

# PRE-K SPED NEWS

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## Director's Corner

Happy Holidays to you all! Sharing our world with young children allows us to experience the magic and wonder of the holidays through their eyes. What a gift! But this can also be a stressful time of year for children and adults alike. Here are some suggestions for keeping things as stress free as possible during the holidays and Winter Break:

- \*Keep things simple. Children enjoy time with you and varied experiences. They don't require "homemade", "elaborate" or "expansive". Give yourself permission to spend time on what you enjoy and eliminate or take short cuts on everything else.

- \*Include the children in preparations. Children enjoy mixing batter (and licking spoons!), decorating the house, and decorating homemade or store bought cookies.

- \*Plan downtime for you and the children. Snuggling up together and reading a good book, watching a movie, or even napping can be restorative for children and adults.

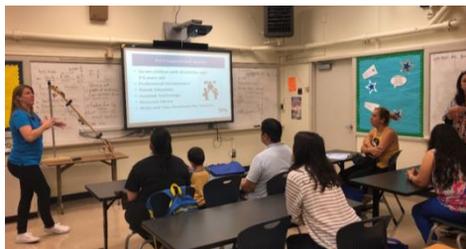
- \*Keep daily routines and schedules as much as possible because Winter Break will end and the transition back to school can be very challenging if everyone has been sleeping late every day!

Above all dear families, remember to stress as little as possible so that you and the little ones can enjoy the festivities and the break. Happy Holidays and we'll see you in 2019!

Dr. Ann Marie Sasseville  
Executive Director  
Pre-K Program for Children with Disabilities

## 2018 ESE Family Forum & Exposition

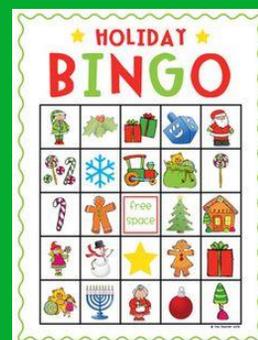
**Our Pre-K SPED Staff participated in the annual ESE Family Forum and Exposition that was hosted by the ESE Department. Families were provided opportunities to visit booths with information on various community resources as well as different school services available through Miami Dade County Public Schools. Parents also participated in a break-out session with information about programs and services that are available to eligible preschool aged students.**



## Communication Counts!

It's the HOLIDAYS! As our children get ready to break from school, they are simultaneously preparing for visits with relatives, spending time in carefree, unstructured play, and enjoying tasty treats. This is a great time for parents and caregivers to expose children to vocabulary concepts centered around the Holidays. Bingo is a fun and engaging way to do this. Consider words like mistletoe, ornament, caroling, and gingerbread. The Holidays are also a great time to work on social norms and politeness. "Thank you" is an expression that goes a long way and is never out of style. Caregivers can also discuss character traits like being patient, gracious, and giving; terms that are especially significant around the Holidays.

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## New Parent Information Sessions starting in January! Stay tuned for the Winter Newsletter for dates.



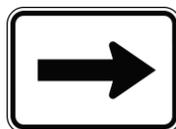
### FAMILY CORNER:

## HOW DO WE NAVIGATE THE HOLIDAY CHAOS?

The holidays are an exciting time of year that can be filled with fun, food, activities and stress. Please see tips below to reduce holiday stress for you and your child with special needs:

- \* Follow your child's routine as much as possible
- \* Do not overschedule your days
- \* Learn to say no to events that are not appropriate for your child
- \* Prepare familiar snacks or food for your child and take to events
- \* It's OK to leave a social gathering early, have an escape plan
- \* Arrange for extra help during this busy time. Visiting relatives can help with tasks
- \* Avoid crowds
- \* Keep calm during breakdowns
- \* Take time out for yourself to relax
- \* Keep expectations real. Even if all does not go as planned, cherish the time with your family.

## Books to share



## Are you looking for FREE PRE-K??

- Will your child be 4 years old on or before September 1, 2019? Go to [www.vpkhelp.org](http://www.vpkhelp.org) and register for their VPK certificate. Your neighborhood school will be holding their VPK lottery selections in February 2019.
- Is your child too young for VPK? Did they just miss the birthday cut-off? Go to your neighborhood school and ask about role model spots in the Pre-K SPED classrooms. Role model students can be 3 or 4 years old and will attend the Pre-K Program for FREE!

BEAR STAYS UP FOR  
CHRISTMAS—  
KARMA WILSON  
LLAMA, LLAMA, HOLIDAY  
DRAMA—  
ANNA DEWDNEY

