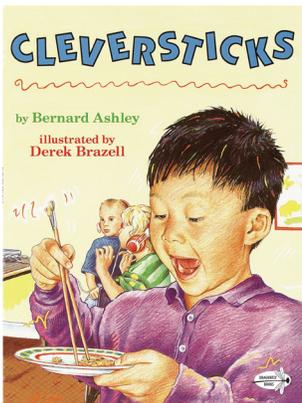


January Parent Newsletter

International Creativity Month

Crossword puzzles. Meditation. Brushing your teeth with the hand you don't usually use. Scientists have found that trying new things and solving problems sharpen your thinking skills. But what about for small children? Celebrate international creativity month by reading books that help children discover what's the same and what's different, exploring activities that help children live well in a complex, diverse world, and playing games that teach diversity life skills!

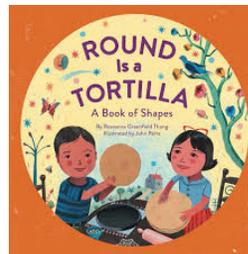
Pollywog Staff Picks!



Cleversticks

By Bernard Ashley
Illustrated by Derek Brazell

Ling Sung dreads going to school. There are too many things the other kids can do that he can't. When he discovers everyone admires his ability to use chopsticks, Ling Sung is empowered.



Round Is a Tortilla: A Book of Shapes

by Roseanne Thong
Illustrated by John Parra

In this lively picture book, children discover a world of shapes all around them: Rectangles are ice-cream carts and stone metates, triangles are slices of watermelon and quesadillas. Many of the featured objects are Latino in origin, but all are universal in appeal.

"I love how books can take you to a new culture or give us an opportunity to see things differently. These books bring culture to a new and exciting level. If I can't travel around the world at least books give me a place to escape to." - Jessica Frederick

Books and Tips that Promote Life Skills

MIND in the Making

The Seven Essential Life Skills Every Child Needs
Life Skill That Promotes Executive Function (EF):
Focus and Self Control
Children need this skill in order to achieve their goals, especially in a world that is filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly and exercising self control.

Suggestions for Promoting Focus and Self Control for Infants and Toddlers

Tip:

As you read each page of Goodnight Moon, point to the objects named in the story (the red balloon, two little kittens) and ask your child to point after you.

Skill:

When you invite your child to find the objects, you are helping your child learn to pay close attention to the details in the pictures, which calls on Executive Function skills. The book and forth interaction you have with your child in reading this book is what researchers call "serve and return." Like a game of ball, one of you says or does something (serves) and the other responds (returns). The importance of these everyday interactions to brain building is a key finding from child development research.

Tip:

After the opening of the book, there is a tiny mouse on all of the pages with pictures in color. See if your child can find and point to the mouse. If not, point the mouse out to your child.

Skill:

Your child will not only have to pay attention to find the mouse, he or she will also have to use the skill of self control to select the mouse in the midst of everything else happening in the picture.

Tip:

Once your child has heard Goodnight Moon a number of times, stop before words that rhyme. Can your child remember that after "Goodnight, kitten" is "Goodnight, mitten?" You can help your child remember by pointing to the relevant pictures.

Skill:

When you play the rhyming and remembering game, you are not only helping your child learn to listen carefully to the sound of words, you are also promoting his or her working memory, an important aspect of Focus and Self Control.

Goodnight Moon

By Margaret Wise Brown

In the classic bedtime story, a rabbit says goodnight to what's in the room. From "Goodnight, moon" to "Goodnight, nobody" (read by "Goodnight, noise") and "Goodnight, noise" (read by "Goodnight, noise") everywhere. The mesmerizing cadence of the rhyme and the clever details in every picture form a reassuring and calming end of the day tradition for children and adults alike.



High-quality books and educational resources from First Book supporting research-based life skills from Mind in the Making by Eric Gordon. Find more books and materials on the First Book Bookstore, a resource available exclusively to educators and program serving children in need. www.firstbook.org

You will notice that these tips promote child development processes: **Serve and Return** and **Executive Function** skills. **Serve and Return**, like a game of ball and forth conversation between you and your child where you listen, then build on and extend what your child says or does to promote learning. **Executive Function** skills are skills you use to manage your attention, your feelings, your thoughts and your behavior to reach your goals. They include paying attention, remembering information, thinking flexibly and exercising self control. Find more about Mind in the Making at www.mindinthemaking.org

Mind in the Making has partnered with **First Book** to combine children's books with tips for encouraging diversity and inclusion.

You will notice that these tips promote two child development principles: *Serve and Return* and *Executive Function* skills.

Serve and Return, like a game of ball, involves a back and forth conversation between you and your child where you listen, then build on and extend what your child says or does to promote learning.

Executive Function skills are skills you use to manage your attention, your feelings, your thoughts and your behavior to reach your goals. They include being able to pay attention, remember information, think flexibly and exercise self control.

www.mindinthemaking.org/firstbook

STEAM Projects

Did you know?

In many cases, when one expert is working on a project and gets stuck, they invite an expert from a different field to look at the project with a different mindset? This might look like a scientist inviting an artist to work on a mechanical drum. This is a “left brain meets right brain” situation, which builds connections between logical thinking and creative thinking, helping children develop inventive thinking and strong problem solving skills.



[STEAM Kids eBook](#)

Inside you'll find 50+ hands-on STEAM activities plus a bonus STEAM Activity planner perfect for camp, school breaks and homeschooling. This book will help you inspire your kids to engineer, create, design, explore and build the unimaginable.



[STEAM: Preschool Activities for STEAM Enrichment](#)

By Jamie Hand and Amanda Boyarshinov

This ebook is packed with creative ways to integrate STEM disciplines into everyday fun and learning for preschoolers.

[Watch the video here](#)

Community STEAM

Corvallis-Benton County Public Library

[Science Saturday](#) is a program designed for preschool-age kids. We have a special themed story time followed by hands-on activities and crafts that encourage the exploration of science, literacy and math concepts.

Check out our STEAM Kits!

Philomath Community Library

- Preschool Science Program offered once per quarter
- Squishtivities is a sensory program offered once a month
- Please contact Julia Engel for dates and times - 541-929-3016

Lebanon Public Library

Show up and Geek Out (SuGO) offered twice a month for different ages. Explore different types of programming, coding, electricity etc. Requires registration.

- Please contact Darcy Smith for dates and times – 541-258-4926

LBCC Parent/Child Classes

Creative Development

In this one day a week art enrichment class, with an emphasis on creative activities for 2 1/2 to 5-year-olds and their parents/caregivers. We do the messy projects you may not want to do at home. In two evenings sessions, parents focus on understanding and planning activities that optimize children's development.

Live and Learn Discovery Lab

In this class for two hours a week, parents/caregivers and their 2 1/2-5 year olds become immersed in activities designed to build on children's natural sense of wonder and desire to explore. Participants will measure, build, experiment, problem-solve, and discover the world together.

Please call Family Connections/Pollywog 541-917-4884 for more information.



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