



Toddler Times



March 2024

At least we can say it's March with all these crocus blooming. I've told many, but not all of you that we've been watching the bees, thanking the bees for helping us to have, as one child remembers it, apples.

We had a lot of fun in February. We got into all kinds of art, gluing, printing and of course painting. The images in this newsletter really capture a variety of our (inside) activities from this past month.



It has been fun to hear more and more language, especially as it comes out socially, playing with friends. Today, when one child was considering whether the play people figures were family, she declared, "they're friends" and later ran off to play after touching base with me joyfully calling out, "Hi friends!" There is definitely more themed dramatic play coming out. Although the panda village is always a hit (at the beginning of the month), the doctor's kit is even moreso and they have been very engaged caring for the dolls, each other and us! The dashiki, party shirt, flip flop and road protection gear dress ups were also a real hit.

Calendar

No holidays this month.

March					
M	T	W	Th	F	
					1
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
25	26	27	28	29	



Gosh these kids are getting older!



Why is Social-Emotional Development So Important?

We are born ready to connect. In her compelling presentation, Mary Helen Immodoro Yang begins by illuminating a little talked about a birth reflex: at birth, infants look for two black dots, close together (eyes).*

More recently referred to as early childhood mental health, social-emotional development refers to children's emerging capacity to experience, regulate and express a range of emotions. Through play, children express their own ideas and when playing with others, have to learn to adjust to another person's ideas and wants. Of course language and communication skills are integral to emotional learning and together they have been found to be more important than academic skills (knowledge of letters, numbers, colors and shapes) when entering Kindergarten.

Healthy social and emotional development is rooted in nurturing and responsive relationships and it enables children to develop close, satisfying relationships over their lifetime. As infants, the security of primary relationships literally give the



child the confidence to explore their environment and to learn.

There is even a social emotional ages & stages questionnaire. The authors of the **ASQ®:SE-2** state:

“Managing emotions is one of the most crucial social-emotional skills a child will learn, and one that may require the most support from parents, families, and caregivers. Trouble falling asleep, extended tantrums, and difficulty moving between activities are all



signs that a young child might need more focused support to strengthen their self-regulation skills.”

Psychology Today offers more information about *how we control our emotions* and what they call the **3 R's of emotional learning**: regulation, reconstruction and resilience.



* I need to listen again, the presentation blew me away years ago—you can listen to this compelling 1.5 hour presentation [here](#).

March Curriculum

Primary Themes

- Spring: signs of Spring outside
- Emotions
- Secondary Colors
- Birds
- Sponge printing, painting, gluing



Activities

- Playdough with flower and egg shaped cutters
- Colored pencils on white or black paper; sponge painting, liquid watercolors
- Care of environment: pouring, sweeping
- Initial sounds, rhyming, letter games
- Counting and number games
- Grace and courtesy



Books

- A Day
- Lots of Feelings
- Caps for Sale
- Moon
- Thank You Earth
- Monkeys Jumping on Bed
- Moon
- Thank You Earth
- What's the Weather?
- Saltarin y la primavera
- Tingalayo

and more!



Songs

- If You're Happy and You Know It
- Rain songs:
 - Ants Go Marching
 - Puddle Boots
- Long Tail Feathers
- Robin Red Breast

and more!

