

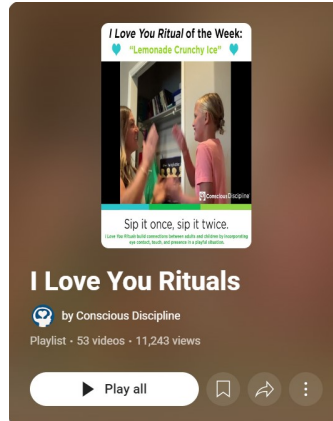
Preschool Special Education

Teacher Brianne's Newsletter

January 2025

What we worked on in December

Find these resources mentioned in the education spotlight on multiple social media platforms



PLAYFUL HEART
parenting

CONNECTING WITH KIDS THROUGH CREATIVE PLAY



Playful Heart Parenting

Coming up...

January 20 – Martin Luther King Jr. Day, No School/sessions

January 31 – No school/sessions (non-instructional work day)

February 17–18 – Mid-winter break, no school/sessions

March 31–April 1 – Parent-teacher conferences, No school/Sessions

Education Spotlight: Play for Connection

I believe that the fastest way to a child's heart is through play. Connections are made and relationships are built much faster when done through play. Spending even a few minutes per day playing with a child has endless benefits. Simply joining them in play, imitating their use of toys or letting them direct you can build tremendous trust between you and a child. Conscious Discipline promotes the practice of "I Love You Rituals" which are daily moments when the caregiver and child engage in a ritual of a song or rhyme and include the following elements: eye contact, physical touch, presence and playfulness. You can find several examples of these on YouTube for children of all ages, from infants to teenagers. Though this program is designed for educational settings, it is applicable to home settings, as well.

I also highly recommend a social media account called [Playful Heart Parenting](#) (Instagram, Facebook, TikTok and website) that has endless examples of how to integrate playful moments into the day with your child, even when it seems difficult and overwhelming. These seem much more authentic and realistic for family life and outside the home.