

OCT. 2025 | VOL. 1

KIDDIE CHRONICLES

Sunbeams and Rainbows Preschool Newsletter



NEWS AND EVENTS AROUND SCHOOL:

PICTURE DAY

FRIDAY OCTOBER 10
KIES RECREATION
CENTER

HALLOWEEN PARTIES

WEDNESDAY OCTOBER 29
ELDRIDGE M/W

THURSDAY OCTOBER 30
ELDRIDGE T/TH
BUTTERFIELD
CRESTVIEW
COURTS
WILDER 3'S

FRIDAY OCTOBER 31
WILDER 4'S

Dear Parents,

Welcome to the first edition of the Sunbeams and Rainbows Kiddie Chronicles, what we hope will become a monthly resource for our Preschool programs. We are aiming to provide helpful articles and resources as well as current preschool and community happenings here. Hopefully this will be a useful source of information as we navigate the school year and work together to educate these amazing kids!

I hope you and your child are having a wonderful start to the school year and we can't wait to see what this school year has ahead!

Carla Bell,
Program Supervisor for Preschool and Early childhood





HOW YOUNG CHILDREN'S PLAY PROMOTES HEALTHY DEVELOPMENT

Written by [Kathryn L. Keough, PhD](#)

For preschoolers and kindergarteners, play is all about having fun! Play is also a vehicle for learning, and it has tremendous benefits for children's development. Through play, children develop their cognitive, social, emotional, physical, creative, and language skills. The "fun" aspect of play is important, too. Happiness, sometimes referred to as subjective well-being, is a key ingredient of children's overall well-being. Play is one of the primary ways young children seek out and experience positive emotions, like joy and excitement. Psychologists believe that childhood happiness can lead to positive personal, behavioral, psychological, and social outcomes.

Caregiver Tips:

- Just 5 minutes a day of playtime can strengthen the caregiver-child relationship, especially if the caregiver joins the child's play world and follows the child's lead.
- Caregivers can encourage pretend play by modeling how to use objects creatively and by acting out characters.



Imaginative and child-led play

Children begin engaging in different kinds of imaginative play around age 2. In the toddler years, many children start acting out familiar events in their play, like rocking a baby doll or putting pretend food on a plate. This kind of play becomes more complex and creative in the preschool years, at times involving imaginary objects and detailed storylines. Pretend play can support learning outcomes and skill development in vocabulary, creativity, emotion regulation, and short-term memory, among others.

Grown-ups can encourage play by joining in the fun! Caregivers can facilitate the natural learning that happens in open-ended play by playing along and following the child's lead, without directing the play. In child-led play, children choose what they want to play with and how they want to play. Regular, enjoyable playtime together is a powerful way for caregivers to support happiness and emotional well-being in their young children. And the impact on well-being is not just on the child! Studies have shown that playing with your child can lead to reduced parenting stress.

Playing with other children

Children's play becomes more complex and social around age 3. Providing young children with opportunities to play with other kids is important for their development and learning. In the early preschool years, children begin to shift from parallel play to cooperative and social pretend play with their peers. This may look like two children working together on a puzzle or pretending to work at an ice cream shop.

In play with peers, children build social and emotional skills as they face scenarios that require them to work together, solve problems, and consider others' perspectives. The positive feelings that children have as they play together can also promote friendships.



Outdoor play and physical activity

Playing outside helps support healthy physical, social, cognitive, and emotional development in young children. In the outdoors, kids learn and develop as they explore nature, move around more freely, and challenge themselves through riskier play. For instance, a child might wade in a pond and collect pebbles, roll down a hill, or climb up onto a boulder. Outdoor play also creates endless opportunities for children to be creative and collaborative. This might look like your child pretending a stick is a magic wand or gathering a group together for a game of tag.

Physical activity is particularly important for preschoolers and kindergarteners, since they are growing and developing so quickly. Unfortunately, many young children are not getting enough physical activity each day, and only about half of preschoolers in the United States go outside to play at least once a day with a parent. Healthy levels of physical activity are linked to improved heart health, lung function, bone strength, and other important aspects of physical development and fitness. In addition to a range of health benefits, participating in physical activity leads to gains in young children's social, motor, and cognitive skills. As young children find enjoyment through physical activity and outdoor play, they also build a foundation for future healthy habits and pro-environmental behaviors.



Upcoming Community Activities

Fall Fest

Saturday October 4

9:00-12:00

Safety Town

Free

Boo-tiful Trick or Treating

Saturday October 18

11:00-1:00

Downtown Elmhurst

***Other fantastic things to
do can be found on:***

<https://mykidlist.com/>



Structured activities and sports

Early childhood structured activities, like classes and sports, can help your young child learn and develop their interests in a playful way. Young children find enjoyment in music, for instance, by singing songs, playing simple instruments, and listening to music. In music classes, children are encouraged to create or move along with music, which supports motor coordination. Through structured visual art activities like drawing, painting, and sculpting, young children can explore colors, textures, and shapes while also building their fine-motor skills and creativity.

Sports are a great way for your child to get active while having fun. Participating in a sport allows young children to build skills and challenge themselves as they work to learn the rules, physical techniques, and importance of teamwork. In fact, preschool-aged children who play sports or participate in organized physical activities appear to have better emotional health, social skills, and self-regulation abilities!

Many children this age will have a hard time staying fully engaged in a sport and playing by the rules. For example, they may run the opposite direction, score on their own goal, or twirl around on the field. If your child is having fun, they are reaping the benefits of these joyful experiences, which contribute to their overall well-being. Plus, research suggests that the number one reason kids play sports is because they find it fun.

Link between play and subjective well-being

Play supports the healthy development of preschoolers and kindergarteners, and it also allows children to experience the positive emotions that are essential for subjective well-being. Early childhood is a time when kids are primed for creative thinking and learning. In fact, it is theorized that the fun that comes from play leads young children to explore further, try new things, and think flexibly. As kids have fun playing pretend, exploring nature, running around, or creating art, they have the potential to build lasting resources, including those related to relationships, skills, and overall health. Subjective well-being, or happiness, in childhood is linked to higher levels of empathy, social competence, self-regulation, resilience, and academic achievement. Early childhood play is all about having fun, but the benefits of play on children's learning and development extend well beyond that!



PRESCHOOL ENRICHMENT CLASSES

Full STEAM Ahead

Ages 3-5

Explore gravity and force by knocking things down with a pendulum and setting off chain reactions. Plan and build structures, conduct experiments, investigate living things, and learn how to work as a team. This action-packed class will prove that your STEAM investigator can be an engineer, biologist, chemist, and mathematician all while having fun! Topic of the week and activities are the same in both the Monday and Wednesday classes. (CB)

Location: Wilder Park Recreation Building

13123 M 10/27-12/15 1pm-2pm \$95/\$114

13124 W 10/29-12/17 1pm-2pm \$95/\$114

Mini Masterpieces

Ages 3-5

Let's get creative! We'll explore different techniques and mediums, while creating works of art fit for the fridge! This unique learning experience emphasizes having fun while exploring creativity through art. This program will help develop your child's motor skills and self-expression. Wear messy clothes and be prepared to take home some masterpieces.(CB)

Location: Courts Plus

14134 Tu 10/28-12/16 1pm-2pm \$95/\$119

Mini Mathematicians

Ages 3-5

From counting to sorting, to simple addition, this class will explore basic math concepts at an age-appropriate level through games, crafts and sensory manipulatives. Your student won't even realize they're becoming a math wiz, because of all the fun they will be having

Location: Courts Plus

14142 Th 10/30-12/18 1pm-2pm \$95/\$119

Cooks & Books

Ages 3-5

Each week we'll read a story that inspires a new and delicious kid-approved recipe. During the process, participants will learn about kitchen safety and table manners. At the end of each class, participants will go home with their creation and a tasty recipe so they can recreate it at home. (CB)

Location: Courts Plus

14137 F 10/31-12/19 1pm-2pm \$102/\$127