



Monthly Notes

July 2025

July seems like fire!

Summer's heat waited for the Solstice and after a month full of the year's seasons and tons of mud, there are no cool days in sight!

We made the best of the month of muck. June has been very peaceful, yet filled with many new activities. In June, we ...

- had 8 babies!
- we had pops!
- cooked marshmallows (at left)
- Plucked a million maple seedlings!
- we made stump paths and are all set with stumps for hammering!
- worked with nuts and bolts with a screwdriver and wrenches, inside
- played with water and pipes and funnels - and washed our babies, of course!
- started drawing with fine point sharpies
- continued learning about sewing, beading, weaving
- AND ate so much yummy summer fruit!

THANK YOU to the
Gaige Family
for the
stumps!

Read on to learn about website updates, Superhero play and playing with power, supporting your child's emotional literacy and our July curriculum...



July Holidays n Dates

7/3 & 7/4 July 4th Holidays

7/10 Shiloh's 3rd Birthday

July					
M	T	W	Th	F	S
		1	2	3	4
7	8	9	10	11	
14	15	16	17	18	
21	22	23	24	25	
28	29	30	31		

Get on Board! A Boating Family Gathering

Come Ride the Teal on Cayuga Lake

Saturday, August 23

Time and details: 11am

WHE will pay for WHE kids.

Adult fare is \$28 each (We are trying to get a group discount and will let you

Website Updates

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We have updated our website with current pictures and information! Take a look at our new banner! You will also find our 2025-26 calendar and newsletters are all uploaded now.

REMEMBER... our Parent Resources page has a hidden link for current families, which can be found just to the right of the Parent Handbook link. It is a clear gif, so it is not visible. If you hover just to the right of the text, you will see a hand appear:

Parent Resources Related to West Hill Educare

[Parent handbook](#) (01/12/2024) (PDF Document) 

This link will take you to our confidential page, which contains the following resources:

- ◆ Some old stuff! Like a diapering video of me and a child who just turned 16!
- ◆ A video of me reading “Those Mean, Nasty, Dirty, but Downright Disgusting Germs”
- ◆ Audio recordings of some songs we sing —needs to be added to!
- ◆ Newsletters from 2023 to present
- ◆ A link to our parent meeting calendar. (If you do sign up for a time to chat, please also let us know in person or by sending a quick text—no one has used this system for a meeting yet and I don’t know if we’d be notified!)



Everyone has iPhones...

If you’d like to have copies of your child’s photos, we can do a quick AirDrop!





During the day, children often take a break from the demands of playing with others. Sometimes they just choose and do their own thing, sometimes it comes about after something happens with another child, they don't get their way and leave, exclaiming "I need space!" and revert to their foundational and first stage of play, independent or solitary play.

Independent time and solitary play provides time where children learn to manage their emotions and cope with their feelings, especially when sought after feeling overwhelmed during social play. Independent play also allows children to explore their own interests and develop independence, in addition to fostering creativity and uninfluenced imaginary play.

Maybe you also need a little space? It is not too early to have planned independent time. After you've had a chance to reconnect at the end of a school day and it's time to cook dinner is a common time that people carve out. Let your child know that you need some time to yourself and are asking that they play independently. At first it may be brief and next to you, but over time you'll be able to expand the time and have a little more space from your child's independent activity.

If you're short on ideas—let's chat!

Maybe check out the 50 easy independent Play Activities for Preschoolers by Tired Mom Supermom [here](#).

Superhero Play and Playing with Power

Since children use play to figure out the world around them, the topic of playing with power comes up again and again for parents and early childhood educators alike. Viewed from an adult perspective, we worry that kids will learn to be violent, but in fact there are many benefits to superhero play. In fact, embedding a zero-tolerance approach does not stop gun or superhero play and sometimes children will just disguise what they are doing.

The desire for superhero play is grounded in young children's need to have some control, aka power. This play may include roaring and chasing... At this point we "are not roaring," but the children have been doing superhero play, namely Batman or Spiderman, characters from movies get thrown in too.

I am still reading and thinking about how we can support superhero and power play, as I'm sure it will continue to evolve. Superhero and other forms of power play requires adult support, and child engagement in setting group rules. One challenge we have is that this group often "clumps" and they all want to join in the same activity, so when someone gets scared, they also have to leave the group. Consent is clearly important. So far steering off roaring and instead playing superheroes (their choice), seems to be working for this group.

Learn more about the debate in this factsheet about [Gun & Superhero Play](#) from the National Day Nursery Association in the UK. The concerns, benefits and strategies are outlined well in these articles for early educators from Michigan State University, [Super hero play in child care: Concerns and benefits](#) and Supporting [Super hero play in child care: Strategies](#).

And let's keep up the conversation...

Children's Book: What's the Matter, Marlo?

Sometimes a book takes on a life of its own.

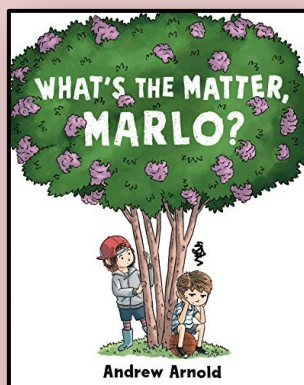
What's the Matter Marlo is like that for us.

It was a quick grab at the library. It looked interesting—a squiggle for a thought bubble that grows as the Marlo gets more upset, a friend trying to help, getting lost in emotions.

As we lived together and struggled with social challenges over the past month, the book became an example for overwhelm, getting lost in feelings, not being able to talk with a friend.

Over the month we learned the name of the narrator and now have a hypothesis as to why Marlo is mad, and sad (his dog died).

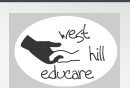
We learned about how sometimes you can be so lost in emotion that you can't find words—and that a friend can be great to have in times of joy, and sadness.



*Book photo links to
a Youtube recording
of the book*

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Emotional Literacy

At times, preschoolers seem to move quickly from one emotional extreme to another in a surprising, nonsensical way. Learning to recognize, understand and manage emotions and develop empathy for others is a foundational task of the preschool years. By learning to identify their own feelings, children gain insights into how their feelings affect their behavior. Gaining an emotional vocabulary and developing coping, or self-regulation skills helps children learn to manage challenging emotions, including anger, disappointment and frustration, and in turn gain empathy, social skills, conflict resolution and positive peer interactions.

At birth, we begin learning how to manage our emotions. We adapt our coping skills and strategies throughout our lives. Learning how to process our experiences and their sometimes weighty emotions often requires support. When children don't have support with challenging emotions, their frustration tolerance can shorten to the point of exploding, or worse—self harm. Even if we, as adults, think what happened *shouldn't* be a big deal, we must honor the child's experience of it being a big deal to them, and support them in working through the situation to help them build these important skills. In fact, [stopping the meltdown is key to your child's emotional control](#). Leaning into your child's challenge, listening, being their to help keep them emotionally safe is at least as important as being their to keep them physically safe.

Help children build their emotional intelligence by creating opportunities to talk about emotions and feelings. Rather than assuming you know what your child is feeling, ask. Are your perceptions correct?—"You look mad, are you mad or frustrated?" (or both...?).

Learning to manage frustration is important: children who do not learn to manage their frustration may face several challenges in their social-emotional development, including increased anxiety and stress, difficulty regulating their emotions leading to outbursts or withdrawal, and a higher likelihood of developing behavioral issues. Social consequences include struggling to form and maintain friendships, difficulty with cooperative play and teamwork and are at an increased risk of bullying. The Children's Health Council offers a great resource article, "[How to Teach Frustration Tolerance to Kids](#)." In this linked article by the Children's Health Council, they note that it is not uncommon for children to struggle with how to deal with anger and frustration and offer ways that adults can help children to build their frustration tolerance, including body mapping, learning about triggers, creating a mad list and deep breathing. There are also a couple links in their article, notably a PBS article titled "[How to Help Your Child Manage Frustration](#)."

Help build your child's emotional literacy by using emotion words, reading books about emotions and modeling appropriate emotional responses—learn more in this article, [Building Emotional Intelligence in Preschoolers](#) from Open Doors Preschool, the renowned [NAEYC](#) or [PBS](#).



July Curriculum

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Primary Themes

● SUMMER!

- Digging, planting, picking
- Farming, cows
- Community helpers
- Transportation, trains
- Magnetics



Activities

- Water:
washing babies, turtles
- Easel painting, oobleck
- Garden:
—harvesting, + planting!
- Playdough:
pasta rollers and stampers
- Classmate vocabulary cards
- Initial sounds, rhyming, counting
- Sandwiches



Books

- Farmer John's Tractor
- Thank A Farmer
- From Calf to Cow
- Up in the Garden and Down in the Dirt
- Marsha is Magnetic
- A Rainy Dragon

We also welcome you to bring books to share!

- One is a Lot
- Meet a Firefighter
- Numbers Everywhere
- Hannah's Tall Order
- A to Z Sandwich

Songs

- Five Green and Speckled Frogs
- On the Back of a Crocodile
- Sunflower
- The Earth is Good to Me
- Bean Song
- Golden Garden Spider
- Oats, Peas, Beans and Barley

