

CONNECTIONS

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September 2018

Use Everyday Activities to Encourage Math Skills

Adapted from *Growing Together/Grandma Says*, April 24, 2018

Some early research has found that the more that young toddlers are exposed to early mathematical language by their parents, the better their vocabulary is and the better some of their early math skills are in preschool.

We know that talking about math helps to build early math understanding. Here are some ideas for how to use early math language with young children.

To build number concepts and an understanding of quantities:

- Count the steps up to the front door and back down again.
- Observe which pile of goldfish crackers has more or less.
- Ask the child if they want a lot or a little play dough.

To build an understanding of operations (early addition and subtraction), observe the changing relationships between quantities:

- Look, you have 1, 2, 3 blocks. I have 1, 2 blocks. Now I'm going to take one more block and then I will have 1, 2, 3 blocks, just like you!
- You ate 2 of your banana slices. Now you have 1, 2 banana slices left.

To nurture shape and spatial awareness, try talking about:

- The shapes that children encounter each day: The stop sign is an octagon but the street sign is a rectangle.

The relationship between objects: The car is right next to the house. I see you put the stuffed bunny inside the box. Try turning it around—the button is on the back.

Direction and movement: When you rolled the ball, it went straight down the ramp. We are going to turn right because we are walking to the freezer aisle.

To help young children notice patterns, describe what you're seeing and doing:

- First we changed your diaper, now we are getting your bottle, then it will be naptime.
- Let's do a dance: Clap, stomp, clap, stomp, clap, stomp. Can you try it too?

To raise awareness of measurement concepts like length, weight, height, speed, and temperature, use vocabulary like:

- Look how big that dog is! The other dog is so small!

- When you pushed the car down the slide, it went so FAST!

Many adults don't always feel the most confident about their math abilities, but the strategy of using everyday math language builds on the everyday moments we already share with our babies and toddlers. This helps our children build a strong foundation of early math knowledge that they'll use now, and when they arrive in school.



Join us at Endless Summer for face painting and bubble play in addition to our raffle.

**Saturday,
September 15th
12:00 noon-5pm**



Inside this issue:

Preschool News	2
Workshops & Events	insert
Calendar	insert
Hull Family Network	3
Activity of the Month	4

Published by Joan F. MacDonald

Coordinated Family and Community Engagement Grant



QCAP Early Head Start and Head Start are still registering families and children in their programs. Early Head Start offers a home-based program for infant and toddlers which leads right into their center-based programs for toddlers and preschoolers. There are full and part-day options and it may include transportation. At least 10% of their enrollment slots are available for children with a special need and services can be coordinated with the local school system. In addition, a percentage of their enrollment is allowed to be over the income limits to still attend for free. Call 617-249-2471 for questions and to apply.

www.qcap.org

Five Ways to Prepare Your Child for Failure

Hey Sigmund, May 2018



It is perfectly natural that we want to protect our children from some of the harsher realities of life, particularly when it comes to anything to do with failure, rejection, or getting their heart broken. The need to protect our children is, of course, an almost primal one, so deeply ingrained in parents it might as well be in our DNA.

However, if this impulse isn't checked every now and again, it can lead to our children being smothered and overprotected from the adversities which they will have to tackle in adult life. Whether parents like it or not, understanding and dealing with rejection is an essential life skill if your child is to live a happy and successful life.

Connect your child's self-worth to their character, not their achievements. One of the most important things you can do for your child is to ensure that their sense of self-worth is not tied to their achievements, be that the number of trophies won for a particular sport, or their grades at the end of a school term. Whether it's playing a musical instrument, ballet, or a team sport, you need to ensure your child's success is tied to their efforts, their character, their morals and, when it comes to competitive activities, a sense of fair play.

Empathize with their failure. One of the best things you can do is empathize with your child's sense of failure. Don't attempt to belittle it, or dismiss it. Failure can feel very raw in the immediate aftermath, especially if your child has put a lot of effort into a particular endeavor. Telling them to "move on," or "get over it", will not ultimately help them.

Teach them failure is part of learning. It's important that failure is understood to be a key component of our learning process, and not the end of a particular process or journey. It's important that your son or daughter understands that failure does not mean that they are intrinsically bad at something, but rather a step on the road to further improvement.

Encourage them to take ownership of their failures. Taking accountability for failure is one of the most important skills your son or daughter will need in life.

Be objective. This may sound like utterly nonsensical advice, especially because you are a parent and being objective about your own son or daughter is very difficult. Learning to take a step back and allowing your child to fail on their own terms is essential for their personal and professional development. They won't thank you for interfering in their lives when they're older.

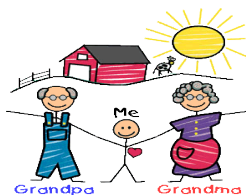
Hull Family Network

Note from the HFN Coordinator:

Joan F. MacDonald, jmacdonald@town.hull.ma.us

Working year-round within a school system I do not get the benefit of a summer off, but I do benefit from the ebb and flow of a school year. September is full of new beginnings and excitement. We have held playgroup registration and, as always, call or email if you missed getting your form in. If I can't get you into your preferred group, you will get first choice the next session with me seeking you out.

What has become a new tradition here at the HFN is the need to fundraise to fully fund the program each year. Our annual "Ask" campaign and our raffle at Endless Summer bring in much needed money to pay for supplies and staff time to run special events, our speciality groups, and our popular Drop-In Gym. Our grant now only funds 25 hours per week of my work time and 4 hours per week for Karen during the school year. Your generous support for any of these activities, now or at another time during the year, is greatly appreciated.



September 9th is National Grandparents Day

Book suggestions & descriptions from Growing Together

Celebrate the special relationship between grandparents and grandchildren with these books.

In *Grandma's Purse*, we find all the things that make grandma grandma.

The *Time Together* books emphasize the fun activities that grandparents like to share.

What Can Your Grandma Do? highlights how fun and active grandmas can be.

In *Last Stop on Market Street*, Nana teaches the best lessons about looking for the good and finding the beautiful.

In Plain Sight and *Newspaper Hats* deftly handle conversations about getting older and loss of memory. I had to read *In Plain Sight* several times before I fully understood what was happening. Grandpa needs help finding items that are "in plain sight." An astute reader will start to understand that the items are all attached to mementos that have lots of stories and memories attached. This book will encourage kids to ask grandparents about objects around the home and learn more about the family history. *Newspaper Hats* subtly addresses dementia and memory loss.



Quincy

Family

Resource Center

GRANDPARENTS RAISING GRANDCHILDREN- Come and meet other grandparents who are raising their grandchildren at this support group. Meetings are held Mondays 6-7:30pm starting 10/15/18. Child-care and food provided. Contact Ann for more information at 617-481-7227 x 141 or amacdonald@baystatecs.org.

COOKING MATTERS- Join parents with children ages 0-5 years and learn to cook healthy meals on a budget that your family will enjoy. Discuss nutrition, bring food home to your family, and learn to shop for healthy and affordable food. Registration required. Group meets Mondays, 10/15/18-11/26/18 from 6:00-8:00pm. Contact Julie at 617-481-7227 x 157 or jsargeant@baystatecs.org.



The closest WIC office is located at 24 Athens St., Weymouth They are open Tuesday & Thursday.

781-337-5920.

The main office for WIC is located at 12 Whitwell St., Quincy

617-376-8701

Hull Family Network

180 Harborview Rd., Rm. C101

Hull, MA 02045

Return Service Requested

Check our website for additional
events and information at

www.town.hull.ma.us



This newsletter is
provided by the

Hull Family Network, now
serving families with
children up to age 8
years.

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What is the Hull Family Network?

The Hull Family Network supports all parents and caregivers who have children prenatal through age eight. Our goal is to help parents create and maintain a healthy family environment as well as to promote family well-being through parent education and community support.

Funded by the MA Department of Early Education and Care through a grant to the Hull Public Schools, the Hull Family Network provides playgroups, parent education workshops, parent support groups, family activities, as well as information on parenting and community resources. By providing family recreational activities and playgroups, we hope to help parents build connections that will extend beyond the HFN Center and be a support to them. By providing parent education workshops, support groups, and having an extensive parenting lending library, we hope to help parents enhance their child-rearing skills.

Our programs are free to all residents in the town of Hull who are pregnant or have children through the age of eight. Most of our programs are offered at our center which is located at 180 Harborview Road, inside the Jacobs School. We are open Monday-Friday and are always happy to meet a new family.



Kinetic Sand

Soon we won't be able to go to the beach for days of digging and exploring in the sand. Consider making this kinetic sand to fill the need for fun sensory play.

Ingredients: 1 1/2 cups white sand, 1 tsp dish soap, 1 tbsp cornstarch, 1 tbsp water, glitter and food dye as you want .

Mix the dry ingredients then add the wet ingredients and mix. It will last 3-4 weeks in a Ziploc bag or an airtight container. Add a few drops of water if it is too dry.

