

Heritage Preschool Parent Corner **P**



Letter of the Week

P says 'p' for popcorn, pig & pizza. There are a lot of peachy words to use to practice this letter!

Words & Feelings

There is: peaceful, pleasant, powerful, playful, proud, pensive, panicky, paralyzed, peeved, puzzled, petrified, pooped, powerless, pleased, playful

Riddles, Rhymes & Opposites

1. This animal says "oink"
2. Elephants like to eat
3. A baby dog is called a
4. When you go to bed you wear
5. You can eat this and it rhymes with tickle
6. This bird rhymes with carrot

Poetry

P is for pig, pickles and pot
 P is for pizza, gooey and hot
 P is for pancakes, piled up high
 P is for puppy, popcorn and pie
 Hooray for P, big and small -
 the peachiest, peppiest letter of all!

Fun with P

- Paint the back fence with water and old paintbrushes
- Make potato prints
- Have a pink or purple day
- Have a party or picnic with pizza, peanut butter, pretzels, popcorn, pickles, pineapple, peaches or pears
- Have a parade
- Play peek-a-boo
- Practice pouring with a small pitcher
- Pretend to play the piano
- Make a sock puppet

Alliteration

Pam took her purse and her poodle on a walk to the park.

Put on your pajamas!

Getting enough sleep is very important. Young children less than 3 to 4 years of age require daytime naps. A child that does not get enough sleep can be very fussy, irritable, aggressive and of course may not be able to learn or play well with other children. For adults, if you are not getting enough sleep, your judgment and reaction time may slow, you may experience memory loss, depression, a weakened immune system, pain and mood changes, such as being more snappy and irritable. Lack of sleep has also been linked to weight gain in both children and adults.

"About midnight Paul and Silas were praying and singing hymns to God"
 Acts 16: 25

This table lists the typical sleep requirements of children based on age. Because each child is unique, this table should only serve as a general guide.

AGE	TOTAL HOURS OF SLEEP	DAY TIME(NAPS) HOURS
1 week	16.5	8
1 month	15.5	6
3 months	15	5
6 months	14.25	3-4
9 months	14	3
12 months	13.75	2-3
18 months	13.5	2
2 years	13	1-2
3 years	12	1
4 years	11.5	
5 years	11	
6 years	10.75	
7 years	10.5	
8 years	10.25	
9 years	10	
10 years	9.75	
11 years	9.5	
12 years	9.25	
13 years	9.25	
14 years	9	
15 years	8.75	
16 years	8.5	
17 years	8.25	
18 years	8.25	