

Play and Learn GRCC

November 2024

NEWSLETTER

Spotlight on development

Young Children and Celebrating Holidays

It can be a bit daunting navigating the holiday season with young children- late nights, new foods, strange faces, etc. PBS kids offers some tips on “keeping the happy in the holidays”

- Set healthy boundaries
- Maintain your regular sleep schedule
- Adjust your expectations
- Pack a coping kit
- Let them release their emotions

Read the whole article here:

<https://www.pbs.org/parents/thrive/how-to-keep-the-happy-in-the-holidays>

Upcoming Dates

- All November: donation drive
- Saturday Playgroup: 11/9
- No playgroups 11/27, 11/28 or 11/29 for the holiday



Literacy Corner

Let your little chef join you in the kitchen to learn some important literacy skills!

- Model following a recipe step by step.
- Teach children new words such as the ingredients and processes (whisk, dice)
- Point out letters on the food boxes
- Make a grocery list together for what you need- younger children may draw pictures
- Read a story together about the food you're making!



Family Resource

Santa Claus Girls

The Santa Claus girls is a volunteer organization in Kent county that helps make sure all children have gifts during the holidays. Check out their website to volunteer or register to receive the services.

santaclausgirls.org



In Case You Missed it!

We want to provide the content on Instagram that you and your family need. Let us know what you want to see more of! What do you want to learn more about? What kind of posts do you find most useful? What is you and your child's favorite way to play?

Follow us @playandlearngrcc

TRY AT HOME!

What to do with leftover pumpkins?

Cut pumpkin in half and remove seeds then add a cup of birdseed. Place outside on a deck and your neighborhood birds (and chipmunks) will thank you!



Thank You!



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Learn more

www.grcc.edu/play