



December 2019

HAPPY HOLIDAYS! We hope this is not finding you already feeling overwhelmed by the upcoming holiday season. We also hope that this will provide you with helpful and fun information to help guide you in getting the most out of this busy time of year in terms of gift-giving, connecting with community, enjoying this special time of year and incorporating language and learning whenever you can!

Kid Friendly Activities for Winter Break!

- Story time at *Once Upon a Storybook*
<http://www.onceuponastorybook.us/>
 - Museum- *Discovery Cube Orange County*
<http://www.discoverycube.org/>
 - *Irvine Regional Park- Santa's village* train ride, pony rides , movie night & more!
<http://www.ocparks.com/parks/irvine>
 - *Santa Ana Zoo*
<http://santaanazoo.org/>
- *After each experience, have your child draw a picture or write something about what they remember seeing or learning.*

Screen time- What's the research saying?

Now a new study scanned the brains of children 3 to 5 years old and found those who used screens more than the recommended 1 hour a day without parental involvement had lower levels of development in the brain's white matter— an area key to the development of language, literacy and cognitive skills.
Click on the link below for more info.
<https://www.cnn.com/2019/11/04/health/screen-time-lower-brain-development-preschoolers-wellness/index.html>



Gift Guide- Gifts That Inspire Language!

Consider gifting something that is not only fun but also serves a purpose!
Here are our TOP 5 picks:

- **Magnatiles-** help promote fine motor and problem-solving skills as well as independent play.
- **Mr. Potato Head-** Can work on requesting, identifying colors, shapes, numbers and body parts.



- **Personalized Name Puzzle-** can work on letter/sound knowledge, color identification, and problem solving.
- **Experiences-** Gift certificates for a fun activity. How the brain grows is strongly affected by a child's experiences with other people and the world.
- **BOOKS! BOOKS! BOOKS!**