



Brain Building Bulletin



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Hello! My name is Samantha Brooks and I am the new Winchendon CFCE Outreach and Resource Liaison. Some of you may already know me from the Winchendon Pre-K Program or the Winchendon Community Playgroups but I would like to take this opportunity to tell you a little bit about myself.

I have several years experience working with children both with and without Special Needs and their families. I have previously earned an Associates Degree in Early Childhood Education from Mount Wachusett Community College and I am currently finishing up my Bachelors Degree in Early Childhood Education from the University of Massachusetts.

Through my experiences, I believe that it is important to build lasting relationships with families by helping to empower them as being their child's first teacher.

Please feel free to call me at the CFCE Office at 978-297-3436 or email me at sbrooks@winchendonk12.org.

Learn with me!

Your child learns through interaction and play. Play offers your child a unique opportunity to become a capable, confident, and successful learner.

Five Little Snowmen



Five little snowmen knocking on the door,
One melts away and then there were four.

Four little snowmen climbing a tree,
One melts away and then there were three.

Three little snowmen looking for something to do.
One melts away and then there were two.

Two little snowmen are now having fun,
One melts away and then there was one.

One little snowman all by himself,
He melts away, now there are none.

Curious about your child's wellness and development?

Call us for the Ages and Stages Questionnaires. Your answers will show your child's strengths and highlight any areas in which your child may need more help or practice.

978-297-3436

Be Healthy!



Develop good habits and routines to stay healthy like:

- Washing hands.
- Eating fresh food.
- Resting and sleeping.
- Playing outdoors.



Everyone can be a Brain Builder. Visit www.brainbuildinginprogress.org for more information.



Samantha Brooks – CFCE Grant Community Outreach and Resource Liaison.
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Ten Ways to Play in December

1. PRETEND PLAY IN THE CAR!

Imagine you are in an airplane, taxi, train, royal carriage, or sailboat.



2. MAKE PAINT BLOTS!

Fold a piece of paper in half, then unfold. Squeeze or drop blobs of paint on the paper. Refold the paper and rub to spread the paint. Open it up and see what you made!

3. Draw a picture of your favorite type of weather!

4. Go for a night walk!



5. Go to the library!

6. Make an office supply collage.

Gather labels, tape, highlighters, index cards, paper clips, Post-It notes, and other supplies and create something.

7. Try playing with different toy combinations.

Here are a few starter ideas:

- blocks + dolls
- play dishes + fabric scraps
- play dough + plastic animals

8. HAVE A



DAY!!



9. Make animal face sandwiches.

Spread an English muffin or piece of toast with cream cheese or peanut butter. Make eyes, nose, mouth, ears, or whiskers with toppings like raisins, banana slices, cereal, etc.

10. Build a snow family!



HAPPY PLAYING!!

Did you read
to your child
today?



Science Section

Indoor Treasure Hunt Game

Materials

- Small toys or snacks
- Treasure map (optional)



Directions:

This is a great way to liven up a snowy/cold day.

1. Have an indoor treasure hunt by hiding several small toys, books, or special snacks around the house.
2. Give your child clues or draw a map that leads to the treasure.

Financial Literacy:

Quick Tips and Activities for Kids

1. Take your child grocery shopping with you and let them look at the prices of different foods.
2. Talk with your child about the difference between needs and wants.
3. Count and roll the change in your house together.
4. Visit your local bank. Many offer banking incentives for children.



Check this out! Resources for Parents

Massachusetts 2-1-1

Find Help Fast and Free

Dial 2-1-1

Free Winchendon Community Playgroups

9:00—10:00 for ages 0-3

10:00 to 11:00 for ages 3-5

Please call or email for more information!

For the latest information on playgroups and other community events,
Like our Facebook page:

Winchendon Community Playgroups