



Partnership for Children of Sampson County Provider Newsletter

Volume 14 Issue 3 January, February, March "Ready for School, Ready for Life!"

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The Importance of Outdoor Play in the Winter



With the chill of winter settling in, it is timely to discuss the importance of outdoor play. During the cooler months, it is common for children to be restricted to indoor play at home, and only permitted to play outdoors when it is warm and sunny.

Many parents fear that their children will not "like" being outside in the cold, or that they will get sick from being outside in the cold fresh air. For this reason, it is particularly important that young children enjoy outdoor activities in their early childhood education service.

Playing outside in autumn, winter, and early spring, each present their own unique opportunities for exploration and learning. Therefore, outdoor play should be embraced in all types of weather, as it is crucial for children's ongoing development.

The Most Common Winter Myth Dispelled

My child will get sick if they play outdoors in the cold

Most adults associate winter with getting colds and illnesses such as the flu. However, it is not exposure to the cold that

that cause these viruses. In fact, it's likely to be increased exposure to poorly ventilated indoor environments, where bacteria and viruses live. By encouraging outdoor play in winter, children gain much needed exposure to fresh air and Vitamin D, while avoiding bacteria.

Why Outdoor Winter Play is Important

See the outdoors through a new lens.

During the spring and summer, children become familiar with bright green foliage, flowers in bloom, and a warm climate. As the change in season, they come to see different characteristics in their environment, such as brown grass, fallen leaves, and ice.

These developments provide children with new experiences and opportunities, such as learning about the seasons, and the life cycles of plants. Through outdoor play in the winter, children also learn to see their environment through a different lens, and progress from being unconscious to conscious observers of their environment.

The physical health benefits of outdoor play

Playing outdoors in winter promotes physical development and well-being. This is because outdoor play encourages the use of the whole body by offering a safe space to run, jump, and exercise key muscle groups.

Need your car seat checked or replaced?

Call 910-592-9399 for an appointment

PARENTS AS TEACHERS:

Targets children prenatal to 5 yrs. old. Call Raquel Cervantes for more information.

SCHOLARSHIP PROGRAM:

Helps parents with the cost of childcare. Parents must be working more than 32 hours a week or going to school FT. Call for more information!

Dolly Parton Imagination Library

Children ages 0-5 years old can receive a free book each month. Enroll today!

Through activities such as riding tricycles, swinging, and running, children increase their large muscle use. This increase in physical activity supports children's gross motor development and overall health.

It is important that children remain active in the cooler months so that they continue to build emerging skills that are crucial to their physical development.

The emotional benefits of outdoor play

Outdoor activities also promote emotional health benefits, such as self-confidence, and the ability to assess risks. By encouraging outdoor play in the winter, children learn to identify hazards, such as slippery surfaces, and moderate their behavior to ensure their safety.

Further, challenges associated with winter environments, such as icy leaves, and games played in fog, also provides children with new ways to develop their emotional skills. Through wintery games, children learn to explore, work together, and find harmony in endless problem-solving opportunities.

The social benefits of outdoor play

Finally, playing outdoors with others encourages social development and collaboration. This is because play teaches children how to work together in groups, which includes learning to share, negotiate, and solve conflict.

Social outdoor play also provides children the opportunity to exercise and stretch their imaginations. In winter, the physical changes to the outdoor environment provide children with new opportunities for socio-dramatic play, and winter-themed games.

Children who are encouraged to explore through play are also more likely to learn new skills and overcome challenges, which promotes self-confidence, resilience, and self-advocacy. The development of these social skills are highly

important to the development of healthy social relationships, communication skills, and a strong sense of self.

<https://montessoriacademy.com.au/outdoor-play-in-winter/>



I'm a Friendly Snowman

Sung to: "I'm a little teapot"



I'm a friendly snowman big and fat.
(stretch arms out to sides)
Here is my tummy and here is my hat.
(point to tummy, then top of head)
I'm a happy fellow, here's my nose.
(smile, then point to nose)
I'm all snow from my head to my toes.
(point to head, then to toes)

I have two bright eyes so I can see.
(point to eyes)
All the snow falling down on me.
(flutter fingers downward)
When the weather's cold I'm strong and tall.
(stand up all)
But when it's warm I get very
small.
(crouch down low)



BUILD A SNOWMAN ACTIVITY TRAY

Children can work at building snowmen over and over again with this fine motor activity. This is a fun, easy, open ended activity where children can be creative.

Supplies:

Sectioned tray

Cotton cosmetic pads or white foam circles

Small lengths of ribbon, trim, fabric, etc

Craft foam or cardstock or felt for hats

Buttons

Dried black beans*

Plastic ice crystals

Orange felt for carrot noses

Small twigs



Place all parts in the tray. You can provide small trays for a work space or cover a table with a small fleece blanket to prevent pieces from sliding around. Children can use and combine the materials to make their jolly snow people!

<https://handsonaswegrow.com/40-winter-activities->

Snowman Bagels

- Bagels
- Cream cheese
- Raisins
- Petite Carrots

Give each child a half slice of bagel.

Spread cream cheese on the bagel slice.

Place a petite carrot in the middle of the bagel.

Arrange the raisins for eyes and a snowman smile.

Enjoy.



SCPFC THIRD QUARTER TRAININGS

Tuesday January 22, 2019			
ITS SIDS: This is a state required training for any care provider that works in an infant classroom. The certification is good for 3 years.	Nicole Wilson	Large Training Room	6:30pm-8:30pm
Lesson Planning Using NC Foundations: This is the first part in a 3 part training series. The focus will be creating lesson plans relating to the first two domain in NC Foundations: Approaches to Play and Learning and Social/Emotional Development.	Donna Jackson	Small Training Room	6:30pm-8:30pm
Tuesday February 19, 2019			
Organizing Your Facility Files: This training will review what is needed in your facility, staff, and child files based on requirements from NCDCCDEE. All new facilities are encouraged to attend.	Nicole Wilson	Large Training Room	6:30pm-8:30 pm
Lesson Planning Using NC Foundations: This is the second part in the 3 part training series. The focus will be on Health and Physical Development and Language Development and Communication	Donna Jackson	Small Training Room	6:30pm-8:30pm
Tuesday March 26, 2019			
Inclusion in the Classroom: This training will focus on how teachers can make their classrooms a welcoming space for all children	Nicole Wilson	Large Training Room	6:30pm-8:30pm
Lesson Planning Using NC Foundations: This is the third and final part in the 3 part series of trainings using NC Foundations. The focus will be on Cognitive Development and Supporting Dual Language Learners.	Donna Jackson	Small Training Room	6:30pm-8:30pm



The **Lending Library** is open to parents and childcare providers **Monday -Thursday 8:30am-4:30 pm.**

