



# Brookwood

PRESCHOOL ACADEMY

Your children have had lots of fun this past month. They've learned about farming and gardening, had a great time during Adventure Week, had fun with super heroes, and learned about transportation. They also had a ride on the train that came to school. During the month of July they'll be learning about America, the wonderful mysterious ocean, zoo animals, camping and pets. We'll have lots of fun things planned for them related to these themes.

## Sunscreen

Please remember to apply sunscreen to your child before they come to school. If you'd like to have it reapplied in the afternoon, please supply a bottle with your child's name written on it, and stop by the office to sign a permission form.

## Water Day

Your child's class will have a water day each week. This will be an hour outside playing in the sprinkler, drawing with sidewalk chalk, and blowing bubbles. Please send your child to school with their bathing suit on, sunscreen applied if you wish, a towel and a complete change of clothes. This is always a fun day for everyone.

## July 4

The Academy and Brookwood Church will be closed on Tuesday, July 4. Happy Independence Day!

## Open House

Mark your calendars for Meet the Teacher on August 10 • 6–7 pm. More information to come.

## ★ ★ ★ ★ ★ Parents Tip: Promoting Independence ★ ★ ★ ★ ★

While 3 and 4-year-olds still need plenty of parental help, our preschool experts agree that kids are typically able to do more than many of us think. Here's how you can encourage them:

- 1. Expect more.** Most people have a way of living up (or down) to expectations -- preschoolers included. "At school we expect the kids to pour their own water at snack, to throw away their plates, to hang up their jackets -- and they do," says Jennifer Zebooker, a teacher at the 92nd Street Y Nursery School, in New York City. "But then they'll walk out of the classroom and the thumb goes in the mouth and they climb into strollers." Raise the bar and your child will probably stretch to meet it.
- 2. Resist doing for her what she can do herself.** While it may be quicker and easier to do it yourself, it won't help to make your child more self-sufficient. Quick hint: Appeal to her sense of pride, suggests Donna Jones, a preschool teacher at Southern Oregon University's Schneider Children's Center in Ashland, Oregon. "Whenever I'm trying to get kids to dress, put jackets on, sit on chairs during meals and so on, I'll ask them: 'Do you want me to help you or can you do it yourself?' Those words are like magic," promises Jones. "The kids always want to do it for themselves."
- 3. Don't redo what they've done.** "If your child makes her bed, resist the urge to smooth the blankets. If she dresses herself in stripes and polka dots, compliment her "eclectic" style. Unless absolutely necessary, don't fix what your child accomplishes," says Kathy Buss, director of the Weekday Nursery School, in Morrisville, Pennsylvania. "She will notice and it may discourage her."

