

# October Newsletter

Burlington Early Education



## OCTOBER'S HOT TOPIC: EMOTIONS

Helping your child understand and name the emotions they are feeling is important. Children need to be able to NAME their emotions (happy, sad, angry, frustrated, nervous, embarrassed), have opportunities to identify their feelings, and have appropriate ways to respond to their feelings.

Check out these helpful resources!

[How to Help Your Child Understand and Label Emotions](#)

[Teaching Your Child to Identify and Express Emotions](#)

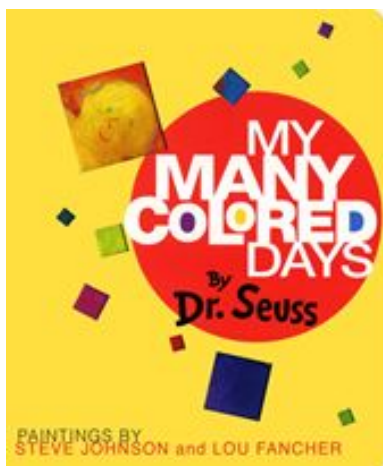
[Tucker Turtle Takes Time to Tuck and Think](#)

## Things teachers do that you can do at home:

- Name and talk about your child's feelings
  - "Your smile lets me know you are feeling happy."
  - "Your crying lets me know you are feeling sad."
- Name and talk about your own feelings
  - "I feel happy because..."
  - "I feel sad because..."

## Book Recommendation:

*My Many Colored Days* by Dr. Seuss



## Things to Remember:

We go outside every day! Please send your child with a warm coat, gloves/mittens and a hat on colder days! Label all items with your child's name.



## The Nurse Says:

- ❖ Please make sure you have provided **a letter from the pediatrician** documenting your child's most recent well care exam and information regarding health conditions and medications. Your child's teacher can give you a copy of the letter to be signed by your pediatrician.
- ❖ In the next 2-3 weeks, the nurse will be doing vision and hearing checks on all children. We will let you know if anything comes up.



## Upcoming School Events

- October 18th - No School