

# Alphabet Soup

October, 2009

*Nourishing ways to fill children's days.*

**broadreach**  
family & community services

## A Welcome from the Executive Director

### See inside for:

- \* Fall Recipes!
- \* Nurture Yourself as a Caretaker.
- \* Tips to Get Up and Move with Your Preschoolers.
- \* What's Happening in our ECIP Programs?
- \* And More!

### Broadreach Family & Community Services

5 Stephenson Lane Belfast,  
Maine 04915  
338-2200

272 Park Street  
Rockland, Maine 04841  
594-8474

E-mail us at [info@brmaine.org](mailto:info@brmaine.org)

Visit us on the web at  
[www.broadreachmaine.org](http://www.broadreachmaine.org)

Please let me take a moment to say welcome to Broadreach Family & Community Services (Broadreach) and, to those of you who have been with us before, welcome back! As many of you already know, 3 years ago we were fortunate to have been awarded our **second** federal Early Reading First (ERF) literacy grant to bring our classroom instruction up to the highest national standards possible. Thanks to these two grants, our teachers and teacher assistants have participated in literally hundreds of hours of training so that their classroom curriculum can be a state-of-the-art literacy and language experience for your children. In fact, our classroom model has been hailed by the Maine Department of Education as one of the premier preschool programs in the state!

As you may already be aware, in 1999, the Maine Department of Health and Human Services (DHHS) contracted with the University of Maine's Muskie School to create an entity that would promote and support professionalism in the early care and education field. The result, **the Maine Roads to Quality Center**, trains and educates early childhood professionals so that they achieve their career goals through coursework and workshops and, in doing so, helps bring the highest level of quality to the state's preschool classrooms. Recently, the DHHS granted permission for **the Maine Roads to Quality Center** to use Broadreach's ERF literacy program as a training model for other preschool programs in the state. This is quite an honor for Broadreach! Also, worthy of note, all classroom instruction at Broadreach is aligned with Maine's Early Learning Childhood Standards as well as the National Association for the Education of Young Children guidelines. So you can see that enrollment in one of our classrooms presents quite an opportunity for your young children!

We, at Broadreach, believe strongly that you have made one of the best choices you will ever make by enrolling your children in our classrooms. The experiences that they will enjoy will contribute to a lifetime of success. We promise that you'll be amazed as you watch your child in the next few months develop a deep love of language, literacy and learning. Children who have had the opportunity to experience our classroom programming have gone on to kindergarten extremely well-prepared to face the challenges that lay before them.

In the meantime, relax and enjoy your time, along with your child, at Broadreach. And, once again, welcome to a remarkable journey that will truly make all the difference.

Ruth Southworth, Executive Director

Broadreach Family & Community Services

*Ruth B. Southworth*



# Nurturing the nurturers...



Who is the most important person in your child's life? Why **YOU** of course! Don't leave *yourself* out when you offer care and nourishment to your family.

To keep the whole show running smoothly you need to be nurtured too! !

**“You are what you are until you decide to be something different!”**

## Take care of yourself as parent and caregiver:

- Maintain a good daily routine and get plenty of sleep.
- Take a walk every day—even if it's just to the end of your driveway.
- Read a book **YOU** pick out!
- Listen to music while you make dinner.
- Use a journal to write down your thoughts, plans and goals —just for yourself.
- Create a plan with family members for helping with housecleaning tasks.
- Get up a half hour earlier than usual and sit by a window alone before everyone else wakes up to read, think or sip a hot drink.
- Relax in a hot bath once a week.
- Learn a new skill you've always wanted to try.

# Nourish your body...

## Pumpkin Soup (serves 4)

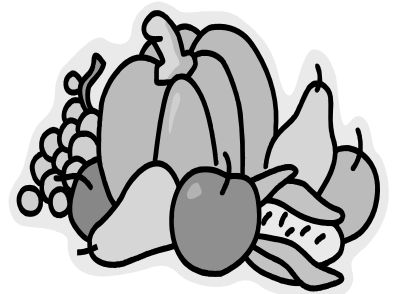
3 cups chicken stock  
1 cup cream  
1 15 oz can pure pumpkin  
3 tablespoons (packed) brown sugar  
1 teaspoon ground cumin  
1/2 tsp coriander  
1/8 tsp nutmeg  
3/4 grated sharp cheddar cheese  
Chopped fresh cilantro

Bring chicken stock and cream to a boil in heavy pot. Whisk in canned pumpkin, brown sugar, cumin, coriander and nutmeg.

Reduce heat to medium and simmer until soup thickens slightly (about 15 min.) Season to taste.

Ladle soup into bowls

Garnish w/cheddar cheese and cilantro!



# Teaching Preschoolers to Hop, Skip, and Jump!

Fall is among us! Get outside and play! Joining your child during outside play is not only important for safety reasons but small children need help learning motor skills. They must go through several developmental steps to learn how to coordinate their movements into efficient running, throwing and catching. To boost your child's motor development, spend time playing actively with them. Provide age-appropriate toys and equipment, such as a wiffle ball and a fat plastic bat instead of a heavy wooden one. If you do enroll your child in a movement class such as tumbling, make sure it is appropriate for their developmental level.

## Get Active With Your Preschooler

To make sure your child gets their daily hour (or more) of physical play, try:

Tag or chase: For variety, hop, waddle, or dance instead of running

Catch or kickball (experiment with balls of different sizes and textures)

Riding a tricycle or scooter

Crawling through a cardboard-box tunnel

Dancing: Add scarves or ribbons to make it more exciting

Indoor obstacle course: Build one together using sofa cushions, hula hoops (to jump in and out of), chairs lined up to form a tunnel or balance beam, etc.

*Adapted from:* Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years

## Toddler Parenting Tidbit

*Between the ages of 1 and 2, your child's busy brain is mastering a series of cognitive skills from understanding spatial relationships to noticing differences between objects. Help your toddler develop these skills by initiating simple brain-boosting activities such as filling and dumping containers and sorting toys by shape, color and function.*

## October (Tune: Frere Jacques)



In October,  
In October,  
What do you see?  
What do you see?  
I see a gray squirrel  
Leaping on the trees.

In October,  
In October,  
What do you see?  
What do you see?  
I see Jack-O-Lanterns,  
I see Jack-O-Lanterns,  
Laughing at me,  
Laughing at me.

In October,  
In October,  
What do you see?  
What do you see?  
I see leaves  
I see leaves  
Dancing on the streets.



## Fun Snack Pattern Creations for your Preschooler



### Sandwich on a Stick

#### RECIPE INGREDIENTS:

- bread
- cheese
- lunch meat
- grape tomatoes
- lettuce
- pickles
- olive

1. Cut up small cubes of bread, cheese, and turkey/chicken breast lunch meats.
2. Slide the cubes onto a skewer with other foods your child likes, such as a grape tomato, a piece of lettuce, a pickle, or an olive.
3. Show your child how to create colorful food patterns on the skewer (i.e. tomato, cheese, olive, turkey *repeat* tomato, cheese, olive, turkey).
4. Set out a side of low fat ranch dressing for dipping .



## New Look For Our Unity ECIP

Over the summer months, plans were being finalized as we moved our preschool ECIP classroom at the Masonic Hall over to the newly re-named "Unity Early Childhood Learning Center" at the Unity Elementary School. At the school, our teaching staff has certainly put their time and talents into transforming the assigned two classrooms into wonderful places for children to learn and play. One classroom is for three year olds and the other is a second community PreK-4 year old classroom. Broadreach is very excited and honored to have this unique opportunity to be involved in such a community early childhood education project. Please mark your calendars to stop by on Wednesday evening, October 21st from 6-7 PM as we host an OPEN HOUSE. We do have a few openings available. For more information about our program and services or to enroll your child, contact Jill Barnes at 948-5665.



As we transitioned the preschoolers over to their new space, this provided a wonderful opportunity for Broadreach to entertain the possibility of offering infant and toddler care in this community at the Masonic Hall. Over several weeks, the walls were painted and age appropriate materials and equipment were delivered to create a welcoming place for twelve infants, toddlers and their families. On September 8th, we opened the doors to our new Infant/Toddler Early Childhood Education Program to five families. The hours of operation are Monday through Friday from 7:00 a.m. to 5:00 p.m. We currently have openings for both part and full time care so please help spread the news! An OPEN HOUSE is scheduled for the same evening, October 21st from 5 - 6 PM. For more information, please call Amanda Winchenbach at 948-5060.