



Nest Notes

May 21, 2021

Dear Center Nest Parents:

Summer is right around the corner, and many of you have asked me what activities you can do with your child over the next couple of summer months. Our little ones love to be involved while gaining skills simultaneously. Get your child involved in daily activities around the house with a bit of preparation. Just think about what items your child will need and be there to offer them help if they need it. Here are some examples of these daily activities:

- Preparation of food: spreading crackers; peeling and cutting bananas, apples, strawberries, kiwi, or any other fruit (you can use a plastic knife or a butter spreader); pouring water, juice, or milk (provide your child a little jug with a small amount of liquid, a child-size cup and a towel to wipe spills); squeeze oranges; serve themselves some cereal; wash vegetables, help prepare salad; set the table, or help clean up after meals.
- Getting dressed and undressed independently: your child at this age develops an interest in getting themselves dressed. Provide the opportunity to practice many times with no interruptions. A little bit of frustration is good when they are attempting for the first couple of times. Let them know that you are next to them if they need assistance. To do this activity, provide clothing that is easy for the child to learn to master. Make sure to opt for bottoms with stretchy waistbands that are easy to slide on and off and put shoes with Velcro. You can combine this activity with the child's daily routine by having your child choose between 2 options for clothing, then having them brush their hair and brush their teeth.
- Helping with laundry: This activity includes bringing dirty clothes to the laundry basket, putting clothes in and out of the washing machine/dryer machine, sorting clothes, and folding clothes
- Helping with house chores: Your child can also help with cleaning the windows, sweeping and mopping, watering the plants, baking, and gardening.

By doing these different activities, your child learns to take responsibility, develops new skills, and builds independence. These activities involve a lot of great movement for refining fine motor and gross motor skills and require repetition to gain mastery, which is an excellent way for building concentration. Finally, these activities help your child feel like they are part of the family because collaboration creates closer connections.

Important Announcements:

Our end-of-the-year party will be Thursday, May 27th, 2021, at 10 am.

Have a wonderful weekend!!

Ashley and Rosa.





Amaré is proudly finished his color box number 2.



Zachary is hammering a golf tee in the clay container.



Sophie is working with the Hex Bolt Board.



Santiago and Azariah are working with the pre-writing skills board.



Sophie, Legacy and Santiago during the morning work circle.