

JUNE

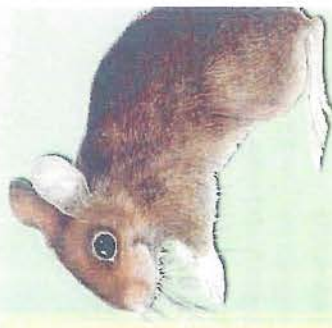
“It is easier to build strong children than to repair broken men”

– Frederick Douglas


Healthy Eating Habits

Help your child to eat well by starting each day with a healthy breakfast.

- Provide foods from each of the food groups. Include all the colors in the rainbow to help you make healthy choices.
- Children need to try new foods many times before they learn to like them. Introduce something new in small amounts so your child will be more willing to try it.
- Talk about the texture (rough, smooth, bumpy), color, smell (sweet, tart), and taste (salty, sweet, sour) of foods.
- Have regularly scheduled meal times, eating together as a family whenever possible. Avoid eating in front of the TV or computer.
- Avoid using food to punish or reward behavior.
- Use the right portion sizes for your child. Your health provider can help you determine how much your child should eat at one sitting.
- Try to plan healthy snacks. Younger children need to eat frequently, so snacks are part of their nutrition. Call your county Cooperative Extension office to get recipe ideas and nutrition information.



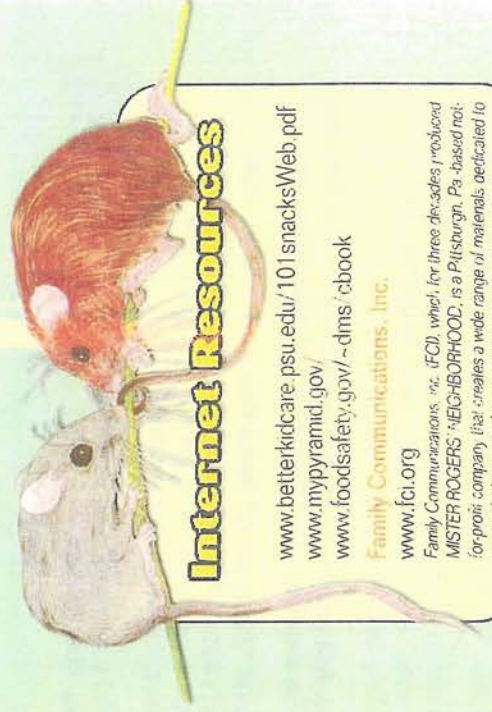
Me Book



Ask your child to tell you a make-believe or pretend story. Write the story at the bottom of the paper and have him/her

draw a picture about it. Talk together to make up a title; add it to the top of the page. Date it and save.

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Internet Resources

- www.betterkidcare.psu.edu/101snacksWeb.pdf
 - www.mypyramid.gov/
 - www.foodsafety.gov/~dms/cbook
 - www.fci.org
- Family Communications, Inc.*
- Family Communications, Inc. (FCI), which for three decades produced MISTER ROGERS' NEIGHBORHOOD, is a Pittsburgh, Pa.-based not-for-profit company that creates a wide range of materials dedicated to young children, their families, and those who support them.

A Week of Activities!

🏠 Find an object around the house and ask your child to think of words that rhyme or sound the same. Nonsense words are acceptable too. Example: bed—head; oven—lovin

👤 Pretend to be the teacher in an exercise class. Ask your child to run in place, bend, stretch, or hop. Then, let your child be the instructor who tells you what kinds of exercise to do.

🛠️ Make a road map by using blocks and small toys to represent buildings and streets in your community. Ask your child to move small toy cars around the map while you talk about the different places.

👉 Help your child plant bean or flower seeds in a small can or cup. Put the container in a sunny place. Water it with your child everyday. Watch what happens!



A Week of Activities!

🍏 Make stencils by cutting shapes out of plastic lids (such as a lid from a butter tub). Show your child how to lay the stencil on paper and use a marker, crayon or pencil to draw around the outside. When you lift it up, you've made the shape!

👉 While outside, throw different kinds of balls into the air. Talk about which one goes higher, faster and further.

👤 Create sound patterns using your hands or mouths. Ask your child to repeat them. (clap, clap, tap; finger snap, tongue click, finger snap)

👉 Talk about your favorite things. Ask questions like, "what do you like to do when you're outside?" Talk about whether those activities can be done year-round or whether they change with the seasons.



Check these out!

Let's Try It Out in the Water by Seymour Simon

Gregory the Terrible Eater by Marjorie Sharmat

Diary of a Worm by Doreen Cronin

Do You Have a Hat? by Eileen Spinelli

Uno, Dos, Tres = One, Two, Three by Pat Mora.

Five Little Monkeys Sitting in a Tree by Eileen Christelow

A Week of Activities!

🏠 Imitate sounds you hear in your neighborhood such as cars, fire trucks, birds or airplanes. Ask your child to guess what they are. Then ask your child to make a sound and you guess what it is.

👤 Play a counting game. Ask your child to find specific amounts of different items you describe. For example, "find 3 pencils, find 5 pennies, etc."

😊 Give your child various "throw away" items that are found in your house, such as toilet paper rolls, old mail, lids, etc. Ask him or her to arrange the items into a sculpture or to create a masterpiece. Encourage him to describe what s/he made.

👉 Dance with your child using props such as musical instruments, scarves, ribbons, etc.



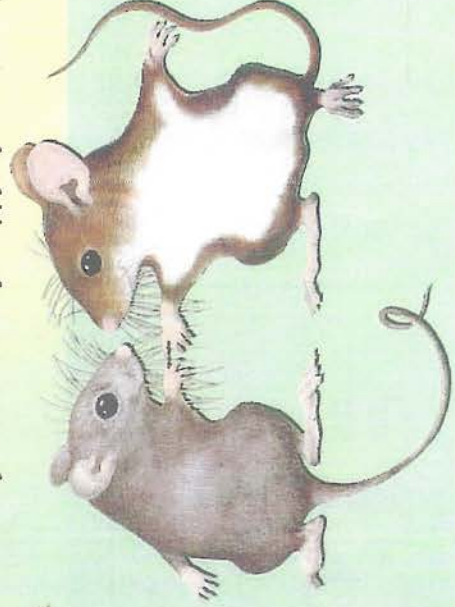
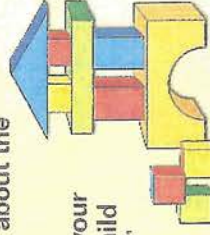
A Week of Activities!

👉 Use sidewalk chalk together when you're outside to create a picture on the sidewalk or driveway.

👉 Help your child write a letter to a family member or a friend. Together, address the envelope, put on a stamp and take it to the mailbox to mail.

👉 Help your child get ready to play with a friend. Talk about the kinds of things they will do together.

😊 Play the "Opposite Game." Say a word and see if your child can say the opposite. You say "walk;" your child says "run." You say "happy;" your child says "sad."



😊	Approaches to Learning
👉	Creative Arts
🏠	Language and Literacy
👤	Logical Mathematics
👉	Personal Social
😊	Physical Health
👉	Science
🏠	Social Studies