

Director's Monthly Newsletter

February 2010

Mrs. Andrea Hawkins, M.Ed. Director Fellowship Christian Academy Preschool

Upcoming Events

- **February (Thursdays) Bank Days**
- **February 11 & 12 Civi-Days**
- **February 15-19 Spring and Graduation Pictures**
- **February 16 PTF Meeting**

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PARENT CONNECTION: Learning to Laugh



Does your child know how to have fun? Do you encourage liberal amounts of giggling and lighthearted humor in your home? If so, you have discovered one of the secrets of helping your child cope with the constant stresses of daily life. Laughter really is the best medicine for good physical, mental, and spiritual health. You don't need to be a comedian or a good joke teller. You just need to smile a lot and be open to seeing and using humor, especially in times

of tension or difficulty.

Here are some ideas to keep your family laughing together.

- Look for funny family incidents that can be recalled by any family member at any time and bring the same response. When any member of our family says the word "pud," everyone breaks out in fits of uncontrollable laughter. I don't have to share why, but it's a word that has surely helped us enjoy each other.
- Practice enjoying riddles and rhymes with your children. Young children love silly riddles and funny one-liners. These come in very handy during dull and boring but necessary life experiences.
- Be spontaneous! Have a little fun. Focus on the here and now rather than the past or the future. Enjoy moments of pleasure with your child.
- Help your child see God in the small things of life and take joy in them.
- Don't take yourself so seriously. Children will watch and learn from you. This is how you will teach them to relax and enjoy themselves.
- Enjoy reading humorous literature with your child. Select books that have plots you can laugh about. Also choose books that have silly words and funny pictures to enjoy. How about reading the comics with your child?

Be very cautious. Do not confuse ridicule, teasing, and sarcasm with humor. Never laugh at another person's expense. Don't let a jealous brother tell unflattering jokes about his sister. With children, unless everyone can laugh, it isn't funny.

Activities to Try at Home



My Name

Materials

- Paper
- Pen or marker
- Clear contact paper
- Crayon or marker
- Damp cloth

Directions

1. Help your child learn to print her name.
2. Draw two parallel solid lines with a broken line in the middle.
3. Print your child's first and last name on the lines, and cover the sheet with clear contact paper.
4. Your child can use a crayon or marker to trace over her name and wipe it off with a damp cloth when finished.

X's and O's

Materials

- Paper
- Pen, marker, or crayons

Directions

1. Print one letter at the top and center of a sheet of paper.
2. Below this, write many letters of the alphabet in no particular pattern, spreading them over the sheet of paper.
3. Have your child circle the letters that match the one printed at the top. Have her place an "X" over the ones that do not match.
4. For a variation, use pictures cut from old magazines and have your child identify the pictures that begin with the letter you have written.