FAMILY NEWSLETTER

MOVE, PLAY & LEARN AT HOME

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GET READY:

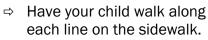
- ⇒ Sidewalk chalk
- ⇒ Find a sidewalk that is flat and away from streets

GET SET:

Using sidewalk chalk, draw

Curvy Straight Curly

GO:



- ⇒ Then ask your child to
 - ⇒ Run
 - ⇒ Jump
 - ⇒ Hop on each line



⇒ Writing with chalk helps children use their fingers. They learn to make

- ⇒ Scribbles
- ⇒ Lines

This is the beginning of drawing and writing.

Encourage your

child's writing by:

- ⇒ Providing time

www.headstartbodystart.org

DID YOU KNOW?

SUMMER FIRST AID KIT



Have you noticed that a fun

bandage may stop tears?

For just a few dollars you can make a simple first aid kit to take with you when you travel.

You will need:

- 1. Plastic zipper bag
- 2. Bandages
- 3. Gauze and tape
- 4. Tweezers-To remove small splinters

- 5. Wash cloth
- 6. Non-latex gloves

The washcloth may be used for cleaning or to make an ice pack. The zippered bag will store everything and can also be used as an ice pack.

Look for bandages on sale. Small travel packages can cost less. Page 2 www.drakeheadstart.org

A visit to the public library is a great way to spend a hot summer morning or afternoon with your child.

LOOKING AT BOOKS WITH YOUR CHILD

Looking at books together is great fun for infants, tod-dlers, and preschoolers. Here are some tips for looking at books with your child.



⇒ Reading or looking at books does not need to be long.

⇒ Read or look at books at least 4 times a week.

⇒ Pick books with simple pictures and familiar objects.

 Re-read the same story many times so children can read along.

⇒ Stop and point to the words as you read or just talk about pic-

Make the time as short or as long as your children seem hapov.

Learning to read and write begins at home when children are very little.

Planned Language Approach (PLA)

The Planned Language Approach is the process that Head Start uses to implement language and literacy practices for all children.

Did you know? Children with 2 languages are able to



tures.

switch between them so they are better able to think through problems.

Also, children with 2 languages develop strong thinking skills and

can learn other languages easier.

benefits for young children who learn two languages!

There are many

IAM IN PRESCHOOL

lam not bullt to
sit still,
keep my hands to myself,
take turns,
be patient,
stand in line,
or keep quiet
all of the time.
I need;
motion,
novelty,
adventuke,
and to
engage the world with my whole body.

LET ME PLAY.

(Trust me, Im learning!)

YOU CAN MAKE THIS MATCHING GAME ANYWHERE!

This is a fun activity for kids that you can make just about anywhere: at home, at a restaurant, at Grandma's, and you can make your game as simple or as complex as you like.



Simply gather up some items from whatever room you're in and trace them onto a piece of paper. An instant activity to help your little ones Family Newsletter Page 3 www.drakeheadstart.org

Scavenger Hunt- Neighborhood Search

Can you find all 20%



Go for a walk in your neighborhood with your child. See if you can find all 20 items on the **Scavenger Hunt.**

The possibilities of ideas for a scavenger hunt for kids are endless!

www.trebirdleednys.com

FREE SUMMER READING PROGRAMS

Libraries can be magical places during the summer, and they often have summer reading programs, book clubs, and events for kids like puppet shows and storytelling. Check your library calendar for special events throughout the summer.



Read aloud every day

Try to find time each day to read aloud to your children. Read aloud in different places, from the porch to the park. And don't be afraid to use silly voices and act out the story!

The more that you read, the more things you will know. The more that you learn, the more places you'll qo.

~Dr. Suess

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



Summer can be very challenging and overwhelming for parents.

Are you not sure which way to turn?

Call 1-800-327-4692

This advice is free!

Need another opinion about a life problem, relationship, or every day concern?



All families receive free 24 hour telephone and in-person advice!

Student Assistance Program

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

1-800-327-4692