

November, 2008

Alphabet Soup

Nourishing ways to fill children's days.

broadreach
family & community services

Welcome!

See inside for:

- * Good sound sleep
- * Recipe of the Month
- * Apple Tasting Activity
- * Fall Finger Plays
- * And more!

Topic of the Month

ESSENTIALS OF HEALTHY SLEEP HABITS FOR YOUR CHILD.

Healthy childhood sleep requires.....

- A sufficient amount of sleep
- Good quality sleep
- The proper number of age-appropriate naps
- A consistent sleep schedule
- A quiet safe environment



Sleep is just as important as food, drink and safety in the lives of our children. Children simply must have a sufficient amount of sleep for proper growth and development. According to the National Sleep Foundation, sleep deprivation has a large impact on a child's behavior. It affects their mood and can make them cranky and irritable. It also affects their ability to regulate their emotions. They may become more easily frustrated or act silly if they don't get enough sleep. A child's sleep deprivation can have an effect on the entire family. When children are well rested and alert, they are most receptive to our environment, and they have the greatest attention span and can learn the most. Pay attention to your child's sleep habits as they do not always appear sleepy during the day. Children who wake from a good night's sleep tend to be more attentive and pleasant. As a parent you will enjoy their wide eyes in the morning as well as the rest you received yourself!

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FALL INTO AUTUMN WITH CRAFTS AND FINGERPLAYS



MAGIC LEAF RUBBING COLLAGE



- * Place a textured leaf on a flat surface like a desk or counter top.
- * Cover the leaf with a piece of paper.
- * Using your crayon press down and color over the leaf.
- * Magically a leaf image will appear.
- * Move the leaf around and make several images for a leaf collage masterpiece!



Crunchy Food for Winter

(Where is Thumbkin?)

Where is Gray squirrel? (Fist behind back)

Where is Gray squirrel?

Here I am. (Fist in front, wiggle thumb)

Here I am. (Repeat with other fist)

How are you today squirrel?

How are you today squirrel?

Busy, busy, busy. (Roll fists around.)

Busy, busy, busy. (Roll fists around.)

Where are your acorns?

Where are your acorns?

Here they are! (Wiggle four fingers)

Here they are! (Wiggle four fingers)

Crunchy Food for winter

Crunchy Food for winter,

Hide them quickly! (Hide hand behind back)



Five Little Squirrels

Five little squirrels sitting by the door,
 One ran away and then there were four.
 Four little squirrels climbing up a tree,
 One ran away and then there were three.

Three little squirrels with coats so new.
 One ran away and then there were two.
 Two little squirrels warming in the sun,
 One ran away leaving only one.
 One little squirrel wasn't having any fun,
 He ran away and then there were none.

Dear Families,



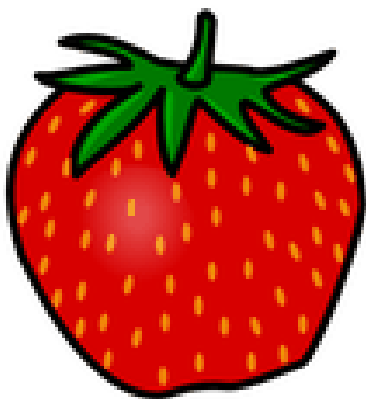
Daylight savings time ends Saturday, November 2 for 2008. It will most likely be dark when most families are wrapping up their day which can become challenging as you try to stick to a normal evening schedule. Children may appear more tired as their mind and body adjust to the time change. The urge to eat out more may occur as you may find yourself too tired to cook. Plan healthy meals ahead of time to make dinner time less stressful and more enjoyable with your family. Slow cookers are great for this time of year. Throw in a whole chicken and some vegetables and you have a meal ready and waiting for you at the end of the day, not to mention your home will smell delicious when you walk through the door! Most importantly, continue to get a good night's sleep so you wake up happy and healthy each morning.

Kid-Friendly Salad Fixings

When it comes to kids, keeping salad interesting night after night can be a challenge. These helpful salad hints are also a great addition to any holiday meal, especially for the picky eaters. For your little one that turns his/her nose up at the Green Bean Casserole, try these heart healthy alternatives:

- Chopped romaine lettuce, orange slices & dried cranberries
- Mixed baby salad greens, chopped apple & shredded reduced-fat Cheddar cheese
- Baby spinach, raspberries or sliced strawberries & shredded reduced-fat mozzarella cheese
- Mixed baby salad greens, shredded carrots, raisins & sunflower seeds

FOR A SWEETER TASTE TRY A STRAWBERRY, MELON AND AVOCADO SALAD



- 1/4 cup honey
- 1/4 teaspoon freshly ground pepper
- Pinch of salt
- 4 cups baby spinach
- 1 small avocado (4-5 ounces), peeled, pitted and cut into small slices
- 16 thin slices cantaloupe (about 1/2 small cantaloupe), rind removed
- 1 1/2 cups sliced strawberries
- 2 teaspoons sesame seeds, toasted

MIX AND ENJOY!



Leap into Learning!



Supporting Preschoolers in Reading and Language Success (SPIRALS) is a special initiative that is enhancing learning for preschoolers and their teachers in early childhood classrooms across Waldo and Knox County!

"A" is for Applesauce!

On a cool, crisp fall morning, Unity Head Start went on a field trip to Mainely Apple Orchard. Some of the children had visited an apple orchard, while others would be experiencing this for the first time. The children picked a lot of apples!



After the field trip, the children extended their learning about apples by:

- Making apple prints (putting a cut apple in paint and then pressing them on a paper)
- Discussing vocabulary words such as: seeds, stems, peels, branches and orchard
- Each child having a teacher write their exact words about what they remembered about their field trip and making it into a book.
- An apple tasting activity to compare yellow, red and green apples. The teachers and children made a chart of their favorite tasting apples!

The most exciting activity was making applesauce (recipe below). The children enjoyed using the "food mill" to grind the apples. The teachers were heard saying, "20 rotations and then it will be Paul's turn", which facilitated the children's oral language development.

There was store-bought applesauce available to the children to compare the color, texture and flavor with their very own homemade applesauce.

The children enjoyed eating the homemade applesauce with lunch!

Applesauce Recipe

- Wash apples
- Chop apples with knife
- Put apples in a bowl
- Cook apples
- Put cooked apples in refrigerator to cool
- Put cooled apples in food mill
- Turn handle
- Eat and enjoy

