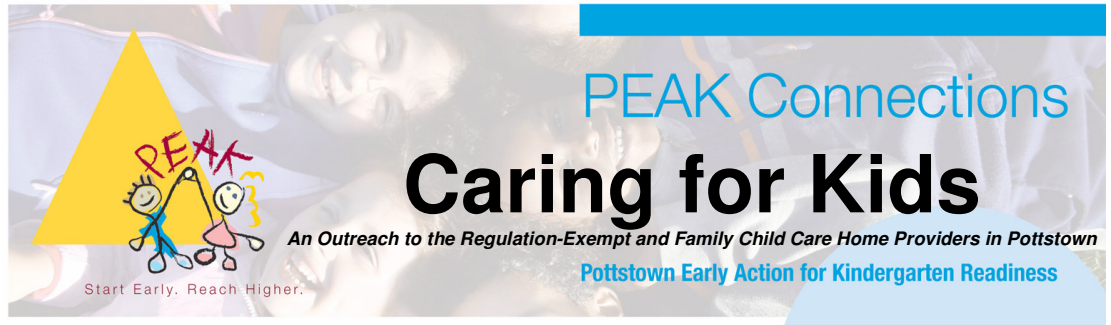
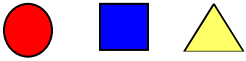


Start Early. Reach Higher.

July 2009

PEAK Caring for Kids
Newsletter



PEAK Professional Development/Networking

Were you at the YWCA Tri-County Area on May 20 for the Art for Young Children workshop? The participants learned easy creative activities for children and how to use resources at home to help develop creativity. Everyone attending received paint, brushes, drawing pad, crayons, notebook of resources and a \$20 Giant gift certificate. Nancy Stevens, Penn State Extension, led the training.

Another professional development/networking opportunity will be held in August. This class will focus on math and science for young children and will be held at the Pottstown Public Library. Watch for more information and be sure to register. All of the PEAK sponsored training meets the state training requirements. Dinner will be served and all participants will receive free resources and a gift certificate.

Dates to Remember

August 18, 2009 (New Date):
Squish and Squash —Science and Math Fun and Networking at Pottstown Public Library

August 31, 2009 — First day of school for students in Pottstown School District

November 2009 — Holiday Treats on a Budget

Thank you for signing up to be a part of the Caring for Kids outreach. Remember to register for the next professional development session on August 18 at the Pottstown Public Library. Each participant will receive a Giant gift card. Call Mary Rieck at 610-970-6655 to register. PEAK professional development meets the state training requirements for Relative/Neighbor providers and the requirements for Family Child Care Home Providers.



JULY CARING FOR KIDS PACKET



This month's newsletter activities focus on math and science. Save your empty plastic water or drink bottles to make Discovery Bottles. There are lots of ideas on page three or use your own creativity.

Number Flip Book

Practice number recognition and counting with the Watermelon Flip Book. Follow the directions enclosed with the cards to create a fun activity book.

Watermelon Count and Graph Book

Use the watermelon count and graph book for more practice counting and sorting by color. Af-

ter sorting and counting, use the materials to create graphs. Ask the children questions such as, "Which is more; which is less; are any the same?"

Enjoy the summer!

Remember to complete three activities and return the enclosed postcard.



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SONGS, POEMS AND FINGERPLAYS



Finger-plays, songs and rhymes are great ways to develop language in young children. Try these!

FIVE LITTLE DOUGHNUTS

[Tune: Five Little Ducks That I Once Knew]

Five little doughnuts in a bakery shop.
Round and fat with sugar on top.
Along came (child's name) with a penny
one day.
He bought a doughnut and he took it
away.

Four little doughnuts, etc.
(until they are all gone)

HOT DOGS

Five little hot dogs frying in the pan.
The grease got hot and one went BAM!

Four little hot dogs.....etc.

No little hot dogs frying in the pan.
The pan got hot and it went BAM!

MISS MARY MACK

Miss Mary Mack, Mack, Mack
All dress in black, black, black
With sliver buttons, buttons, buttons
All down her back, back, back.
She asked her mother, mother, mother
For fifty cents, cents, cents
To see the elephant, elephant, elephant
Jump over the fence, fence, fence.

He jumped so high, high, high
He touched the sky, sky, sky
And he didn't come down, down, down
'Til the fourth of July, ly, ly.

COLOR SONG

[Tune: Muffin Man]
Oh, do you see the color red?
The color red? The color red?
Oh, do you see the color red
Somewhere in the room?

(Choose a child to point to the color red
and reply)

Oh, yes I see the color red,
The color red, the color red.
Oh, yes I see the color red
Somewhere in the room.

BOOM CHICKA BOOM

[beat a steady beat]
I say a boom chicka boom
(children repeat)
I say a boom chicka boom
(children repeat)
I say a boom chicka rocka chicka rocka
chicka boom.

Repeat using different tones of voice.
End with whisper.

Math Ideas



Junk Boxes

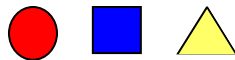
Collect items to place into "junk" boxes. Select items that children will enjoy exploring, such as keys, empty spools, buttons, nuts and bolts of all sizes, corks, bottle lids and other interesting items. Encourage the children to explore the materials. Can they sort the items? Can they tell what is alike and what is different? Try counting some of the items. Remember to keep small items away toddlers and infants.

Button Match

Collect several different types of buttons (two holes, four holes, red, black, round, and so on). Glue one button to the inside of each section of an egg carton. Encourage the children to sort the remaining buttons into the sections.

Shape Step

Cut out several different shapes in several different colors and lay them on the floor. Play music and let the children dance. Stop the music and ask each child to step on a shape. Ask children to name the shape they are standing on.



Big and Little

Provide a box of big and little items. Try to use pairs of objects with an obvious difference in size, such as a big book and a little book, a big ball and a little ball, and a big glove and a small glove. Encourage the children to sort the items into categories of big and little.

Object Patterns

Place common objects such as plastic forks, jar lids or cups on a table. Create a pattern by placing the objects into a repetitive sequence, for example, cup/jar lid/fork, cup/jar lid/fork. Encourage the children to first copy the pattern and then create their own.

Paper Patterns

Cut out circles, squares, and triangles that are all the same color. Let the children create patterns with the geometric shapes. After exploring various patterning possibilities, the children may glue their favorite pattern on paper.

Remember to return your post card for a free children's book

Science Ideas—Making Discovery Bottles



Discovery Bottles are made using plastic bottles with lids and are great for scientific exploration. Children find them fascinating and soothing to watch. Consider having each child make their own bottle and allow them to hold the bottle during rest or quiet time. Clear bottles with labels removed work best. After filling the bottle, screw on the lid, use glue around the edges to firmly attach and cover with tape. Here are just a few suggestions of items to use in the bottles.

Worm Bottle: Put several inches of corn syrup in the bottle. Add several drops of blue food coloring. Drop in a plastic fishing worm lure. Children will love to watch the worm move in the corn syrup. Other additions to bottle: plastic spider or plastic fishing lizard.

Bubble Bottle: Fill bottle half full with water. Add food coloring. Add several drops of dish detergent. Shake bottle and watch foam.

Layer Bottle: Fill bottle partially with water. Add food coloring. Finish filling with corn oil or mineral oil. Shake and watch layers separate.

Wave Bottle #1: Fill half of the bottle with cooking oil, add water to fill the bottle $\frac{3}{4}$ full. Add blue food coloring, and seal the lid with glue. As you turn the bottle on its side, the waves roll gently.

Wave Bottle #2: Fill bottle $\frac{3}{4}$ full of corn syrup. Add food coloring. Move bottle back and forth to watch wave effect.

Desert Bottle: Add small plastic desert animals such as lizards, snakes, etc. to an empty bottle. Fill $\frac{2}{3}$ of bottle with sand. As children turn or shake the bottle, they can see animals that live on the desert. This is a great activity for visual discrimination.

Magnetic Bottle #1: Fill bottle with small items that can be picked up by a magnet, and objects that cannot be picked up by a magnet. Seal the bottle. Attach a magnet to the top of the bottle by tying one end of yarn around the magnet, and the other to the bottle. Children discover what items are attracted to the magnet, and which are not, by rubbing the magnet along the sides of the bottle. Children can record or draw pictures to record their observations.

Magnetic Bottle #2: Use a magnetic travel bingo game with a magnetic bingo wand and colored magnetic discs. Add about 20 magnetic bingo chips to a bottle filled with water. Attach the magnetic bingo wand to the top of the bottle by using yarn. Children will enjoy seeing how many discs they can pick up with the magnet, and enjoy watching them float to the bottle.

Magnetic Bottle #3: Add magnetic numbers, or shapes, or letters to a bottle. Attach a magnetic wand to the bottle top using yarn. Children name, write, or draw what they pick up with their magnets.

Magnetic Bottle #4: Add magnetic objects to a bottle, and fill the bottle with salt. Attach a magnetic wand to the outside of the bottle using yarn. Children run the magnets along the side of the bottle and are surprised to find what is hiding under the salt.

Dice Bottle: Drop dice into the bottle; do not fill the bottle with water. Children shake the bottle, and choose from any of these activities name the number on the dice, count out that many objects, name the number that comes before or after, write the number, predict what number will come next.

Seasonal Bottles: Fill an empty bottle with objects found in the fall. Example: fall leaves, acorns or nuts, small pumpkins or gourds, dried apples, turkey feathers, etc. Children enjoy looking and naming the objects found. Make new bottles for other seasons.

Density Bottle #1: Fill an empty bottle with hair gel. Add a marble. Children discover the properties of density as they turn the bottle.

Density Bottle #2: Fill an empty bottle with shampoo. Add a marble and watch its movement in the shampoo.

Dirt Bottle: Add dirt to a bottle, and fill half of the bottle with water. See what happens when you shake the bottles.

Clay Bottle: Add clay (the clay from the yard, not play-dough) Fill with water, and observe what happens when you shake the bottle and the clay reacts with the water.

Sand Bottle: Fill the bottom of a bottle with sand. Add water, to shake and see what happens when you shake the bottle. For a variation, add colored sand and water to a bottle.

Glitter Bottle: Fill a bottle half full with colored glitter. Add water to the top of the bottle. Shake and see what happens.

Relaxation Bottle: Add a small package of colored or holiday confetti to the bottom of the bottle. Fill the bottle with light corn syrup. It is a very relaxing experience to watch the glitter float and flutter as you gently turn the bottle.

Crayon Shavings Bottle: Fill the bottle half full with crayon shavings; fill the bottle with water. Shake and observe what happens.

Community Resource Spotlight

Pottstown Public Library Summer Program

Library Hours:

Monday-Tuesday-Wednesday – 9:00am-9:00pm

Thursday-Friday – 9:00am-6:00pm

Saturday – 9:00am-1:00pm

Sunday - closed

- **POPCORN THEATRE** – Fridays at 2:00pm (July 10th, 17th, 24th, 31st)
 - o Movies for the whole family – popcorn, drinks, and air conditioning included!

•

o **WEDNESDAY PERFORMANCES**

o July 8th – Give and Take Jugglers

o July 15th – Silly Joe Sings – funny musician sings about everyday life

o July 22nd – Dasher Magic – magic, comedy, and entertainment!

o

o **FUN FRIDAYS** – Fridays, 11:00am-12:00pm

o July 10th – Music Fun (begins at 10:30am!)

o July 17th – Puppet Fun

o July 24th – Sunny Sidewalk Chalk

o July 31st – Create a Journal

July Resource Packet

The July Caring for Kids Resource Packet includes:

- Newsletter
- Number Flip Book Cards
- Count and Graph Cards
- Pottstown Public Library information

Need more information or resources? Call PEAK at 610-970-6655 or visit the PEAK web site at www.peakonline.org



Recipe of the Month



Kaleidoscope Pops

2 cups colorful fruit, diced 6 craft sticks
2 cups apple juice
6 paper cups (6-8 oz)

Instructions

- 1) Divide diced fruit between cups.
- 2) Fill evenly with apple juice.
- 3) Place cups on level surface in freezer.
- 4) Freeze approximately one hour or until partially frozen.
- 5) Insert craft stick into the center of each cup.
- 6) Freeze until firm.



PEAK Caring for Kids Outreach Collaborating Partners

- Pottstown School District
- Montgomery County Child Care Information Services
- Montgomery County Child Care Consortium
- Penn State Extension
- Pottstown Family Center
- Pottstown Public Library
- Pottstown Rotary Club
- United Way of Southeastern Pennsylvania
- YWCA Family Literacy Center
- Pottstown Fire Chief



*PEAK Caring for Kids Connections:
Creating a professional learning community for the regulation-exempt and family child providers in Pottstown to share ideas, improve instructional practices and implement best practices in the delivery of quality early learning experiences*

PENNSSTATE



College of
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