

PARENT NEWSLETTER

April 1, 2018



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

Outdoor Explorations

Stepping outside is a simple way to set foot into nature's laboratory. Backyards and neighborhood walks can lead to interesting conversations that contain new vocabulary words. You'll also be helping your child develop important scientific skills such as observing, predicting, and investigating

Plant Life

Notice and describe trees and other outdoor plants and their parts. Vocabulary might include trunks, branches, stems, leaves, and flowers. See how many different types of leaves you can gather. Describe and sort leaves by shape, size, and color.

Animal Life

Observe any birds, squirrels, insects, and worms. Keep track of the different animals and insects you find. If possible, take pictures or draw a sketch of any unusual

or unfamiliar ones. Ponds and slow-moving rivers are great spots for bug hunting. Other spots include a wood pile, a garden, or near the bright lights of a parking lot.

Time to Experiment

Choose two or three different times of the day, for example early morning, noon, and dusk. Take a short walk and listen closely to the different sounds. Try to keep track of the different sounds you hear. Depending on the time of year, you may hear cicadas, crickets,

Canada Geese, or song-birds. Discuss why we might hear different animals and insects depending on the time of day or season. On a rainy day, set up a rain gauge using a clear plastic tumbler or wide-mouth bottle. Have your child predict, or make a good guess, about how much rain will be collected. Mark that level and collect rain. Check the gauge after the rain ends. Is there more or less rainwater in it than your child predicted? How much more or less?

APRIL SAFETY

It is time for Spring Cleaning! Here are some things to keep in mind to help keep your family safe!

PRACTICE SAFE STORAGE HABITS. The following things should be stored up, away, and out of sight of children, and in their original containers, OR keep these substances in cabinets secured with child-resistant locks. Keep in mind that there is no such thing as a 100% child-proof lock or container.

- All medications and pharmaceuticals, including over-the-counter medicines, vitamins, and supplements.
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Laundry and cleaning supplies
- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers
- Other chemicals

READ AND FOLLOW LABELS AND DIRECTIONS. Make a habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medications. Take care to follow not only usage directions, but the directions provided for safe storage and disposal as well. Call your poison center at 1 (800) 222-1222 if you have any questions about the directions.

IN THE COMMUNITY

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

Light it Up Blue! Autism Awareness

April 2 – 6 - 8 pm
Elmwood Park - Roanoke

Family Expo

April 7 – 10am - 4 pm –
Salem Civic Center

Preschool Storytime

March 11 - Don't forget to set your clocks 1 hour ahead!

Little Explorer's Storytime

April 13 - 9am
Jackson Park Library

Botetourt Preschool Fair

April 14 – 10:30am - 1:30 pm
Lord Botetourt High School

Smart Start

April 19 - 10:30 am
ages 0 - 2 1/2

Fishing Rodeo

April 21
9 am - 12pm
Lake Spring Park, Salem

Fishing Rodeo - Special Needs Day

April 23 - 9 am - 12pm
Lake Spring Park, Salem

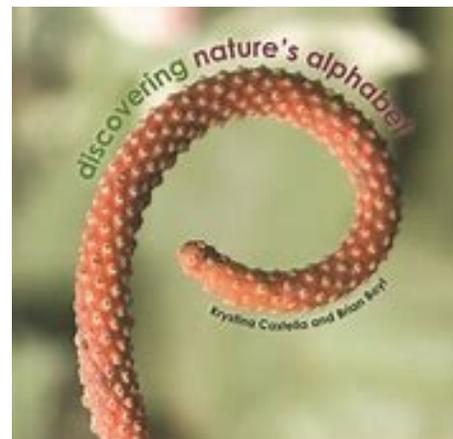
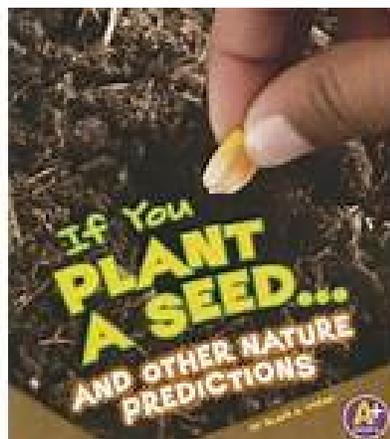
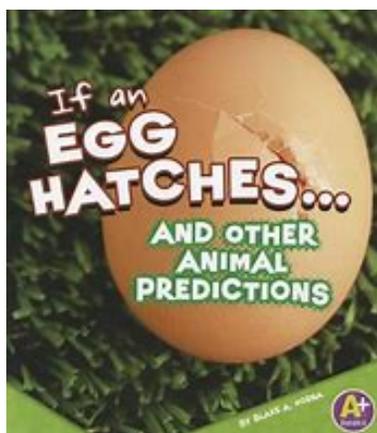
RESOURCES

**SAFE
KIDS**
WORLDWIDE™



**United Way
of Roanoke Valley**

SUGGESTED READING



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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