFIRMATIONS



I Am Intelligent

I Am Filled With Joy



## RECYLABLES

Please collect the following recyclable items this month:

Empty Cereal Boxes



# Holiday

SINGALONG

**TUESDAY DECEMBER 19TH**

**AM CLASS 11:30 AM**

**PM CLASS 2:30 PM**



Join us for a short program  
and treats to share  
afterward.

Due to space constraints,  
please keep your group to  
no more than two adults  
and younger siblings.

# WHY PLAY??

## SOCIAL AND EMOTIONAL DEVELOPMENT IN CHILDREN THROUGH PLAY

For young children, play encompasses more than mere enjoyment; it serves as a powerful catalyst for their social and emotional development. Research shows how pretend, creative, and collaborative play during free time establishes crucial foundations for their well-being.

### BUILD RELATIONSHIPS

Through shared play, children learn to navigate cooperation, compromise, and effective communication, forming the cornerstones of meaningful friendships.



### MANAGE EMOTIONS

Engaging in pretend play in various roles allows children to comprehend and express their feelings in positive and empathetic ways.

### DEVELOP SELF-CONTROL

Following play scripts and rules requires children to inhibit impulses and regulate behavior.



## GROW SELF-CONFIDENCE AND SELF-ESTEEM

Successfully engaging in pretend scenarios and creative activities nourishes children's sense of competence and pride.

PLAY  
Helps Children

## INCREASE EMPATHY AND PERSPECTIVE-TAKING

Imagining another's thoughts and feelings during pretend play lays the groundwork for understanding others.



The next time your child engages in lively pretend play with dolls, action figures or stuffed toys, see it as a chance to nurture vital social and emotional muscles. By acknowledging the profound impact of play on their social and emotional health, we can fully appreciate the importance of providing ample opportunities for children to engage in imaginative, unstructured play, which in turn supports their growth and development.

"PLAY IS NOT ALWAYS FUN OR SILLY. PLAY CAN BE VERY DEEP, IMMERSIVE, AND SERIOUS. IT'S MASSIVELY UNDERVALUED IN FORMAL EDUCATION."

DAN ELLISON

References: Gmitrova, V., & Gmitrov, J. (2003). The impact of teacher-directed and child-directed pretend play on cognitive competence in kindergarten children. *Early Childhood Education Journal*, 30(4), 241-246. Smilansky, S. (1990). *Play and cognition* (Vol. 4). Oxford, England: John Wiley & Sons.