

FAMILY NEWSLETTER

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Cold winter days make outdoor play difficult. Here is a newsletter with suggestions for some indoor fun.

EVERYDAY LEARNING

Household jobs can be a great way for young children to learn.

Young children are curious and want to explore their world. They like to do things by themselves and feel proud when they can help.

Taking the time to teach your child how to do household jobs will help them feel confident. If the job is difficult, teach children how to do a small part.

Children learn from activities such as:

- Making the bed.
- Folding the laundry.
- Putting toys away.
- Setting the table.
- Feeding a pet.
- Cleaning their room.
- Putting the groceries away.



They may not do it perfectly, but they will be proud of their work.

Paper Plate Skating

If there isn't an ice skating rink close to you, don't worry. You and your child can skate in your living room or hallway. Place a paper plate under each foot and glide across the floor like you are on skates. One foot per plate and it works on hardwood and carpet. It may be easier for kids to remove their socks so their feet naturally stick to the plates.



Do something active with your child everyday!

MOVING OUR BODIES ALL AROUND

Share some physical activity with your child by doing the following animal moves.

Bear Walk-Place your hands on the floor in front of you. Take giant bear steps with your hands and feet. Remember to growl like a bear. Keep a nose out for honey.



Hop, hop, hop to the carrot patch.

Horse Kick-Place your hands on the floor in front of you. Kick your legs out behind you. Try one leg at a time and then both at once. Whinny like a horse and

watch out for breakable objects, like furniture!

Bunny Hop- While squatting, bend your arms in front of your chest.

BOWLING INSIDE



Children enjoy this game.

You will need:

- ⇒ Six empty plastic bottles-
 - *Throw away the lids because they are a choking hazard.
 - ⇒ A soft squishy ball
1. Line up the bottles at the end of a hall or along a wall.
 2. Show your child how to roll the ball to knock over the bottles.
 3. Ask your child to count how many bottles were knocked over.
 4. Add more bottles to make the game a little more difficult.

CRACKER FOOD FACES-AGES 3 & UP



Here's what you need-

1. Graham crackers
 2. Cream cheese or peanut butter
 3. Raisins
 4. Cheerios
 5. Banana slices
- ⇒ Show your child how to spread cream cheese or peanut butter on the cracker.

⇒ Then show your child how to use the raisins, cheerios and banana slices to make a face.

Caution: This recipe is ***for children 3*** years and up because:

- Children can choke on raisins.
- Children under 1 year old can't have cream cheese. It is made with milk.

DRAWING

Drawing can be done anywhere. For most children, pencils and crayons are easy.

Materials:

- ⇒ Crayons
- ⇒ Markers
- ⇒ Pencils

- ⇒ Paper
- ⇒ Brown paper bags
- ⇒ Paper plates
- ⇒ Envelopes
- ⇒ Cardboard gift boxes

Rubbings-

Take the paper off a crayon. Use the whole side to color. Place a leaf under the paper. Rub the crayon over the top.

Eraser Drawings-

Let your child use a pencil to scribble on the paper. Use the eraser to draw a picture.

Gift Boxes-Let your child draw on the boxes.



Take paper and crayons or pens with you.

WHAT'S IN THE BAG?

Put a spoon, a toy, or a ball in a box. Have your child put one hand in the box to feel the object. Can he or she guess what it is? Give clues.



Tissue boxes work well for this game.

let him or her find an object to put in the box so you can guess what it is. Ask your child to give you clues about the object. Keep taking turns putting things in the box and

After your child has guessed correctly, guessing what they are.

This is a fun guessing game to play with your child!

PILLOW JUMPING

Gather all the pillows in your house. Place them next to each other. Let your child jump into them. (Be sure to have your child take off their shoes first.)



backward, on one foot, or sideways. Build a path with the pillows and let your child jump from pillow to pillow.

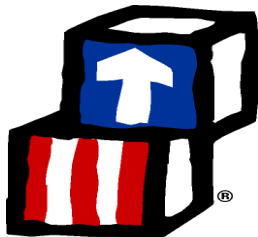
Encourage your child to jump

Pillow jumping is good exercise! It should only be played when an adult is in the room to supervise.

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... "Better preparing children and their families for life experiences now and in the future."

**For information
about job
opportunities at
Drake University
Head Start go to**

www.drake.edu/hr/

NOT SURE WHICH WAY TO TURN?

Are you wondering what to do during the winter as you face day to day challenges and stress?

All Head Start and Early Head Start families receive **free** 24 hour telephone help.

Families receive help with concerns such as:

- ⇒ Stress and health worries
- ⇒ Family Problems
- ⇒ Emotional Problems
- ⇒ Parenting
- ⇒ Balancing Work & Family
- ⇒ Sadness
- ⇒ Single Parenting
- ⇒ Divorce
- ⇒ Alcohol
- ⇒ Drug Use

In Des Moines call
244-6090
Outside Des Moines
1-800-327-4692



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