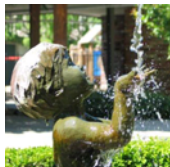
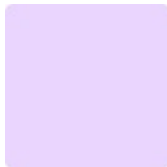




# Pearls for Parents

FRC Bi-weekly Newsletter  
January 16, 2010



## Parenting Pearl #1: *Something to ponder...*

### The Creative Adventure of Childhood

Creativity comes quite naturally to children. Watch a child at play and you can see how easily they can become absorbed in the process of creating. But what happens when our culture pushes children to grow up too fast and be involved in too many activities? Their creative outlets dwindle. Also in our society, most kids' rooms are overflowing with toys that are used only for amusement and distraction. An abundance of toys also fail to engage a child's creative fantasy and can overwhelm. Imagination can be stimulated by the simplest things and yet children are overloaded with "stuff." John Rosemond, author of [Six-Point Plan for Raising Happy, Healthy Children](#), states that creativity is key for emotional and social intelligence as well as learning how to problem-solve and adapt to new situations. Which makes it so important that children have open-ended time and de-cluttered space to develop and express themselves creatively.

As parents, you have the privilege of encouraging the imaginative spirit of your kids and allowing childhood to be a creative adventure! This does not mean enrolling your child in an art class. It does mean giving your children the time to invent, create, and explore their environments with little or no adult guidance, input or judgment. You don't have to teach children how to use their imaginations. You just have to provide the opportunity. Jill Rigby writes in [Raising Respectful Children](#), "When we give our children the space and encouragement to explore their own creativity, they can become our most inspiring of artists, our most inquisitive of scientists, and our most original of philosophers."

*(tip source: [Six-Point Plan for Raising Happy, Healthy Children](#) and [Raising Respectful Children](#))*

## Parenting Pearl #2: *Something to do...*

### Ways to Encourage Creativity in Your Home

- 1. Create an "Imagination Station":** Gather everyday objects from around the house and store in a plastic storage bin. Ideas: gallon jugs, empty spice jars, cereal boxes, buttons, cotton balls, dried beans, popsicle sticks, old magazines, bottle caps, toilet paper tubes, egg cartons, corks, string, pipe cleaners, wrapping paper scraps, etc. Along with some art supplies such as glue, scissors, markers, crayons, and construction paper, your children can create whatever their hearts desire! *(tip source: [Preschooler's Busy Book](#) by Trish Kuffner).*
- 2. Make a Dress-Up Box:** Put together a box full of hats, costumes, clothes you no longer wear, shoes, old sheets, and different accessories. Kids love dressing up and using their imagination to become and act like someone else. *(tip source: [www.about.com](http://www.about.com))*
- 3. Create Bedtime Stories:** Together you and your child can create a ten-minute bedtime story. Have your child start. Then every couple of minutes take turns adding on from where the last person left off. Your child can even be the main character in the story. Start a new adventure the next night or continue the story you started the night before. *(tip source: [www.about.com](http://www.about.com))*
- 4. Dance Away:** Turn on your kids' favorite music tunes and let your children dance and perform. They may even be able to choreograph a routine and perform it for you. Feel free to join in or sit back and enjoy the show! *(tip source: <http://www.about.com/>)*
- 5. Create a Play:** Kids love pretending so have them create their own play and act it out (you can serve as a scribe). They may need a little direction but kids can participate in the planning and creating the costumes. It can be very simple play; the point is for them to have fun using their imagination. You can also videotape your children acting out the play. Kids love watching themselves on video and they also often become more creative in front of the camera. *(tip source: <http://www.about.com/> and [Non Mead](#))*
- 6. Let Your Child Take the Lead:** Adults are so often the leaders. When you have the opportunity, allow your child to lead the way. They can lead on a walk or bike ride and determine which direction to take. Have them lead in a game and allow them to invent their own rules. Whatever it is, remember to let go of control and just be along for the ride! This helps your child develop self-confidence and creative thinking. *(tip source: [www.about.com](http://www.about.com/))*

**7. Always emphasize process rather than product:** Try encouraging the process rather than caring so much about what your child achieves. If a child feels like a certain result is expected, this can interfere with their creative thinking. And instead of praising them for a job well done, ask them questions about the process: "Did you have fun?" "What did you like about the activity?" "Tell me about what you created." (*tip source: [www.greatergood.berkeley.edu/half\\_full](http://www.greatergood.berkeley.edu/half_full)*)

## Staff Spotlight



**Lisa Davies**  
2's and Bike Teacher

**I've been working at the Children's Center for:**  
9 years

### **My Fun Fact:**

I am a certified scuba diver; my deepest dive was 103ft

### **My Favorite Children's Book:**

Today I Will Fly  
by Mo Willems



## Reading Corner

Examples of children's books that inspire imaginative play and creativity:



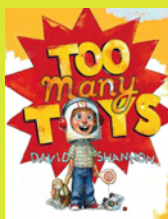
**Not A Box**  
by Antoinette Portis



**Not A Stick**  
by Antoinette Portis

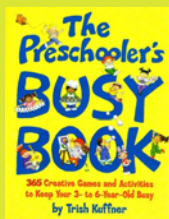


**Cloudy With A Chance of Meatballs**  
by Judi Barrett

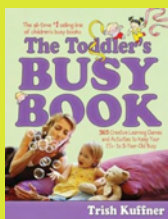


**Too Many Toys**  
David Shannon

A couple of books in the FRC library that provide ideas and activities to get your child's creative juices flowing:



**The Preschooler's Busy Book**  
by Trish Kuffner



**The Toddler's Busy Book**  
by Trish Kuffner

## Dates to Remember

### **Monday Jan 18, 2010**

School closed: Martin Luther King Day

### **Wednesday Jan 20, 2010**

"What Boys Need" with Dr. Shapiro  
7pm in Creekside  
[Registration](#)

**Feb 1-Feb 5, 2010**



Soup Drive

**Thursday Feb 4, 2010**

Snow Day!

**Friday Feb 5, 2010**

Snow Day!

**Wednesday Feb 10, 2010**

Coffee with Non: "Seasons of Love"  
9am in the Redwood Room

[Online School Calendar](#)

**BUSY BOOK**



Lisa Hanson & Heather Kempkie

**The Siblings' Busy Book**  
by Lisa Hanson & Heather Kempkie

For a complete list of books in the FRC library  
[click here.](#)

## **Websites to Check Out**

### **Articles on Creativity:**

[Ideas for creative games and play](#)

[Ways that we discourage creativity](#)

[Recipes from the Ooey Goey Lady](#)

## **Words to Inspire**

"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world and all there ever will be to know and understand."

*-Albert Einstein*



This email was sent to you by:

***The Family Resource Center***

Children's Center Preschool at Los Altos United Methodist Church  
655 Magdalena Ave, Los Altos, CA 94024 [www.childrencenterpreschool.org](http://www.childrencenterpreschool.org)

**Archives:** [link to past newsletters](#)