

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:**
- ⇒ Have your child walk along each line on the sidewalk.
 - ⇒ 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
- ⇒ Circles

This is the beginning of drawing and writing.

Encourage your child's writing by:

- ⇒ Providing time
- ⇒ Materials

Praise their efforts so they keep trying.

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.

LOOKING AT BOOKS WITH YOUR CHILD

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

Looking at books together is great fun for infants, toddlers, and pre-schoolers. 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.

⇒ Make the time as short or as long as your children seem happy.

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

⇒ Stop and point to the words as you read or just talk about pictures.

Planned Language Approach (PLA)

There are many benefits for young children who learn two languages!

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



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

Also, children with 2 languages develop strong thinking skills and

Did you know?

Children with 2 languages are able to learn other languages easier.

i AM IN PRESCHOOL

I am not built 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, adventure, and to

engage the world with my whole body.

LET ME PLAY.

(Trust me, I'm 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

Scavenger Hunt- Neighborhood Search

Can you find all 20?

 stop sign	 bird	 fence	 house with garage
 flowers	 mailbox	 red car	 ball
 basketball hoop	 dog	 oval rock	 bicycle
 white house	 stick that looks like a letter 'y'	 brown door	 trash can
 fallen leaf	 insect	 fire hydrant	 swing set

www.thebirdfeedmys.com

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!

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 go.

~Dr. Suess
JustByou.blogspot.com

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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
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