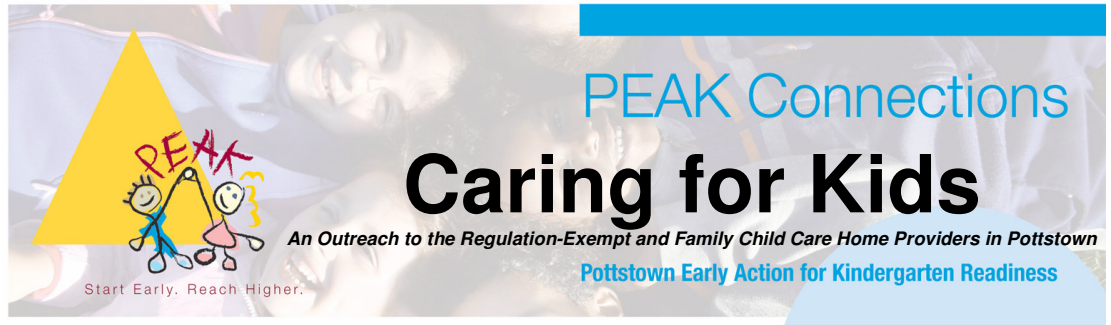
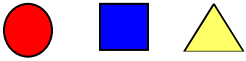


**Start Early. Reach Higher.**

**November 2009**

PEAK Caring for Kids  
Newsletter



## PEAK Professional Development

A new professional development session for regulation-exempt and Family Home Child Care providers has been scheduled:

**What: Healthy Snacks for the Holidays**

**When: Wednesday, Dec. ???**

**Time: 6:00-7:30**

**Where: Pottstown Public Library**

Mandel Smith with Penn State Extension will present a program on healthy snacks for children and families.

**PQAS Credit Awarded (the state required training)**

**Hands-On Activities**

**Gift Certificates (\$10.00) for participants**

*Come join us for some fun and snack ideas for the upcoming holidays!*

*To register, contact Mary Rieck at 610-970-6655 or [mrieck@pottstownsd.org](mailto:mrieck@pottstownsd.org).*

### Dates to Remember

**November 13:** No School Pottstown School District

**November 26-30:** No School Pottstown School District

**December 9:** Health Snacks Professional Development

*Remember to register for the professional development opportunity.*



## NOVEMBER CARING FOR KIDS PACKET

The November Caring for Kids packet has information on developing the fine motor muscles to help children learn to write. There are lots of materials around the home that can be used to strengthen the hand muscles. Play dough is a great material and check page 3 for other ideas.

Included in the packet is a math number matching game. Use it to help your children with numeral recognition.

*Stone Soup* is a favorite story around Thanksgiving. Cut out the flannel board story pieces for Stone Soup and use them to retell the story with your children.

There are also materials for a nutrition match game. Cut the cards apart and place face down on the table and use them for playing "Concentration."

The YWCA Tri-County Area Family Literacy and Cops 'N Kids program donated some children's books for the outreach to home providers so you will also find a copy of a children's book in the packet.



**Enjoy the resources and Happy Thanksgiving!**

### Contact Information:

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[mrieck@pottstownsd.org](mailto:mrieck@pottstownsd.org)

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Pre-K Coach  
610-718-8635

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

# SONGS, POEMS AND FINGERPLAYS



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

## Five Little Turkeys

Five little turkeys by the barn door,  
One waddled off, then there were four.  
Four little turkeys out under the tree,  
One waddled off, then there were three.  
Three little turkeys with nothing to do,  
One waddled off, then there were two.  
Two little turkeys in the noonday sun,  
One waddled off, then there was one.  
One little turkey—better run away!  
Soon will come Thanksgiving Day!

## Mr. Turkey

(If You're Happy and You Know It)

Hello, Mr. Turkey, how are you?  
Hello, Mr. Turkey, how are you?  
With a gobble, gobble, gobble,  
And a wobble, wobble, wobble,

Hello, Mr. Turkey, how are you?

## My Turkey

I have a turkey big and fat.  
He spreads his wings  
(Fan hands at hips.)  
And walks like that.  
(Struts back and forth.)  
His daily corn he would not miss,  
(Pretend to eat corn.)  
And when he talks, he sounds like this—  
Gobble, gobble, gobble.

## Gobble, Gobble Song (Pop Goes the Weasel)

A turkey is a funny bird,  
His head goes wobble, wobble.  
He know just one funny word,  
It's Gobble, Gobble, Gobble

## Mr. Turkey

Mr. Turkey's tail is big and wide,  
He swings it when he walks.  
His neck is long,  
His chin is red  
And he gobbles when he talks.

Mr. Turkey is so tall and proud.  
He dances on his feet.  
And on each Thanksgiving Day,  
He's something good to eat.

## I'm Mr. Turkey

I'm Mr. Turkey, Turkey, Turkey  
I'm Mr. Turkey Big and Fat.  
I've got feathers, feathers, feathers,  
I've got feathers down my back.  
When I walk I wobble, wobble, wobble,

## **Penn State Extension 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).



## Staying Healthy for Less

It is possible to save on health care, but skipping regular checkups and screenings to avoid insurance co-pays isn't one of them. These checkups and screenings are meant to look for health problems that, if nipped in the bud, will cost a lot less to treat than if they are allowed to get worse. It is a lot easier to treat things earlier than later. Suggested strategies for cutting health-care costs include:

Talk to your doctor about switching to cheaper medications. There may be cheaper alternatives or it might be possible to get added to a reduced-fee prescription list that some chains offer.

Stay out of the emergency department by having a family doctor to care for non-emergent needs. If you go to an emergency department with a complaint they

will usually order tests, x-rays etc. By seeing a family doctor who has the benefit of follow-up care, unnecessary tests, x-rays etc. can be done at a later time, but only if needed.

Treat colds and flu at home. If a cold or virus is following its usual course with you, then you probably do not need to see the doctor. See your doctor if you are experiencing worse symptoms or different symptoms.

Call the doctor's office for advice. Often a question or concern can be addressed without a visit to the doctor.

**Kathy Perry, PEAK Early Childhood Health Specialist**

# Stone Soup



Read *Stone Soup* to the children. It is a story about how people share what they have to make a delicious pot of soup, even though they just started with a stone. Send a note home to parents describing the activity and requesting that they send in a specific ingredient.

## Soup Recipe

1 clean river stone  
2 potatoes  
2 celery sticks  
2 cans of chicken  
2 to 4 cups water  
2 carrots  
1 small onion  
2 cans chicken broth  
1 small box of macaroni (pre-cooked)  
Salt and pepper to taste  
Help children wash the vegetables.  
Help the children cut the vegetables into bite-sized pieces and then add them to the big pot. Cut potatoes lengthwise so the children can cut them easily into

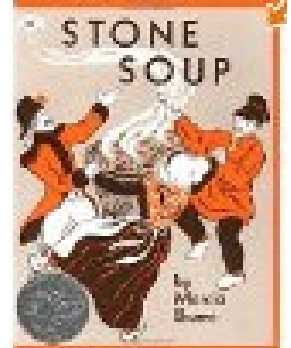
smaller pieces. Supervise this step closely.

Put the river stone into the pot. Encourage the children to add the chicken broth, chicken and water. (Do not add the macaroni until the soup is ready to serve).

Bring the soup to a boil, then simmer for about 30-40 minutes (adult only).

Remove the pot from the heat (adult only) and add the macaroni. Let it cool slightly. Pour the soup into bowls and serve it with crackers.

While eating, talk about who brought in which ingredient and how important it was to make the soup complete. Discuss the changes in the consistency of the vegetables after cooking. Ask how the soup might have been different. What part did the stone play?



## Materials for Developing Fine Muscles

**Children need to manipulate many different types of materials to develop the fine-muscle control for writing. Use the ideas below for materials to focus on fine-motor development. Remember to keep small objects out of the reach of infants and toddlers.**

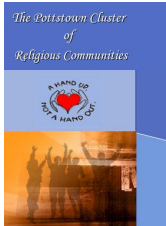
- Stringing beads: Use cut, colored straw pieces, painted macaroni, wooden beads, etc. String, yarn, shoelaces, pipe cleaners can be used for stringing.
- Pop-beads
- Pegboards
- Roll small balls of clay using fingertips and arrange into pictures.
- Hide small objects in balls of clay and locate/take out using fingers.
- Pop packaging material.
- Clothespins: Open and close as they are placed on cardboard boxes, cans, etc. Paints letters, numbers, colors, etc. on them for games to play.
- Lacing cards: Make with cardboard and a hole-puncher in various shapes.
- Stamp pads with small handled rubber stamps.
- Lite Bright game with construction paper placed under the design.
- Sort birdseed with tweezers.
- Interlocking blocks
- Tissue paper collage pictures: roll tissue paper in fingers into balls and glue onto paper in various designs.
- Use tweezers to pick up mini-marshmallows, corn-flakes, etc. without breaking or crushing them.
- Blocks: build towers and structures following patterns
- Puzzles
- Nuts and bolts games
- Screw and unscrew jar lids
- Bottle tops: put on/off (various colors and sizes can be used to mix and match.)
- Finger-painting
- Make paper objects by folding paper pieces (hats, boats, airplanes, fans, etc.)
- Magnet games: Pick up small metal objects, such as paperclips and safety pins, using magnets.
- Stand up dominoes on their narrow ends and knock them over to see the domino effect.
- Fishing games: Tie a magnet on a string tied to a pole and try to catch paper fish with paperclips on them.
- Tear out pages of old phone books, one at a time, and crumple them. Then, toss them into a basket target.
- Make hole puncher pictures. Vary the weight and thickness of the paper used.
- Play tug-of-war with small diameter objects such as plastic lacing, coffee stirrers, etc.

# Community Resources

**Cluster Outreach Center**  
 137 Walnut Street  
 Pottstown, PA 19465  
 610-970-5995  
[www.pottstowncluster.org](http://www.pottstowncluster.org)

Cluster Outreach Center offers the following:

- Emergency food pantry
- Community meals program
- Clothes closet program
- Financial assistance program (when funds are available)
- Support and referrals



## The Salvation Army Christmas Program

Salvation Army's Christmas Program is underway. There is one more application date on November 23 from 9:00 am to 11:45 am and 1:00 pm to 3:00 pm. Families would need to bring the following:

- Proof of income (pay stubs, social security, welfare, child support) and expenses (rent receipts, utility receipts)
- Photo ID for ALL adults in household
- Birth certificates for all children 10 years and younger
- Social security cards for ALL household members

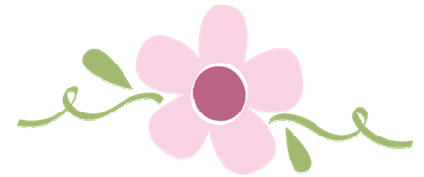
## November Resource Packet

The *November Caring for Kids Resource Packet* includes:

- Newsletter
- Leaf Number Mats
- Stone Soup Flannel Board Story
- Nutrition Match Game
- Children's Book

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)

# Recipes of the Month



### Sweet Potato Fries

2 large sweet potatoes  
 1 teaspoon garlic powder  
 1 teaspoon black pepper  
 1 teaspoon Italian seasoning  
 Spray oil

Preheat the oven to 450. Cut the potatoes into fries or wedges. Spread the potatoes on a baking sheet. Spray the potatoes with oil. Combine the garlic powder, pepper and Italian seasoning and sprinkle over the oiled fries. Bake for 30 minutes.

*Italian seasoning: In a small bowl, mix 1 teaspoon each of the following: dried oregano, dried basil, dried parsley and garlic powder.*



### Raspberry-Apple Crumble

4 medium tart apples  
 1/4 cup orange juice  
 2 tablespoons raspberry preserves or jelly  
 2 tablespoons quick-cooking oats  
 2 tablespoons flour  
 2 tablespoons brown sugar  
 1/2 teaspoon cinnamon  
 Pinch salt  
 1 tablespoon melted butter

Preheat the oven to 350. Peel, core, and thinly slice the apples. Combine the sliced apples, juices, preserves and 1/4 cup orange juice in a bowl. Pour the mixture into an 8 by 8 glass baking dish and set aside. Combine the oats, flour, sugar, cinnamon and salt. Add the melted butter and mix well. Top the apple mixture with the oats mixture, cover and bake for 1 hour or until the apples are tender. Uncover the dish for the last 10 minutes of baking.

### 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*

