



# May 4-7



**Story Time:** You can read any book to your child. It is recommended for families to read 10-20 minutes a day with your child.

*If you do not have books to read at home, here are some virtual books for the week.*

Fish Eyes: A counting book that goes nicely with the fish counting fingerplay*
<a href="https://www.youtube.com/watch?v=TEtxh82VRCg">https://www.youtube.com/watch?v=TEtxh82VRCg</a>
Frederick: A great social emotional story
<a href="https://www.youtube.com/watch?v=c3c4Qn2erqg&amp;list=PLIZWwnQt2lOeZJ97i1Obq8Zn7Ona6C8Zo">https://www.youtube.com/watch?v=c3c4Qn2erqg&amp;list=PLIZWwnQt2lOeZJ97i1Obq8Zn7Ona6C8Zo</a>
Caillou No More Diapers : Helpful for those with a toileting goal
<a href="https://www.youtube.com/watch?v=2bvgltoEioA">https://www.youtube.com/watch?v=2bvgltoEioA</a>
Please Please the Bees: Pairs nicely if you do the bee finger play from the music section**
<a href="https://www.youtube.com/watch?v=-XFQNGJmLEk">https://www.youtube.com/watch?v=-XFQNGJmLEk</a>

\*in content and activities section, \*\*in music section

## Content and Activities

**IEP Area: Social Emotional: [Connecting with Your Kids with I Love You Rituals](https://consciousdiscipline.com/e-learning/webinars/connecting-with-your-kids-with-i-love-you-rituals/)**  
<https://consciousdiscipline.com/e-learning/webinars/connecting-with-your-kids-with-i-love-you-rituals/>

This is a ten minute parent video from Conscious Discipline. The video shows ways to build a deeper connection with your child. The tips in the video provide ways to interact with your child so they learn impulse control and the concept of willingness.

**IEP Area: Cognitive: Math: [Counting Games](#)**

Counting games offer your child practice using the words from 1 to 10 (or more, if she is ready) in sequence.

[What you do:](#)

Use a finger play song to help your child practice numbers from 1 to 10. More counting songs provided in the Music Section for this week.

Sing this Fish song:

[One, two, three, four, five,](#)

Close the fingers on one hand to make a fist.

I caught a fish alive  
Six, seven, eight, nine, ten,  
I let him go again.

Enclose your first fist with your second hand.  
Open up the fingers of your second hand.

Put your hands together and move them back and forth to look like a swimming fish.

**Modifications/Adaptions:** Decrease or increase the numbers counted together. Decrease or increase the counting sequence depending on your child's ability. If they can only count to a certain number, increase the sequence by just a few numbers in order to help them learn to count accurately. Pay attention to your child's progress with counting. Add more numbers when you think she is ready.

**IEP Area: Cognitive/ Literacy: Word Wise:** Materials: paper and pen

These word wise activities help your child [get ready to later read and write](#). You can help by making written words a part of your child's day.

This link has many ideas on how to introduce written words to your child in a fun way!

[http://www.earlyliteracylearning.org/cellpract\\_parent/preschool/PG\\_1\\_P\\_WordWise\\_WM.pdf](http://www.earlyliteracylearning.org/cellpract_parent/preschool/PG_1_P_WordWise_WM.pdf)

**What you do:**

Everyday things are labeled with the child's name (bedroom door, mirror, refrigerator, night stand)

Labels with matching pictures are used around the house to help show where things go. (Draw or cut out pictures from magazines to tape next to the word e.g socks and a drawing of socks on dresser drawer).

A parent writes down a story the child tells and posts it, with a picture the child made, on the refrigerator or a wall. Allow your child to add pretend writing to the printed message.

**IEP Area: Adaptive : Bed Wetting**

I know some families are coping with the frustration of their child wetting the bed during the night. My two sons both wet the bed through kindergarten, so I understand the situation. I think the most important thing to remember is that your child has no control over wetting the bed. One day they will stop wetting the bed. In the meantime, it is most important to be patient and accepting of the situation. Keep calm and wash the sheets was my personal mantra.

**Here are some facts about bed wetting.**

Approximately 15 percent of children wet the bed at age 5. That number decreases with age occurring in only 1-2 percent of children age 14 and older. Boys are twice as likely as girls to wet the bed. It happens more frequently in children with developmental delays and emotional and behavioral difficulties.

**Why do kids wet the bed?**

Children wet the bed for numerous reasons – here are a few of the most common:

- **Time.** Some children need extra time to develop control of their bladder.
- **Genetics.** Children who wet the bed tend to have a parent, aunt, uncle, or grandparent who wet the bed until a late age, suggesting a genetic component.
- **Sleep.** Children whose sleep is disturbed by snoring, television or pets, and children who are deep sleepers are more likely to wet the bed.

- **Stress or life changes.** Going through big changes like moving or a new sibling, or other stressors, can lead to children wetting the bed after being dry for a long period.
- **Medical.** Medical reasons such as having a [urinary tract infection \(UTI\)](#), constipation, or differences in the way the body is built or functions – like a small bladder or making too much urine – could be the cause. In addition, [Type 1 Diabetes](#) can also first show up as bedwetting along with increased thirst and urination.

Please email me if you want to talk more about staying dry through the night.

## Music

### Counting Songs This Week

**Here Is the Beehive:** Great math song for a child beginning to count.

Here is the beehive. Where are the bees?

*(hold up fist)*

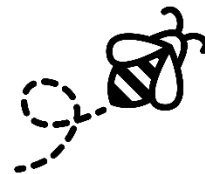
Hidden away where nobody sees.

*(move other hand around fist)*

Watch and you'll see them come out of the hive

*(bend head close to fist)*

One, two, three, four, five.



*(hold fingers up one at a time)*

Bzzzzzzzz... all fly away!

*(wave fingers)*

### Ten In The Bed

<https://www.youtube.com/watch?v=WwutR8gxgto>

### Five Green and Speckled Frogs: Counting Backwards song

Five green and speckled frogs (hold up five fingers)  
Sat on a speckled log,  
Eating the most delicious bugs,



Yum, yum! (rub tummy with other hand)  
One jumped into the pool (tuck one finger down)  
Where it was nice and cool,  
Then there were four green speckled frogs,  
Glub, glub!  
Four green and speckled frogs...  
(Continue until there are no speckled frogs on the log).

Count From 1-100. Here is a song for advanced counters.

<https://www.youtube.com/watch?v=7ElpNQuwNY>

Remember 30-60 minutes a day of **outdoor play**, **exploratory projects** or **household chores** should be encouraged.

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**90 plus minutes of imaginative play makes for a happy home!!**

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Take pictures of your work and share with me. I would love to see how you showcase their learning.

Wishing you all well,

Teacher Nessa and Miss Debra