

# Child Care Resource and Referral Parent/ Provider Newsletter January 2010

## Boost the Educational Value of Everyday Tasks

The world is a stimulating place for a toddler – everything's new and exciting! "Kids this age are absorbing new information all day long," says Elaine Ellis, M.D., medical director of the Phoenix Children's Hospital's Neuron-Developmental Evaluation Program. Even the most mundane experiences help build important skills. Think about it: An activity as simple as helping you fold the laundry can teach your child preliminary lessons in counting and sorting, while also strengthening his motor development.

With just a little effort, you can boost the educational value of everyday tasks. "Toddlers learn best when they use all their senses," says Dr. Ellis. "The more they see, feel, hear, and manipulate things, the better the lessons sink in." Our smart strategies will turn your daily routine into fun learning games.

### Kitchen Class

**Shapes and Sizes:** Children as young as 2 can understand the concept of big and small. When cooking, ask your child to help you choose the right container for what you'll be serving. Say, "Do you think the strawberries will fit in the little bowl, or do we need the bigger one?"

**Sounds:** While kids may not be able to tell you which note is an A versus a high C, they do understand that different tones sound, well, different. This is a building block of musicality. "Clink an empty glass with a spoon, and then tap on a full one," says Lewis P. Lipsitt, Ph.D., a child-development expert at Brown University, in Providence. "Talk about how the teakettle makes a whistling noise when the water's boiling." Pointing out such things also demonstrates cause and effect -kids learn that they can intentionally make things happen.

**Counting:** Set the table by the numbers. Ask your child how many napkins and forks you'll need so everyone gets one. Take it a step further by asking, "If Dad doesn't eat breakfast with us tomorrow, how many spoons will we need?"

### Car Talk

**Colors:** "Tell Mommy when the light turns green" is a great game that teaches kids to anticipate change. Another idea: Challenge your child to look for and count out red cars. When she's spotted five, tell her to shout "Bingo!" Repeat with blue, black, or green vehicles.

**Letters:** As you pass billboards, signs, sides of trucks and storefronts, ask her to shout out letters she sees in the order of the alphabet. That may take the entire two-hour trip to Grandma's!

**Shapes:** Kids love pointing out all the shapes they spot from their car seat: Your steering wheel is a circle and a sign is a square. Show your child a stop sign and explain that it's an octagon, while a school bus might look like a rectangle.

### Shopping School

**Vocabulary:** When choosing food at the grocery store, point out, for example, how the skin on an apple is smooth, while an orange feels bumpy. Identifying items in your cart by their proper name as well as describing them with one or two adjectives will help boost language development.

**The Same and Different:** Pick up two boxes of crackers. Talk about what they have in common ("Both contain snacks that are shaped like small squares") and what they don't ("This box is red, that one is yellow").

**Money:** Two- and 3-year-olds may be too young to grasp what a quarter is worth, but they are old enough to learn that it costs money to buy things. This can build into a discussion about needs and wants. You might say, "Is ice cream something we need to live, or is it a treat we'd like to eat after dinner?"

### Waiting Games

**Social Cues:** This is a great activity to play while standing in line: Suggest that your kid look at people's faces and tell you how he thinks they're feeling: Are they happy? Sad? Bored? Practice manners too. When you reach the checkout person, make sure you and your child say hello and goodbye.

**Numbers and Sorting:** Count the people standing in line. Then ask questions to sort them into categories. "How many people have black hair? How many are wearing glasses?"

**Shapes:** While killing time sitting in the pediatrician's office, play a version of "I Spy." Without telling your child what it is, choose and then describe an object in the room. Ask him to guess what you're looking at. Tell him, "I see a white triangle. What could it be?" Give clues such as, "It's near the door."

Originally published in the December 2009 issue of Parents magazine.



# From The Desk Of Deana



## Rules Of The Lending Library

- ◆ No Children In The Kitchen Area
- ◆ Children Must Be Supervised At All Times
- ◆ No Climbing On Furniture

### PLEASE REMEMBER WE ARE A NON-PROFIT ORGINZATION

- ◇ Items That End Up Lost Or Broken Cannot Be Easily Replaced.
- ◇ To Help Prevent Lost Or Broken Items, Please Be Sure To Help Your Children Put Items Away
- ◇ For The Safety And Enjoyment Of The Next Visitor, Please Return Items To The Correct Shelves Before Leaving The Library.
- ◇ If You Are Unclear Of Where An Item Belongs, Please Bring Item To The Front Desk For Assistance.



## Free Webinars

Child Care Aware Parent Network webinars are presented by child care experts to give you information about high-quality child care and other topics that are of interest to you. They are designed specifically for busy parents, grandparents, advocates, and professionals who to learn more but have very little time. Our educational Webinars are FREE exclusive content for our members. Membership is free for parents, for more information visit <http://www.ccaparentnetwork.org/>

### Upcoming Webinars:

#### H1N1: Keeping Your Child Healthy at Home and in Child Care

Tuesday, January 12, 2010 8:00 pm EDT

Presenter: Dr. Georgina Peacock of the Centers for Disease Control (CDC)

#### Child Care Centers At The Center of Your Community

Tuesday, February 16, 2010 at 8:00 pm EDT

Presenter: Mario Small, Author, "Unanticipated Gains: Origins of Network Inequality in Everyday Life"


#### Will You Know High-Quality Child Care When You See It?

Tuesday, March 23, 2010 8:00 pm EDT


Presenters: Richard Cohen

# January 2010



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Happy New Year	2 Make a book what you loved about 2009
3 Learn a new word	4 Sing your favorite song	5 Learn to zip up your coat	6 Make tonight family game night	7 Make your family's favorite dinner	8 Learn how to tie your shoes	9 Learn a new shape
10 Learn your phone number	11 Learn how to buckle yourself in the car	12 Learn your address	13 Rubber Ducky Day	14 Dress up your pet day	15 Learn a new song	16 Make your favorite soup
17 Learn 911 and when you should call them	18 Celebrate Dr. Kings Birthday  <b>CCR &amp; R Closed</b>	19 Learn how to draw the letter M	20 Penguin awareness day	21 Sit down and read a book together	22 Play a game with your siblings	23 Walk the dog
24 Go to the movies with your family	25 Make your favorite dessert	26 Share your favorite book with your class	27 Clean your room and donate unwanted toys and clothing	28 Help mom make dinner	29 Have a daddy day	30 Go to the movies with Grandmas
31 Draw a picture of a groundhog. Will he see his shadow?						



### Time Management



When its time for sharing time or discussion, and you want each child to have equal time to share, use a kitchen timer or bell to help. When the child is ready to share set the timer, for example for 3 minutes. When the timer dings, move on to the next student. You can also use this for sharing popular items in the classroom or when its time to transition



## January Awareness:



- National Blood Donor Month
  - Bath Safety Month
- National Braille Literacy Month
  - National Hobby Month
  - Hot Tea Month
- National Oatmeal Month
  - National Soup Month





## Hard Facts About Helmets

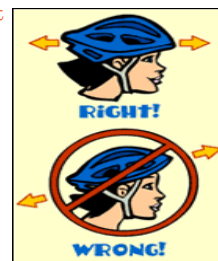
If you like recreational activities that involve wheels, concrete or asphalt, then protect your brain by wearing a helmet. Helmets with a CPSC approval are good for biking and in-line skating and are available in most sporting goods stores. "Multi-sport" helmets with a Snell B-95 approval are designed for skateboarding, roller-skating, and riding scooters as well as biking and in-line skating. Snell B-95 rated helmets provide more protection but you may have to check out more stores to find one.

Your helmet should sit flat on your head — make sure it is level and is not tilted back or forward. The front of the helmet should sit low — about two finger widths above your eyebrows to protect your forehead. The straps on each side of your head should form a "Y" over your ears, with one part of the strap in front of your ear, and one behind — just below your earlobes. If the helmet leans forward, adjust the rear straps. If it tilts backward, tighten the front straps. Buckle the chinstrap securely at your throat so that the helmet feels snug on your head and does not move up and down or from side to side.

### Helmets...Fact or Fiction?

**Fiction:** Helmets aren't cool.

**Fact:** Who says helmets can't be cool? If you're shopping for a helmet, there are lots of options, so you can pick out your favorite color. Or decorate your helmet with stickers and reflectors to show your personal style. Helmets are designed to help prevent injuries to your head, 'cause a serious fall or crash can cause permanent brain damage or death. And that's definitely not cool.



**Fiction:** Helmets just aren't comfortable.

**Fact:** Today's helmets are lightweight, well ventilated, and have lots of padding. Try on your helmet to make sure it fits properly and comfortably on your head before you buy it.

**Fiction:** Really good riders don't need to wear helmets.

**Fact:** Bike crashes or collisions can happen at any time. Even professional bike racers get in serious wrecks. In three out of four bike crashes, bikers usually get some sort of injury to their head.

Source Bicycle Helmet Safety Institute: [www.bhsi.org](http://www.bhsi.org), downloaded, February 2002.

## Fingerprint Penguin Craft

A finger and a bit of paint are all you need to make these super-cute penguins. It looks great as a gift tag or you can make them all over a large sheet of paper to make your own gift wrap.

### Materials:

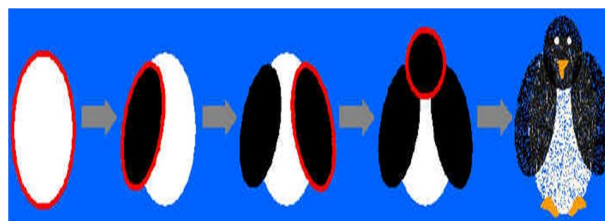
- black finger paint
  - white finger paint
  - orange finger paint or marker
  - scrap of cardboard or old margarine container lid (something to act as a pallet)
  - toothpick or small paint brush
- paper or card stock in a winter color (other than white or black) -- I like blue!



### Directions:

- Squeeze a bit of black finger paint onto a margarine container lid
- Squeeze a bit of white finger paint onto the lid, spaced away from the black paint (or use a second lid)
- stamp the pad of your thumb into the white paint
- make one large thumbprint "tummy" on the paper
- stamp the pad of your index finger into the black paint
- make black fingerprint wings on either side of the tummy
- stamp the tip of your index finger or pinkie finger into the black paint
- make a black fingertip head on top of the penguin
- Use a toothpick or paintbrush to make two white eye dots on the head.
- Set aside to dry
- Use orange marker or paint to add a beak and feet

Source: <http://www.dltk-holidays.com/winter/mfingerprint-penguin.htm>



## Skill Development



### MUNCHING MONKEYS

To help and encourage your children to zip up their coat!



This is an easy trick they can all learn. Have each child put on his/her coat and look at the zipper at the bottom of the coat. Tell them the opening of the zipper is at monkey's mouth and the other side is a banana. Invite them to practice putting the banana in the monkey's mouth. Then I have him help the monkey eat the banana by pulling up on the zipper pull.



Source: The Mailbox Dec/Jan pg 60



### Cuckoo For Cookies

"Matching Sets of Numbers"

Label ten white rectangles (glasses of milk) with numbers 1 to 10. Cut out ten cookie shapes and draw on them sets of chocolate chips to match the numbers on the glasses. A child counts the chocolate chips on each cookie and then places the cookie with its matching glasses.



Source: The Mailbox Dec/Jan pg 60

### Five Little Snowmen

*A great learning song / counting song!*

Five little snowmen round and fat.  
(hold up 5 fingers)

Each one wearing a funny hat.  
(pretend to touch a hat on your head)

In the morning, out came the sun.  
(put your arms up into a circle over your head)

It looked down and melted one.  
(move your hands down in front of you to the ground)

Repeat with 4,3,2,1 snowmen.

Another Version of this preschool song is:  
Five little snowmen fat. (hold up 5 fingers)  
Each with a funny hat.

(pretend to touch a hat on your head)  
Out came the sun and melted one.  
(put your arms up into a circle over your head)

What a sad day was that?  
(rub your "tears" away)

Down, down, down, down...  
(slowly squat down to the ground)

Repeat with 4,3,2,1 snowmen.

<http://www.preschool-learning-and-crafts.com/winter-preschool-songs.html>

### Protect The Egg

"Gross Motor Skills: balancing"

Have students pretend to be emperor penguins. Give each child a beanbag (egg) and encourage him/her to balance it on his/her feet., similar to what a real emperor penguin would do. Have students determine different ways they can move while still keeping the egg safe. Encourage them to attempt walking, waddling, jumping, flapping their wings (arms), and hopping-all while balancing the egg.



Source: The Mailbox Dec/Jan pg 4

# Crafts for Classic Read -Alouds

## *If You Give A Moose A Muffin*

*Talk to the children about what kind of muffin a moose would enjoy. Let the children choose what kind of muffin they think a Moose would like.*

*Using muffin pattern and brown construction paper cut one out for each student.*

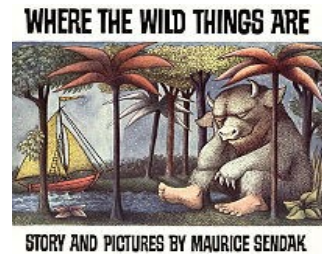


*Then place small amounts of paint onto the muffin. Giving them a plastic spoon to swirl the paint as desired.*

Source: The Mailbox Dec/Jan Pg 11

## *Where The Wild Things Are*

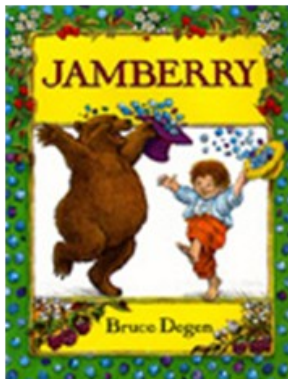
The horns, the claws, the teeth— this collage contains the best parts of the wild things! In advance prepare containers of macaroni (claws), small construction paper triangles (teeth), and large construction paper triangles (horns). Glue the items to a sheet of colorful construction paper to make a wild collage



Source: The Mailbox Dec/Jan Pg 11

## *Jamberry*

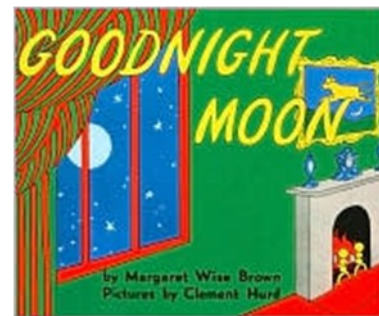
The beautiful berries in this process-art idea reminiscent of the berries in Jamberry! Gather red, purple, and blue food coloring. Use the food coloring to tint individual containers of clear glue. Place an eyedropper next to each container. Use the eyedroppers to squeeze drops of colorful glue onto a sheet of paper. The result is a beautiful bunch of berries



## *Goodnight Moon*

*This moon and window are reminiscent of the ones in the story! Attach a blue rectangle cutout to a 9" x 12" sheet of green construction paper.*

*Crumple a white cupcake liner (moon), uncrumple it, and then glue the moon to the paper. Dot glue around the moon and then sprinkle glitter on the glue. Finally, attach red construction paper strips to the project so they resemble a window frame.*



Source: The Mailbox Dec/Jan 2009-10 pgs 10-11

# Kids in the Kitchen

## Winter Tree

Ingredients for one:

- ◆ Pretzel rod half
- ◆ Pretzel sticks
- ◆ White frosted O shaped cereal
- ◆ White Frosting

Utensils and Supplies:

- ◆ Paper plate for each child
- ◆ Plastic spoon for each child

Instructions

- First apply the frosting at the bottom of paper plate
- Second insert the pretzel rod into the frosting
- Third arrange the pretzel sticks like they are branches off the tree.
- Fourth add the frosted O cereal around the plate and Enjoy

Source: The Mailbox Dec/Jan pg 26

## Groovy Grasshopper Dip

**Ingredients:**

- 1/2 cup light sour cream
- 1/2 cup plain nonfat yogurt
- 2 tablespoons chopped fresh flat-leaf Italian parsley
- 2 tablespoons chopped fresh green onion tops (or chives)
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- Black pepper to taste
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- 1 avocado, peeled, pitted, and chopped
- 1/4 cup chopped green bell pepper
- 1/4 cup grated Parmesan cheese (optional)

**Directions**

1. Combine sour cream, yogurt, parsley, green onion or chives, garlic powder, salt, and pepper in a mixing bowl. Add spinach, avocado, and green bell pepper. Stir to blend.
2. Cover dip and chill in the refrigerator for 30 minutes or longer before serving.
3. Garnish with grated Parmesan cheese if desired.

**Serving Suggestion**

Serve with assorted fresh veggies, crackers, or breadsticks.

Source:

[http://kidsinthekitchen.ajli.org/?nd=recipes&return\\_nd=browse&recipe\\_id=133&x=32&y=11](http://kidsinthekitchen.ajli.org/?nd=recipes&return_nd=browse&recipe_id=133&x=32&y=11)

## Pretend Snowman

*This winter activity will have your kids laughing and creating. Your preschooler will also learn to pretend and to sequence (first, second, last...)*

- Tell your preschool or toddler, "We're going to build a snowman INSIDE! We have to use our imagination- that is when we *pretend*."
  - Next follow the steps to "build your snowman"
1. "Look it's snowing inside the house". Point up and then use your hands to flutter down like snowflakes. Have your child do the same.
  2. "Do you see all of the snow on the ground?" Pretend to touch the snow, throw a snowball, etc.
  3. "Okay. Let's build our snowman. We need to roll a big snowball for the bottom."
  4. Ask your child how many balls he wants for his snowman. Talk about how the balls need to get smaller as they go up. Be sure to "pat" each snowball as you place it on top of the other.
  5. Now talk about what the snowman needs- eyes, nose, hat, etc. Let your child "look" for what he might use for each part if he were outside- sticks for arms, rocks for eyes...

6. When your snowman is complete. Stand back and admire it with your toddler or preschooler. Ask your child to talk about how he made the snowman (the order) and what he used for the body parts.

This winter activity is great for language skills, story telling, memory, sequencing, and creativity. Have fun with it!



## Craven Smart Start Child Care Resource &

1917 Trent Blvd  
New Bern, NC 28560

Phone: 252-672-5921

Fax: 252-672-5922

E-mail: [Christen@cravensmartstart.org](mailto:Christen@cravensmartstart.org)

### Mission Statement For CCR & R

To enhance the quality and quantity of child care services in Craven County by providing a wide range of information, referrals, advocacy and training services to families, providers and the community in general.



## Pipe Cleaner Creatures



### Materials

pipe cleaners  
googly eyes  
glue



1. Choose the color of pipe cleaner you want for your creature. You can use a whole pipe cleaner for a large creature, or cut it in half to create smaller creature.
2. Start one end and bend the shape for the head and neck.
3. Spiral the rest of the pipe cleaner around the bottom of the neck. Leave the end of the pipe cleaner to create a tail if you want.
4. Glue on the eyes.

### Hints

- If an adult is helping, a hot glue gun makes it fast to put eyes on your creature.
- Eyes can be wiggle eyes, cut from paper, or anything else you can think of.



### Ideas for Creatures

- Cut a small piece to twist around above the eyes to make ears.
- Use another pipe cleaner to create wings and then push the wings up through the spirals.



Source: [http://www.creativekidsathome.com/activities/activity\\_107.shtml](http://www.creativekidsathome.com/activities/activity_107.shtml)

