

EASY WAYS TO HAVE FUN THIS SUMMER!



I wanted to take this opportunity to share a few quick ideas to explore with your child for some summertime fun:

- 1- A plastic funnel makes a good bubble pipe. Dip the large end into the bubble solution and blow gently through the small end.
- 2- Painting with ice cubes is a nice, messy outdoor art activity. First, help your child add food coloring to water in ice cube trays. Make lots of different colors. Then insert popsicle sticks and freeze. Your child can paint on paper with the frozen cubes and watch the colors blend as the cubes melt.
- 3- Make a long, long, paper clip chain. How many paper clips long is a sheet of paper? A teddy bear? Your child?
- 4- Cut refrigerator biscuits into a variety of shapes. Your children can create imaginative designs by placing three or four shapes close together on a baking sheet. Bake as directed.
- 5- Save socks that have no mates. They have lots of uses—sock puppets; filling and emptying in the sand box; balls (roll one up inside the other).
- 6- Paint with watercolors on paper towels or coffee filters.
- 7- Pack a picnic lunch for days when you have lots of errands. Enjoy it with your children at a park or playground.
- 8- Let your child wash fresh vegetables for dinner.
- 9- Layer sliced strawberries and yogurt in an ice cream cone for a special treat.
- 10- Pound nails part way into the flat surface of a tree stump, and let your child practice hammering on them.
- 11- Use a chain link or picket fence for weaving. Supply your child with strips of cloth, paper, yarn, string, crepe paper streamers, etc. See what kinds of designs he can create. It's fun; you might want to join in!

12- Make a ring toss game by sticking a wooden spoon in a block of styrofoam. Cut the centers out of coffee can lids for rings.

Summer Book List:

A Summer Day —Douglas Florian

Amy Loves the Sun —Lillian Hoban

City in the Summer —Schick

Froggy Learns to Swim —Jonathan London

Ice Cream —William Jaspersohn

In My Treehouse —Alice Schertle

July —James Stevenson

On a Summer Day —Lenski

Make Mine Ice Cream —Melvin Berger

Summer Noisy Book —Brown

Under the Ocean —Eugene Booth

Arthur's Camp-Out —Lillian Hoban

Three Days on a River in a Red Canoe —Vera Williams

Home Field —David Spohn

Mr. Bear's Boat —Thomas Graham

Norman Plays Second Base —Gault

Have a fun-filled and safe summer!!!

—Debbie

“LET ME HELP YOU COOK!”

“Mommy, Daddy, let me help you cook. I want to cook, too!” Any parent hoping to fix a quick meal, hears those words with more than a small twinge of apprehension. That’s because “Let me help you cook!” can mean fishing broken egg shell bits out of the pancake batter, measuring a tablespoon of oil to replace the one that landed on your left shoe, and eating a bit later than you’d originally planned. Yet, “Let me help you cook!” can also mean opportunities for your child to sharpen his school skills. Here are just a few of the many different kinds of learning that may take place when your child cooks with you:



Math– understanding quantity and size, identifying shapes, counting, learning to measure.

Language– using symbols, following directions, discovering new vocabulary words.

Science– creating cause and effect relationships, observing changes (solid to liquid), learning where food comes from.

Cooking with your child is one way to put his school learning into practice while you enjoy some time together. Before you begin, take a few moments to think about safety. Young children need constant supervision while they’re cooking, so you’ll want to gather everything ahead of time. That way you won’t have to leave to hunt for an ingredient. Teach your son or daughter how to use knives by giving them practice with dull bladed ones, and soft foods like bananas, cheese, or bread. Sharper knives and more difficult foods can come when they’re older and more experienced. Remember to use caution when cooking with heat or using electrical appliances such as mixers or blenders. Be sure that everyone washes their hands before cooking. Two year olds find much satisfaction in adding the finishing touches to a dish. They can arrange the toppings on a pizza, for example. Three and four year olds are able to wait a bit longer to see results so you can try recipes that require some cooking or freezing time. They are also able to begin to use tools such as graters, measuring spoons, and rolling pins. For somewhat older children, who understand numbers, you can write out simplified versions of their favorite recipes. Draw a picture of a cup or tablespoon rather than writing out the word. A final note: Allow twice as much time as you think you’ll need. Children are soaking up a lot of learning with every step of a recipe. They’re experiencing things adults already know about—taste, smell, and texture. Save cooking with your kids for a time when you can truly relax and enjoy the experience together. Bon Appetit!

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July is National Ice Cream Month



Who can resist this cool treat during the summer (or anytime for that matter)! Celebrate America’s favorite dessert with family or friends by hosting an ice cream social. Make your own or purchase a few flavors of your favorite ice cream. Invite each guest to bring a beloved topping. Set up an ice cream bar with dishes, napkins, spoons, ice cream, and toppings. Hold contests for the most creative, the tallest, the prettiest sundae, etc. Check out this website: www.food.com/recipe/homemade-ice-cream-in-a-bag-34257 They will show you how to make delicious ice cream in a baggie! Enjoy!!!