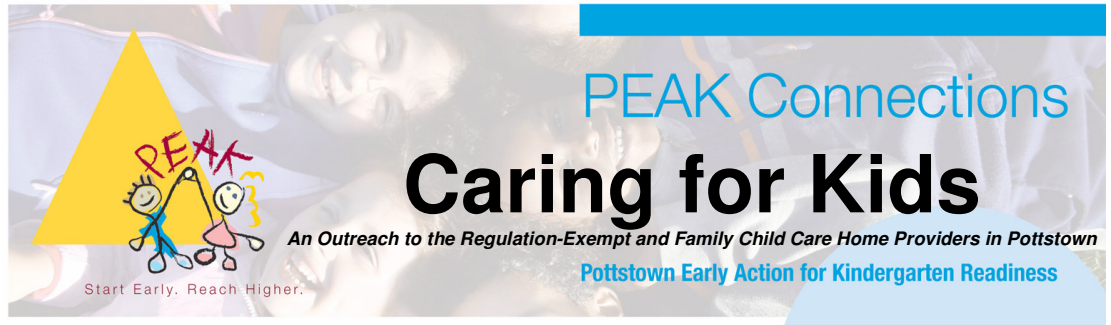
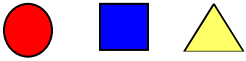


**Start Early. Reach Higher.**

**June 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.



### Contact Information:

**Mary Rieck**  
PEAK Coordinator  
610-970-6655

**Whitney Tyng**  
Family Specialist  
610-326-1610

**Kathy Perry**  
Health Specialist  
610-718-8642

**Emily Baddeley**  
Pre-K Coach  
610-718-8635

**Jeff Sparagana, Ed.D.**  
Director of Education/  
Human Resources  
[www.peakonline.org](http://www.peakonline.org)

## JUNE CARING FOR KIDS PACKET



This month's newsletter has activities related to learning the alphabet and other ideas for building early literacy skills. There are alphabet cards for recognizing letters and a pattern for the finger play/song of Five Speckled Frogs. Look, also, for the 2009-2010 calendar for Pottstown School District.

### Alphabet Puzzle

Use the enclosed alphabet puzzle cards to help your children learn to recognize and match letters. Cut apart the cards and let the children put them together. Talk about the letters in their names and things in the home that begin

with each letter.

### Five Speckled Frogs

Use the five speckled frogs pattern as a flannel board activity or place small magnets on the backs of the cards and use with a large cookie sheet or on your refrigerator to sing the song and count the frogs.

Remember to complete  
three activities and return  
the enclosed postcard.



# SONGS, POEMS AND FINGERPLAYS



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

## Five Little Fishes

Five little fishes were swimming near the shore. (Hold up five fingers)

One took a dive and then there were four. (Hold up four fingers)

Four little fishes were swimming out to sea. One went for food and then there were three. (Hold up three fingers)

Three little fishes said, "Now what shall we do?" One swam away and then there were two. (Hold up two fingers)

Two little fishes were having great fun, but one took a plunge and then there was one. (Hold up one finger)

One little fish said, "I like the warm sun." Away he went and then there were none! (Put hand behind your back)

## Fuzzy, Wuzzy Caterpillar

*(Read the poem and have the children act it out)*

A fuzzy, wuzzy caterpillar

On a summer day

Wriggled and wriggled and

Wriggled when he crawled on his way.

He lifted his head and looked around

To get a better view.

He looked around until he found

Some nice green leaves to chew.

He wriggled and he wriggled

From his back to his head.

He crawled some more and looked around

Until he found a really comfy bed.

He curled up there so very tight

In a nice warm little wrap

And settled himself down

So nice and snug for a quiet, long, long nap.

He slept and he slept

And he slept for his long, long nap,

Until he suddenly woke one day.

And broke from his shell like that.

He stretched & stretched & stretched

Some more until he found a wing.

He's turned into a butterfly. Surprise!

Such a beautiful, colorful thing.

Oh, how happily he flew and flew

Around the yard all day.

Up and down and all around

Before he went on his way.

## ALPHABET ACTIVITIES



### Digging for Letters

Bury some plastic letters in a bin of sand, flour or rice. Children can dig for the letters. Have them name each one and the sound it makes when they find a letter.

### Writing Letters and Numbers

Use an old cookie sheet and cover it with cornmeal, flour, sand or shaving cream. Children can practice drawing letters or numbers on the cookie sheet. If a mistake is made, it can be covered up and tried again.

### Gel Letters

Place 1/2 cup of hair gel in a zipper-closure plastic bag. Glue the bag shut. Invite the children to use their index fingers to write letters on the bag.

### Letter Matching

Write several letters on index cards. Give the children magnetic letters. Ask them to place each magnetic let-

ter on top of the matching letter written on the index cards. Write a word on a large piece of paper and encourage the children to copy it using magnetic letters.

### Sand Letters

Draw one large alphabet letter on a 5" x 7" index card. Give the children a squeeze bottle of glue to use to outline the letter. Have the children sprinkle sand over the glue and shake off the excess. This creates a tactile letter for children to use and re-use for letter recognition.

### Bingo

Prepare bingo game boards labeled with letters. Provide buttons for markers. Randomly draw letters from a bowl (You can write letters on small squares of poster board or paper.) Show the letter and say its name. The children with the letter on their bingo cards use buttons to cover

that letter. The game ends when one child covers all of his letters on his bingo cards.

### E-I-E-I-O

Sing "Old MacDonald Had a Farm." Write the letters "E," "I" and "O" on a piece of paper or index cards. Point to the letters as you sing them. Sing the song again, changing the letters to three other letters. How does it sound?



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

# What Shape Is It?\*

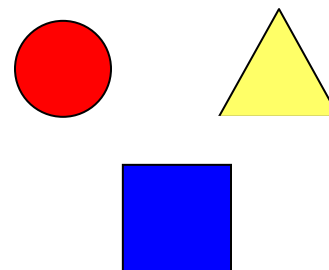


## What Shape Is It?

1. Glue various colored paper shapes (circles, triangles, squares, and rectangles) to the outside of a large plastic container. See how many shapes a child can identify.
2. Cut shapes out of the sides of a plastic bottle or shoe box. Cut the same shapes from paper. Have the children sort paper shapes by putting them through the correct opening in the bottle or box.
3. For a matching game, use egg cartons. Cut shapes out of stiff paper or felt. Glue one of each shape in a section of the egg carton. The children can match the paper or felt shapes with the ones in the egg carton.
4. Make puzzles from cereal boxes or old greeting cards. Cut out a circle, square, triangle, and rectangle. Let the child fit them back in where they belong—a great activity for eye-hand coordination as well as identifying shapes.
5. Sandpaper, flocked contact paper shapes and letters are other materials used for teaching through the sense of touch and shape identification.
6. Make a fishing game with a magnet,

paper fish, a pencil, string and paper clips. The child can practice shapes, colors, letters, numbers and words through this game.

*\*Ideas from 101+ Ways to Keep Kids Busy by Better Kid Care*



## FREE Resources

## CREATIVE CORNER



### Penn State Better Kid Care

Are you taking advantage of the FREE resources for home child care providers from Penn State Extension Better Kid Care? Call 1-800-452-9108 and request *The Basics of Care for Children in Your Home* training notebook. Better Kid Care provides other resources and professional development. For more information visit the web site at [www.betterkidcare.psu.edu](http://www.betterkidcare.psu.edu).



### Kindergarten, Here I Come!

The *Kindergarten, Here I Come!* calendar has lots of activities for families and care givers. If you do not have a copy, call PEAK at 610-970-6655. If you have children entering kindergarten in the fall, call for the new *Kindergarten, Here I Am!* calendar which provides activities for the kindergarten year.

**Look for the enclosed 2009-2010 calendar for Pottstown School District. If you care for children who will enter kindergarten in the fall, make sure your families have registered for kindergarten at their neighborhood school.**

### Scratch and Sniff Paint

Mix flavored gelatin as directed but use only half the amount of water called for. Use the mixture for paint. When it dries, children can scratch and sniff it.

### Shapes on Shapes

Cut one large circle (or square or triangle) from a grocery bag, wallpaper, construction paper or butcher paper for each child. Cut a number of similar small shapes for each child. Invite the children to glue the small circles on the large circle (or small triangles on large triangle) in a design of their choosing. They can add color with crayons or markers.

### Bubble Prints I

Mix 1 tablespoon of liquid detergent, 1 teaspoon of glycerin and a small amount of tempera paint in a small bowl of water. Use a hand mixer to create bubbles. Give the children a piece of drawing paper and invite them to lay it on top of the bowl of bubbles to make a circular or bubble design.

### Bubble Prints II

Give each child a 3" x 5" piece of bubble wrap with large "bubbles," drawing paper and a shallow tray of tempera paint. Encourage them to dip the bubble wrap into the tray of paint and then press it onto their drawing paper.

# Community Resource Spotlight

## Community Health and Dental Care

The new community health center is now open and accepting patients regardless of insurance coverage. The center is conveniently located at 11 Robinson Street, Suite 100 (near Wal-Mart). They offer comprehensive family, pediatric, dental and case management services.

To make a medical appointment, call 610-326-9460

To make a dental appointment, call 610-326-7405

## TCN FirstCall 610-705-3301

### Where to Turn for Help

If you have questions about health and human services or needs in the Pottstown area, contact FirstCall. Callers are provided information and referred to community agencies that provide services, benefits and answers they need. The call is FREE and CONFIDENTIAL.

## June Resource Packet

The June Caring for Kids Resource Packet includes:

- Newsletter
- Alphabet Puzzle Cards
- 5 Speckled Frogs Cards
- 2009-2010 Pottstown School District Calendar

Need more information or resources? Call PEAK at 610-970-6655 or visit the PEAK web site at [www.peakonline.org](http://www.peakonline.org)

## Recipe of the Month

### Very Veggie Fettuccine

*Preparation Time: 25 minutes*

- 1 9-oz. package refrigerated spinach fettuccini
- 1 tablespoon olive oil
- 2 medium carrots, chopped small
- 2 tablespoons chopped scallions
- 1 cup chopped yellow peppers
- ¼ cup sun-dried tomatoes, oil pack, drained; cut into small pieces
- 4 medium tomatoes, sliced into wedges
- 2 ounces feta cheese, crumbled

Prepare pasta as label directs and keep warm. Meanwhile, heat olive oil over MEDIUM-HIGH heat and sauté carrots until tender-crisp, about 4 minutes. Add scallions and peppers and stir-fry until tender crisp, about 4 more minutes. Add vegetables to pasta and stir to mix. Mix in chopped sun-dried tomatoes. Place equal amounts on 4 serving plates. Arrange tomato slices on top. Sprinkle with feta cheese. Serve immediately.

**Remember to return the enclosed postcard for a free children's book!**



Start Early. Reach Higher.



### 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*