



PANDA FAMILIES

A PARKWAY EARLY CHILDHOOD MONTHLY NEWSLETTER FEBRUARY, 2023

February is Black History Month!

Black History Month was established in 1926. There is an international component, however, it is mainly an American holiday. In 1926, Dr. Carter Godwin Woodson and other African American and white scholars, launched "Negro History Week" so that Americans could reflect on the history and contributions of African Americans. In the 1970s, the celebration of African American history was expanded to include the entire month of February.

Teaching children about the historical accomplishments and struggles of African Americans benefits everyone. By connecting children with history, they'll gain a better understanding of themselves no matter what color they are. And, they'll learn to develop compassion for other people. In the spirit of honoring African American pioneers and landmark events in black history, engage your children in activities that capture their senses. Whether reading books, listening to music or making soulful meals, there are plenty of fun ways for kids to learn about the African American experience. And remember, your children can enjoy these activities long after February is over.

In the Parkway Early Childhood program, we celebrate the diversity of all students. We have students and families from all over the world. We are so fortunate that these families share their customs and cultures with our community.

For more information, go to: <https://www.projectsforpreschoolers.com/celebrations/black-history/>

PANDA NEWS

If you missed the spirit wear order last semester, there will be another opportunity this spring to purchase items. Keep an eye out for more information soon!



RESOURCE OF THE MONTH

Family Solutions for Kids

This agency is designed to help parents and children who are facing challenges in their family functioning. It is a free in-home service that is tailored to meet the individual needs of each family served. They provide: therapy * links to community services * educational advocacy/support * parenting education/coaching * child development education & much more.

Phone #: 314-427-3755 or <https://everychildshope.org/>

FUN ACTIVITY

Handprint - Dove (Unity) Wreath

Materials:

paint or markers in various skin-tone colors
paper * scissors * glue

Craft Instructions:

Make between 9 and 12 handprints in various skin tone colors by dipping hand in paint and stamping it on the paper and let dry. You can also trace your hands & color them. DOVE: Trace your hand with the thumb extended and 4 fingers close together onto the center of a piece of white paper.

Draw on a beak with orange marker. Draw on a wing and an eye with black marker. Cut out the skin tone handprints and glue them together in a circle to form a wreath. Glue the dove onto the back of the wreath (so the wreath acts like a picture frame).



HEALTH & SAFETY

Preschoolers have boundless energy and need plenty of exercise to burn it off. According to the National Association for Sport and Physical Education, preschoolers need at least two hours of exercise every day. If your preschooler is active, they will sleep better, feel stronger and be less susceptible to childhood obesity and diabetes.

