

# PARENT NEWSLETTER

## February 1, 2018



**SMART** Ready for School.  
**BEGINNINGS** Ready for Life.  
*Greater Roanoke*

## MEASURE UP!

Measurement activities are fun to explore with children. Armed with interesting new vocabulary words and knowledge, your young learner will soon be measuring everything in sight!

### Measurement all around us

Begin by asking your child to collect objects around your house that help you measure. This can include rulers, measuring cups, tape measures, thermometers, clocks, laundry soap scoops, and the container you use to measure dog food. Talk about how each is used to help us measure something. Sort the objects into things that measure liquids, length, weight, and others. Collecting and sorting is a great way for your child to see how often we use measurement every day!

### Many ways to measure

Be sure to include non-standard

measurement tools. For example, you can ask your child to use stuffed animals to measure distance. "How many matchbox cars long is our kitchen table? How many stuffed animals does it take to measure our hallway?"

### Talk about it

Help your young explorer use terms such as taller, shorter, wide, small, large, lighter, heavier, hotter, colder, warm, and variations of the terms such as large, larger, largest, small, smaller, smallest. Be sure to use measurement vocabulary words such as thermometer, calendar, ruler, meter stick or

yard stick, clock, and scale. These words help your child compare items and expand your child's vocabulary.

### Keep track of your measurements

Encourage your young learner to record their findings in a notebook or journal. Have them record the distances measured using various objects, record the weight of objects that are weighed, & track the time chores take using a stopwatch. Simple drawings & labels provide a chance to put all the language arts, math, and science skills together.

## FEBRUARY SAFETY

Shoveling snow is a major winter activity in many parts of the United States. Taking a few precautions can help you prevent unnecessary pain and suffering.

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery

snow; it's lighter

- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

### Treat Frostbite Immediately

Use first aid to help someone who may have hypothermia or frostbite. Online and classroom courses are available through NSC.

- Get indoors immediately
- Seek medical attention
- Remove constrictive clothing and jewelry that could impair circulation
- Place dry, sterile gauze between toes and fingers to absorb moisture and keep them from sticking together
- Elevate the affected area to reduce pain and swelling
- For superficial frostbite, you may also place the affected area in water that is 100 to 105 degrees until the tissue softens

# IN THE COMMUNITY

Check out the list of events for the month of February:

## Smart Start

February 1 – 10:30am  
Williamson Road Branch Library

## Gaming Unplugged

February 1 – 4:00pm  
Melrose Branch Library

## Lunar New Year with Local Colors

February 3 – 4 12pm – 2pm  
Taubman Museum

## Tons of Fun

February 3 – 10am – 4pm  
Tangle wood Mall

## Toddler Time

February 7 – 2 sessions – 9:30am  
& 10:30am  
Salem Public Library

## Write Stuff

February 10 at 2:00pm  
Mill Mt. Theater Waldron Stage –  
20 Church Ave.

## Teen Glamour Shots

February 26 – 4:00pm  
Jackson Park Branch Library

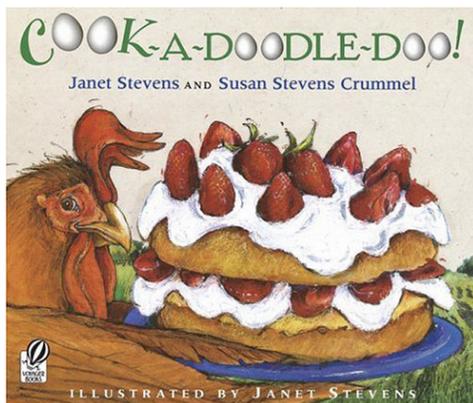
# RESOURCES

**SAFE  
KIDS**  
WORLDWIDE™

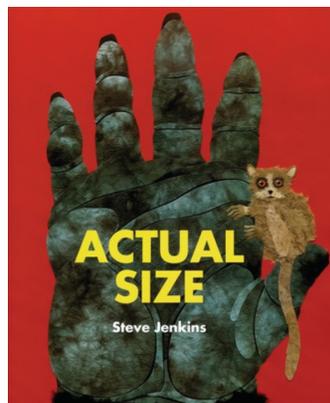


**United Way  
of Roanoke Valley**

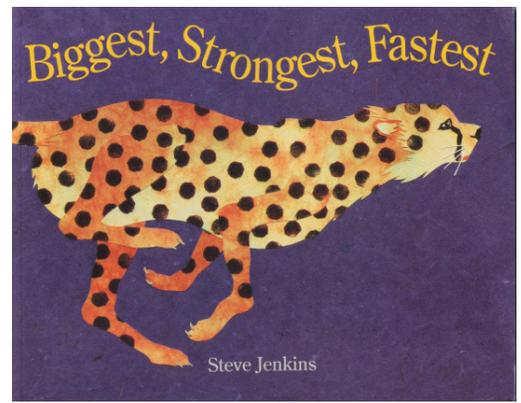
# SUGGESTED READING



**Cook-A-Doodle-Do!** by Janet Stevens and Susan Stevens Crummel



**Actual Size** by Steve Jenkins



**Biggest, Strongest, Fastest** by Steve Jenkins

# DID YOU KNOW?

Our website is full of great resources including developmental milestones, links to parenting classes, and tips and activities to engage you and your child! Don't forget to look us up on Facebook too!

<https://www.facebook.com/smartbeginningsroanoke>

Check your child's development using the Ages & Stages

Questionnaire <https://www.asqonline.com/family/f51923>

or Ages and Stages Social and Emotional Questionnaire

<https://www.asqonline.com/family/d37cba>



## Smart Beginnings Greater Roanoke

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[www.smartbeginningsroanoke.org](http://www.smartbeginningsroanoke.org)