

Parent Engagement for Active Child Enrichment



A 501 (c) (3) Nonprofit Organization

Website: <http://peacenurtureskids.org/>

Newsletter –August-September, 2023

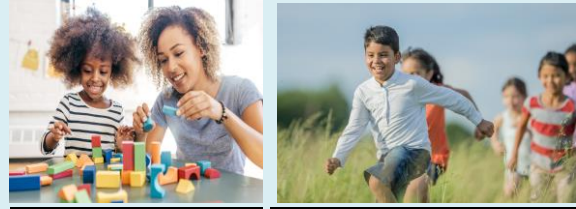
A Few Forthcoming PEACE Events - Fall 2023

- ❖ **Simple Routines to be School-Ready: Aug. 8, 2023**
A presentation in partnership with Lamar CISD
 - ❖ **Nurturing The Growing Mind (NGM), 8-part virtual coaching series for Parents/Caregivers & Educators**
When: September and October 2023 on Thursdays
Time: 5:30-6:30 PM. For details and to register, send an email to pps4peace@yahoo.com.
- The NGM series will focus on the following topics:
1. *The Science of Early Brain Development: Bonding, Relationship-building and Nurturing Strategies*
 2. *Developmental Stages - Birth to Five: Cognitive Stimulation Techniques and hands-on Activities*
 3. *Developmental Stages - Birth to Five: Language Stimulation Techniques and hands-on Activities*
 4. *Cultivating Social-Emotional Development: Pursuing Positive Behavior Approaches*
 5. *Tantrum, Tantrum, Go Away! Calm-down, Calm-down, Come My Way!*
 6. *Engaging in STEM-based Thinking & Activities*
 7. *Storytelling Techniques to Build Attention, Memory, and Imagination*
 8. *Strengthening Executive Function and Self-Control Skills*
- ❖ **A Learning Fair with Multiple Learning Stations for parents and children from 5:30-6:30 PM at the Chinese Community Center**

PEACE partners include Alief ISD, Chinese Community Center, Lamar CISD, Head Start & Early Head Start.

Please contact PEACE to learn more about our services and to schedule workshops and Learning Fairs at your location: Email: pps4peace@yahoo.com
PEACE Website: <http://peacenurtureskids.org/>
Telephone: 832-415-3088
Visit Facebook page at:
https://www.facebook.com/peacenurtureskids.org?ref=hl&ref_type=bookmark

Research Tells Us: Play is Education for Children.



Research shows play has enormous learning and social benefits across all ages.

- Play is considered to be integral to the academic environment for both social-emotional and academic development, according to the [American Academy of Pediatrics](#).
- Play should be viewed as the natural way for young children to learn. “The parts of the brain that are most developed in the early years are the ones that respond to active experiences,” says Dee Ray, a professor of early childhood education and director of the Center for Play Therapy at the University of North Texas College of Education.
- “Play is one of the main ways that children really consolidate their learning. The way we really make our skills permanent and enriched and highly developed, is often through our play experiences” says Doris Bergen, a professor at Miami University’s Dept. of Ed. Psych.
- Play as a spectrum of activity, ranging from free play, where “adults should just get out of the way,” to direct instruction, where adults set the agenda is how Kathy Hirsh-Pasek, a professor of psychology at Temple University, views it. It’s the middle of this spectrum, where children experience “guided play” with a learning goal in mind, that has perhaps the most potential for young children, she added.





Book suggestions included below will help stimulate children's thinking, inquiry, and discovery skills. Make sharing books a Joyful experience for kids!

Age range: 1-4 years

Title: *I am a Tiger Finger Puppet Book*

Author: Cottage Door Press, Smithsonian Kids

This story features a fun animal finger puppet toy built into the board book encouraging interactive play, hand-eye coordination, and language development.

Age range: 2-6 years

Title: *Are You Ready to Play Outside?*

Author: Mo Willems (an award-winning author)

Gerald the elephant and his friend Piggie are outdoors and ready to play when a drop of rain falls "PLINK!" on Piggie's head. But will a rainy-day ruin all the fun? Read this endearing book to find out what happens.

Age range: 4-8 Preschool to Grade 2

Title: *I Face the Wind (Science Play)*

Author: Vicki Cobb

This colorful book from the Science Play series encourages children to observe, experiment, and learn about wind and air. Invite children to observe and comment about wind and air as you walk outside.

Age range: 5-10 Years

Title: *Awesome Architecture Activities for Kids*

Author:

This book offers 25 awesome hands-on architecture activities that kids can pursue at-home! Every activity combines all of the features of STEM for well-rounded learning and to encourage curiosity.



Padmaja Sarathy, the president of PEACE, who develops the newsletter with research-based facts and tips, is the author of multiple books.

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For example, to teach engineering concepts, adults might tell children to [build a sturdy skyscraper](#), then ask the children open-ended questions about their efforts. To foster the development of mathematical concepts and skills, adults might draw a number line on the ground, ask children to jump, and then compare their distances.

Some research shows children can learn just as much – if not more – through guided play experiences like these than when they are taught in less active ways.

For more on the benefits of play, go to:

<https://hechingerreport.org/want-resilient-and-well-adjusted-kids-let-them-play/>

Pursue play to nurture children's competency, resiliency, emotional health, and brain size.

1. **Play 'Hide and seek' and 'Peek-a-Boo' with young toddlers.** Use finger plays, imitation games, movement games, etc. with older toddlers.
2. **Play 'I Spy' game as you go on a walk or at recess at school.** Give clues to an object and have the child locate the object/animal.
3. **Role-play how animals move with 3-5-year-olds to stimulate imagination, recall animal features and movement, and build vocabulary skills.**
4. **Play 'Simon Says' with 4-6-year-olds - a game to advance attention, inhibition, and promote cognitive flexibility.**
5. **Play the 'feelings' guessing game.** Make happy, sad, mad, and silly faces in front of a hand-held mirror for your child to guess the emotion and next, imitate it.



For children 5 years and up, write down 4-5 'feeling words' on index cards (one word per card). Place them face down. Children take turns picking up a card and acting out the word for the other children or parent to guess.

6. **Play the 'My Favorites' Game – Take turns with your child identifying favorite animal, food, color, book, toy, etc.**





Simple Routines to Follow to Prepare Children for School Start & Readiness

Predictability

- Follow the same routine each day to reduce anxiety & build calm in your child.
- Help practice waking up at the same time for school.
- Plan ahead and provide choices to help make decisions in selecting what to wear.
- Engage in playful games or sing rhymes or count while waiting for the bus or riding in the car to reduce the anxiety level and build calmness.

Positives

- Show understanding and patience when your child struggles to adjust to school routine or exhibits anxiety about the school/teacher. Provide a positive and soothing response, instead of being dismissive or a negative response. Offer encouraging comments when your child is beginning to adjust to the routine, "I see a smile on your face, awesome!"
- Mirror some of the school activities at home to prepare the child, such as reading books, listening to stories, drawing/writing, playing games, movement, etc.

Productive Pursuits

- Use a serve and return approach -back-and-forth communication- while engaging in learning activities with your child:
 - Model how to maintain attention and focus.
 - Cultivate curiosity and discovery skills.
 - Build your child's confidence in pursuing a variety of activities.
 - Support building resilience.
- Ensure ongoing and productive communication between home and school to assist child's continued progress.

PEACE has a new partner – First3Years

Established in 1980 by early childhood clinicians, First3Years enhances care for young children, emphasizing nurturing interactions and play to build healthy brains. As a trusted authority on infant and toddler matters, they actively support positive parenting, quality childcare, and foster care. With an annual reach impacting over 179,000 children, First3Years raises awareness about the critical early years, nurturing caregiver relationships, and healthy brain development. They educate professionals in best practices, empowering children to reach their full potential in healthy development statewide. Operating in Texas with regional staff and volunteers, they aim to create a supportive ecosystem, recognizing that 85% of brain development occurs by age 3, forming a lifelong foundation.

www.first3years.org

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Email: info@first3yearstx.org

@First3Years on Facebook, Instagram, and Twitter