



Meridian Little Hawks

November Family Newsletter from the Pre-K Parent Coordinator



Little Hawks is a playgroup designed to reach Meridian children in our 0-3 age group and those preschool aged children that are not currently enrolled in the Meridian Pre-K program. The playgroup is open to those children in the Meridian Pre-K program but should only be seen as an extra activity should you choose to come. Pre-K class will still be in session with Mrs. Reed and Mrs. Gorden during these times.

Upcoming Little Hawks Playgroup Dates **December**

Playgroup will meet on the following Thursdays in December: 1st, 8th, and 15th. We will be off for Winter Break the rest of December.

Fine Motor Skills

This month, Lazetta Farnham from Bright Start came to the school for a parent education night with our 0-3 age group and those children that are in the district but are not in the prek program. She discussed the importance of fine motor skills, which increases the small muscles in the hands.

We can help children build these fine motor skills at home and become more independent by having them: get dressed themselves (button, zip, snap, buckle, etc), use child-safe scissors, play with puzzles and playdough, paint, help with meal preparations (stirring, pouring, setting the table) and much more.

Health professionals are concerned with how technology might be affecting fine motor skills since children are spending more time on screens than ever before. While clicking a mouse and using touch screens does build coordination, it's important to not overuse screens and make sure it doesn't interfere with some of the recommended activities of fine motor building.

To find out more information, here are some articles our speaker handed out -

<https://www.naeyc.org/our-work/families/help-your-child-build-fine-motor-skills>

<https://nogginsland.com/2022/05/13/technology-and-fine-motor-skills/>

Community Events/Activities:

Santa at The Blue Mound Memorial Library - On Saturday, Dec. 3rd from 9:30-12pm, stop by for Santa, cookies, crafts, and presents

Books for Kids at South Macon Public Library - Starting Dec. 1st, stop by the Macon Library for a wrapped brand new book. Available until they run out of books

Christmas in Children's - Holiday craft, games, and more at the Decatur Public Library on Saturday, Dec. 3rd from 2:30-4pm and on Wednesday, Dec. 7th from 4:30-6pm

Tinkering Toddlers - First Wednesday of the month, 10-11am at the Decatur Public Library

Baby TALK Times - Tuesdays 6-6:45pm, Thursdays 10-10:45am at the Decatur Library

Rock Springs Mini Camp Pajama Party - Find out what happens to an animal when it's cold. Dec. 20-21, 9:30-10:30 am. Register online.

READiculous Between the Holidays - A show that brings books to life through dynamic story-acting on Dec. 30th, 10am at the Decatur Public Library

MOPS (Mothers of Preschoolers) - 1st & 3rd Thursdays 8:50-11:15am @ The First Christian Church in Decatur, childcare provided

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I am also happy to meet with you by appointment or when I am available during school hours.

