

St. Peter's Preschool Newsletter

October 2024



From the Director's Chair – by Rita Dai Wang

St. Peter's Spiritwear Fundraiser: Here is your chance to show some school pride! Ordering window is open until Friday 10/11. Items will be delivered after 10/21. <https://sealstitchery.com/st-peters-preschool>

Firefighter Visits: We are excited to have the Fire Department come teach us about fire safety. While the dates are set, there is always a chance they will get called to an emergency and won't be able to come on the scheduled day/time. This is why we do not tell the kids in advance when they are coming. Thank you for understanding why it says TBD on the calendar!

Halloween Parties: We are looking forward to our Halloween parties at the end of the month. We will end each party with a parade outside, which parents are invited to attend. More details will come home in the next few weeks. There will be no Extended Day on Wednesday 10/30.

Openings in 4's Pre-K Class: We have 2 unexpected openings in our 4's class, so if you know anyone looking for a spot, please share my information with them. Thanks!

Home-School Communication: Thank you to everyone who has let us know when their child is sick or will be absent from school. The other kids in the class get very concerned when someone is absent without knowing why 😊 If something happens in your family that impacts your child (a parent traveling out of town, the death of a pet, an injury that happened at home, etc.) please let us know. Being aware of significant events in our students' lives helps us to be the best teachers we can be. Thank you for keeping us in the loop. **In case you don't have it yet, my cell is 443-801-3816.** Text me anytime.

Flu Shots: As I'm sure you have noticed, there are a bunch of viruses floating around 😊 While we have been most concerned with COVID in recent times, please don't forget to protect yourself and your children from the regular flu. We strongly encourage flu shots for you and your children in addition to the COVID vaccine/booster.

W-Sitting: We have noticed several kids sitting with their legs in a W instead of criss-cross. While this is not necessarily bad, it can impact kids' ability to develop balance and core strength. See the article below for more details.

Parent Pages: Every month, I receive a newsletter from the Howard County Office of Children and Families. I always find this newsletter jam-packed with good ideas and free courses available to all parents. I have included the Family Workshops List for October below. You can read the entire Parent Pages newsletters as well as sign up to receive them directly at the link below. <https://www.howardcountymd.gov/children-families/children-families-newsletters>

Dates to Remember

- 10/3 JumpBunch – 4's (in school field trip)
- 10/4 Pizza & Popsicle Social (new date)
- 10/11 Spiritwear sale ends
- 10/14 Black Barn Alpaca Farm field trip – all classes 9:45
- TBD Firefighter visit
- 10/18 Teacher Work Day – no school
- 10/30 Halloween Party – 3's, Parade at 12:45 (no Extended Day)
- 10/31 Halloween Party – 2's/4's Parade at 12:45



Happy Birthday!

- 10/4 Ms. Meghan
- 10/16 Hudson Pet.
- 10/21 Sofia
- 10/22 Ellie P.
- 10/26 Jewel



Living Den/Willow Hat

Seeking parents with green thumbs to help us create a living den/willow hut for our Nature Center. If you are talented in this area and would like to volunteer, please see Ms. Rita. (picture for idea only, doesn't have to look exactly like this!)



How Every Child Can Thrive by Five

I saw a captivating TED Talk recently from one of the youngest people ever to do one – 7 year old Molly Wright – discussing how a simple strategy parents can use can make a world of difference in kids' brain development. It's called Serve and Return. Click here to watch. Trust me, you will be enchanted by her too!

<https://www.youtube.com/watch?v=aISXCwOPi94>

What's Wrong With W-Sitting?



WHAT DOES W-SITTING LOOK LIKE?

W-sitting looks like this: a child sits on the floor, his bottom is between their legs, and his knees are bent with legs rotated away from the body - if you stand above him and look down, it looks like his legs are forming a "W". All children have the potential to begin the W-sitting habit. In this position, a child's base of support is wider and his center of gravity is lower, allowing for increased stability through the hips and trunk. It's a convenient position for play because they do not have to work on keeping their balance while also concentrating on toys.

WHY IS W-SITTING PROBLEMATIC FOR KIDS?

In this position, a child cannot achieve active trunk rotation and cannot shift his weight over each side making it difficult to reach toys that are outside of their immediate reach. It is so important for kids to be able to weight-shift and rotate in order to develop adequate balance reactions (think of the ability to catch their fall when they are running) and for developing the ability to cross midline (very important for writing). Bilateral coordination (the ability to effectively use both sides of the body together) is delayed as a result. Every motor skill a child develops is a product of developing the milestone before. So, if a child has difficulty developing bilateral coordination, he may then demonstrate delays in skills such as developing hand dominance, skipping, throwing, kicking, etc.

W-sitting causes the hip and leg muscles to become shortened and tight which may lead to "pigeon toed" walking and could increase chance of back or pelvis pain as they grow. One study also suggests that W-sitting as a preschooler may increase the likelihood of a child becoming flat footed in both feet (European Journal of Pediatrics, Chen KC, 2010)*.

WHAT CAN YOU DO TO HELP?

If a child is frequently in a W-sitting position, core strength may be an issue, which may lead to poor posture, delayed developmental skills, and overcompensation of other muscle groups. If your child is a W-sitter, there are a few things you can do to help him correct his sitting. First and foremost, encourage other ways to sit on the floor. Side sitting (to either side), long sitting (legs out in front), pretzel sitting, or sitting on a low bench or stool. Consistency is important!

If you find that your child has difficulty maintaining any other position than W-sitting, it may be worthwhile to seek the advice of a pediatrician or physical therapist for suggestions on how to correct his position and for treatment of any underlying strength deficits or muscle tightening that has resulted. Ideally, you want to avoid the development of this habit. Keep your children sitting tall, strong, and proud like Frosty the Snowman and avoid the droopy look of a snowman that saw too much sun!



Free Family Workshops & Parent Pages Newsletter

October 2024

[Read the Parent Pages Newsletter](#)

Building Resilience and Coping Skills

A growth mindset in children helps them view setbacks as opportunities for growth rather than failures. Learning how to manage stress and deal with life's ups and downs is a process that continues throughout our entire lives. Learn strategies to help your child prepare, regulate and deal with small to big life transitions, overwhelming and uncomfortable emotions, worries, disappointment, failure, criticism, and sadness. For ages 2 to 8. **Monday, October 7, 7:00 p.m.** Free virtual workshop, register [here](#)

Nurturing Your Child's Temperament

Every child is unique in their own special way and are born with distinct ways of thinking, feeling and behaving. Some may be curious while others are more cautious, some may be outgoing while others are timid. This 'wiring' is called temperament and it's an important part of how your child interacts with the world. Learn how to tailor your parenting approach to support your child's growth and nurture their strengths while fostering a positive and supportive environment for their individual needs. This workshop will be geared towards caregivers of children birth to five years old. **Tuesday, October 8, 6:30 p.m.** Free virtual workshop, register [here](#)

Stories, Explore and Play

Join us at the Family Support Center for a four-week series of classes for you and your child age 2 to 4 years. Enjoy stories, songs and activities and learn how to support your child with The Basics to make the most out of everyday moments. Conclude with free play and exploration in the child development space. Participants will receive a FREE take-home gift during the series. **Wednesdays: October, 9, 16, 23, 30: 10:00 a.m., Family Support Center 9790 Patuxent Woods Dr/ Free, [register here](#)**

Fall Bilingual Story Time Join us at the Family Support Center to meet other families and enjoy seasonal story times, snacks and activities. For children 0 to 5 years of age. **Friday, October 11, 10 a.m., Family Support Center, 9790 Patuxent Woods Dr., Columbia. Free. To register, call Carmen 410-313-1434 or Helen 410-313-0035**

Howard County Office of Children and Families

www.howardcountymd.gov/family-institute



To visit our website and register, scan the QR code

Family Workshops

Click on the Family Institute

Newsletter

Click on Parent Pages

www.howardcountymd.gov/parentpages

For questions or assistance with registering, call 410-313-2273 (voice/ relay) or email children@howardcountymd.gov

Programming questions, email Lisa Rhodes at lrhodes@howardcountymd.gov

Mindful Snacking for the Family

Join us for an interactive webinar on mindfulness and healthy snacking. Explore how mindful eating can help you create balanced snacks and develop lifelong healthy eating habits that seamlessly fit into your daily routine. Empower yourself to make smarter food choices and enjoy the benefits of a healthy lifestyle for the whole family. **Tuesday, October 22, 1:00 p.m. Free virtual workshop, register [here](#)**

Parent's Guide to Challenging Behaviors

The Pyramid Model is a comprehensive, research-based approach that considers all factors that impact a child, family and a child's behavior. Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

Thursday, October 24, 1:00 p.m. Free virtual workshop, register [here](#)

Calm in the Chaos: Tools to Increase the Peace in your home

In today's fast-paced world, family schedules can become overwhelming, turning home life into a whirlwind of chaos. Join us for a transformative workshop designed to equip you with essential tools for navigating emotional turbulence. Discover the neuroscience behind emotional awareness and regulation, and learn how to foster a sense of calm in both children and adults. Explore techniques that enhance emotional regulation and resilience and leave with a personalized plan to empower you to create a more peaceful family dynamic.

Wednesday, October 30, 7:00 p.m. Free virtual workshop, register [here](#)

The [Howard County Family Support Center \(FSC\)](#) offers community-based programs for parents and caregivers of children age birth to five. Located at 9790 Patuxent Woods Drive in Columbia, FSC programs highlight child development, parent education and health information. Upcoming programming below. For more information on programming, contact Ovan Shortt, oshortt@howardcountymd.gov, 410-313-1453 (voice/relay)

Drop-in Play Groups | Tuesdays, October 1, 8, 15, 22. 10:00 to 11:00 a.m.

Families with children ages 2 to 4 are welcome to come explore, play and have fun in the child development room! Parents must stay with their children. [Register here](#)

Training with Dad: Superhero Fitness Adventure | Wednesday, October 2, 6:00 to 7:30 p.m.,

Suit up, capes on! Dads and their mini sidekicks leap like Spider-Man, Hulk-smash imaginary obstacles, and flex their superhero muscles. Crime-fighting? Optional. Fun? Mandatory! Register [here](#)

Doulas and Dads | Thursday, October Oct 10, 6:00 to 7:30 p.m.

Preparing for baby and birth- practical tips from doulas on getting your home ready for baby, how to assist your partner throughout labor, father's role in the birth plan, how to set boundaries with family and friends, and much more. Doulas are trained professionals that support clients and families during pregnancy, birth and postpartum to help them achieve a healthy and happy birth experience. Come learn how Doulas and Dads can work together during birth and beyond! Dinner will be provided. Register [here](#).

Healthy Little Cooks

Hispanic Heritage Cooking Party. Monday, October 7, 10:30 to 11:15 a.m. [Register HERE](#)

Healthy Spooky Food. Monday, October 28, 10:30 to 11:15 a.m. [Register HERE](#)

Engage your 2 to 4-year-olds in interactive healthy cooking and nutrition education class facilitated by Healthy Little Cooks! Tailored for a parent and child, these sessions focus on promoting healthy eating habits through cooking, reading, movement, and kindergarten readiness skills. Each class typically includes 1-2 quick recipes alongside fun activities like crafts, physical activities or coloring pages.

To request this information in an alternate format, or accommodations to participate in these workshops, email children@howardcountymd.gov or call the CARE Line, 410-313-CARE(2273) (voice/relay).