

FEBRUARY 2024

# Family Newsletter

## February Book List

**Llama Llama I Love You** by Anna Dewdney

**The I Love You Book** by Todd Parr

**Happy Valentine's Day!** by Laura Numeroff

**I Spy Little Hearts** by Jean Marzollo

**Little Blue Truck's Valentine** by Alice Schertle

**I Love You, Little Pookie** by Sandra Boynton

**I Am Martin Luther King Jr** by Brad Meltzer

**Fifty Cents and a Dream: Young Booker T. Washington** by Jabari Asim

**Whoever You Are** by Mem Fox

**The Jazz Man** by Karen Ehrhardt

**Black Inventors: 15 Inventions that Changed the World** by Kathy Trusty

**The ABCs of Black History** by Rio Cortez



## LOVE AND CELEBRATION

This month, we celebrate Black History Month, Valentine's Day, and eagerly await learning whether the groundhog will see his shadow and predict six more weeks of winter.

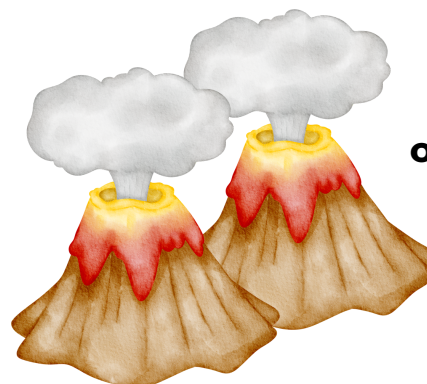
*What is your prediction?*

In addition to our monthly book list and activities, our Training and Education team has featured fascinating research about

how a child's brain develops. It highlights important experiences children should have to positively shape brain development and learning. See the "Brain Matters" summary on Page 2 for more information.

Love is an endless mystery,  
for it has nothing else to  
explain it.  
~ Toni Morrison

## For Grins



**What did one volcano say to the other?**

(Answer on page 2)



**Early Learning  
Academies**

# BRINGING IT HOME

## RESOURCES AND ACTIVITIES FOR ALL AGES

### February Self-Love Challenge

Valentine's day is all about love! Not only the love we feel for other people, but also the love we feel for ourselves. This simple daily activity done throughout the month of February will help children to acknowledge all the wonderful things about themselves and hopefully get them in the habit of practicing self-love daily.

Cut out 29 hearts on different colored construction paper large enough to write a sentence for each child (and adult) participating in the challenge.



Each day, have your child write one thing that they love about themselves or their life (or have them dictate to you) on a paper heart! They may also choose to draw a little picture on the heart to go with the words.

Help children to tape each heart to a mirror or a prominent wall that they will look at everyday to be reminded of all the beautiful things about themselves throughout the month!

### Traffic Light Snacks

Garrett Morgan was an African American inventor and businessman whose most well-known invention was the three-way traffic light, patented in 1923! After witnessing a terrible car crash at an intersection, he dedicated himself to preventing these accidents from happening in the future. He also spent much of his life to working towards the advancement of African American people in Cleveland, Ohio.

In honor of his life and work, you can make these simple traffic light snacks! All you need is crackers, peanut butter (or any alternative of your choosing), and red, yellow, and green M&M's. While putting it all together, discuss Mr. Morgan's work and the importance of celebrating Black History Month!



## THE BRAIN MATTERS

During the first few years of life, from birth to around five years, a **child's brain develops more than at any other point**. Early brain development can impact a child's ability to learn, build loving and trusting relationships, and succeed in school or life. Therefore, quality early experiences and interactions with teachers and caregivers help support children in development and learning but also help to shape early brain development.

The Brain Matters documentary ([link below](#)) focuses on **FOUR MAIN EXPERIENCES** that children need in early life.

**Rich language experiences**



**Play that promotes learning**



**Good nutrition**



**Frequent and intentional attention, love, and care**



These early life experiences are essential in brain development and early developmental milestones achievements. In addition, how the brain develops early in life can be strongly affected by a child's experiences and interactions with other people.

To watch the video, go to [https://bit.ly/Jan\\_BrainMatters](https://bit.ly/Jan_BrainMatters)

For Grins  Answer: I lava you

