

**Giving Thanks this Thanksgiving** As Thanksgiving approaches, it is important to be grateful and give thanks. Allow your child to reflect and recall what they may be thankful for this holiday season. Check out these tips on how to create healthy habits of gratitude.

## PARENTING



1. Work gratitude into your daily conversation. Share what good things happened during the day at dinner time or make a list of three things you and your child are grateful for and share them right before bed.
2. Have your child help around the house. Children realize small tasks take effort. Have your child do a small task around the house and help them understand that reward comes from effort.
3. Find a fun project to work on together. Maybe you and your child make cupcakes for a neighbor or create a craft to give to someone at home. No matter the project, your child will realize that helping others is a rewarding experience.
4. Insist on thank-you notes. Whether written or illustrated, thank-you notes are a great practice to teach your child how to give thanks in a personalized way. Allow your child to write their thank-you notes independently and read it over with them after.
5. Be patient. Gratitude takes years of reinforcement to learn. Allow your child to develop these skills slowly and the reward of giving thanks and appreciation will come.

**Ask Your Child:** What are three things you are grateful for today?

To read more helpful tips, please visit: [www.parents.com](http://www.parents.com).

## Fingerprint & Handprint Turkey Crafts

### Materials

- Brown, red, orange, and yellow paint
- Googly eyes
- Glue
- Pencil or dark marker

### Directions:

#### Turkey #1

1. Start by dipping your child's thumb in brown paint and making a turkey body shape.
2. Then have them dip their pointer finger in each color (red, yellow, orange) and make dots to look like turkey feathers.
3. Glue on some googly eyes, paint a yellow beak, and draw some turkey legs!

#### Turkey #2

1. Paint your child's hand brown on just the bottom half (include the thumb!) and paint the rest of the fingers a different color.
2. Have them stamp their hand down on a piece of white paper.
3. Once that dries, add a googly eye, beak, and legs

## FUN CRAFT



**Ask Your Child:** What sound does a turkey make?

Find more fun crafts visit: [www.craftymorning.com](http://www.craftymorning.com)

**Little Things That Mean a Lot to Kids** As the busy holiday season approaches, remember to create one-on-one time with your child. Children need this time to express their individuality and let loose. Here are a few things you can do with your child that mean a lot to them:

1. Go for a walk with just one child.
2. Build your own videogame world alongside theirs.
3. Say “yes” to something usually off-limits, like sitting on the counter.
4. Hold off with the barrage of how-was-your-day questions if your child comes home from school grumpy and tired. You can always get the rundown at the dinner table.
5. Start your own rituals and traditions: Taco Tuesdays, Sunday-afternoon bike ride, or apple picking every fall.
6. Ask your child to teach you how to do something for a change. And once you get the hang of it, be sure to tell them what a good teacher they are.
7. Let your child overhear you saying something wonderful about them.
8. Stay up late to see the full moon and glance at the stars.
9. Don't be in a hurry to tell your child to let it go. They need to vent too.
10. Cook fun-shaped pancakes for breakfast or make breakfast for dinner.
11. Hang a whiteboard in their room to leave messages for each other.
12. Go ahead: let your child stomp in every puddle along the way. Even without rain boots.

For more ideas, check out [www.parents.com](http://www.parents.com).

**Ask Your Child:** What tradition do you want to start?

## HEALTHY KIDS



### Immunizations and Health Forms

Make sure your child's immunizations are up to date and the annual health forms are returned!

For more information, contact the school Nurse, Donna Grant at [dgrant@spauldingservices.org](mailto:dgrant@spauldingservices.org)



## Thanksgiving Oreo Turkey Cookies

### Ingredients

- Double stuffed Oreo cookies
- Chocolate chips or Pumpkin spice morsels
- Candy corn
- Icing
- Googly eyes (edible)

### Directions

1. Take 4-5 pieces of candy corn and carefully push into the icing in between the cookie parts. Don't push too far or the cookie will separate.
2. Using the black cake or cookie icing as “glue,” squeeze a tiny amount where you want to place the eyes and beak. Apply the googly eyes to the icing.
3. Apply the pumpkin spice morsel or chocolate chip under the eyes as the beak.

**Ask Your Child:** How many “feathers” does your Oreo turkey cookie have?

## EASY RECIPE



Photo Credit: [Cakewhiz.com](http://Cakewhiz.com)