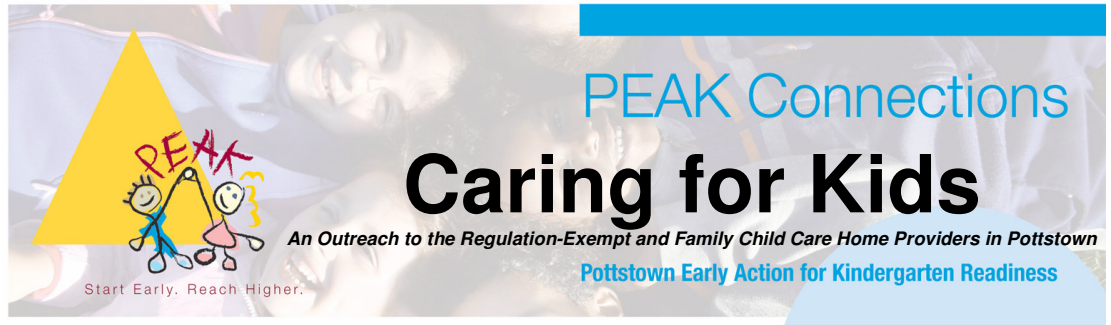
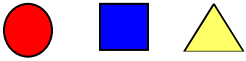


October 2009

PEAK Caring for Kids
Newsletter



Great Fall Books to Read to Children

Reading aloud with children is a wonderful activity. Children of all ages love to be read to. Support the love of reading for children in your care by trying the following books: Visit the Pottstown Public Library for books and resources. The library can be contacted at 610-970-6551.

Red Leaf, Yellow Leaf, by Lois Ehlert. The author uses watercolor and collage to share fascinating evolutions and even planting tips for a sugar maple tree. Youngsters will relate to the vivid details and enjoy the interesting facts.

Leaf Jumpers, by Carole Gerber. Hand-colored linoleum prints tell the story of a brother and sister with the family dog enjoying autumn activities, such as raking a pile of leaves and jumping in!

Fall Leaves Fall!, by Zoe Hall. This story tells of the many wonderful adventures to be had simply by experiencing autumn: watching leaves fall to the ground, catching leaves, collecting leaves, comparing shapes, and raking and jumping into a pile.

Fletcher and the Falling Leaves, by Julia Rawlinson. Fletcher, a young fox, is worried about his favorite tree. Is it sick? Its leaves are turning brown and its bark is dropping. Read to find out how Fletcher tries to help his tree by sticking the leaves back on and how he discovers the marvelous, beautiful mysteries of his favorite tree.

More Autumn Books

Autumn (board book), by Gerda Muller; **I Know It's Autumn**, by Eileen Spenelli; **Why Do Leaves Change Color?** by Betsy Maestro,

Dates to Remember

October 12: No School Pottstown School District

November 5: Understanding the Behavioral Health System Professional Development

November 13: No School Pottstown School District

November 26-30: No School Pottstown School District

Watch for information on the next professional development session.



Contact Information:

Mary Rieck
PEAK Coordinator
610-970-6655
mrieck@pottstownsdsd.org

Whitney Leone
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

OCTOBER CARING FOR KIDS PACKET

It is October and pumpkins are everywhere. This month the Resource Packet has ideas for using pumpkins as a teaching resource. There are math, science and creative activities plus new songs and fingerplays.

Five Little Pumpkins

Use the orange felt and pumpkin poem to create a flannel board activity to use with your children. A simple flannel board can be made by gluing a piece of flannel on the inside of a clean pizza box. You can store the flannel pieces inside the box. You can also create a simple flannel board by gluing the felt on a file folder.

Pumpkin Stickers

Enjoy the pumpkin stickers with your children. You can create a counting game or use them as a "story starter" and have the children draw a story about the pumpkins.

Pumpkin Number Mats

Use the number mats to help your children with beginning counting and matching skills.

I am out of postcards this month, contact me if you complete three activities and I will mail a children's book. Mary

SONGS, POEMS AND FINGERPLAYS



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

This Little Pumpkin

This little pumpkin was small and round.
This little pumpkin sat on the ground.
This little pumpkin was short and fat.
This little pumpkin wore a silly hat.
This little pumpkin had a grin so keen.
This little pumpkin said, "Happy Halloween!"

Five Little Pumpkins

Five little pumpkins were sitting on the ground.
The first little pumpkin was short and round,
The second little pumpkin was happy to be found.
The third little pumpkin had a curly vine,
The fourth little pumpkin liked sunshine.
The fifth little pumpkin grew so quick,
Now all five pumpkins are ready to be picked.

Pumpkin, Pumpkin

Pumpkin, pumpkin,
Sitting on the wall,
Pumpkin, pumpkin,
Tip and fall.
Pumpkin, pumpkin,
Rolling down the street,
Pumpkin, pumpkin,
Trick-or-treat!

Little Pumpkin

I'm a little pumpkin orange and round,
When I'm sad, my face wears a frown.
But when I am happy and all aglow,
Watch my smile just grow and grow!

The Pumpkins Are Here

(Tune: Farmer in the Dell)

The pumpkins are here; the pumpkins are there.
The pumpkins, the pumpkins are everywhere.

The pumpkins are up; the pumpkins are down.
The pumpkins, the pumpkins are all around
The pumpkins are in; the pumpkins are out.
The pumpkins, the pumpkins are all about.
The pumpkins are low; the pumpkins are high.
The pumpkins, the pumpkins all say,
"Good-bye."

Where is Mr. Pumpkin

(Tune: Way Down Yonder in the Paw Paw Patch)

Where, oh where, is Mr. Pumpkin?
Where, oh where, is Mr. Pumpkin?
Where, oh where, is Mr. Pumpkin?
Where, oh where, is Mr. Pumpkin?
Way down yonder in the Pumpkin Patch!



Math Pumpkin Ideas



Too Long, Too Short, Just Right

Objective: Predict, develop understanding of comparative relationships

Bring a pumpkin home. Place a strip of making tape around the largest part of the pumpkin. Discuss with children the size of the pumpkin. Place three pieces of paper cut into pumpkin shapes on the floor.

Label the paper pumpkins, "Too Long, Too Short, Just Right." Have each child estimate the circumference of the pumpkin and cut a piece of yarn that length. When everyone has cut a piece of yarn, children measure their pieces of yarn around the pumpkin and place on the correct pumpkin shape. Pieces of yarn can be counted to see how many pieces were too long, too short or just right.

Graduated Sizes

Objective: Develop understanding of comparative relationships

Have several pumpkins in different sizes and paper pumpkins in graduated sizes for each child. Using the pumpkins put them in order and discuss small, medium and large. Mix the pumpkins and have children place in order. After ordering the actual pumpkins, have children use the paper pumpkins and put them in order.

Flannel Board Pumpkins

Objective: Develop an understanding of numbers

Cut 10 pumpkin shapes out of orange flannel. Ask the children

to select a number. Put the pumpkins on the flannel board one by one. Tell the children to quietly say when the correct number of pumpkins are on the flannel board. Repeat with another number. Allow children to also place the flannel pumpkins on the board.

Pumpkin Subtraction

Objective: Develop an understanding of numbers and quantity

Place several pumpkin shapes on the flannel board. Count the shapes together. Have children close their eyes and remove several shapes and place in a bag or box. Children open eyes and guess how many shapes are in the bag.

Pumpkin Seeds

Objective: Develop an understanding of numbers and quantity

After carving the pumpkin, wash and dry seeds. The seeds can be used in the balance for measuring activities. They can be used for counting. Cut 5 pumpkin shapes from construction paper. On each shape, write a numeral and add the correct number of dots on the paper. Children count the correct number of seeds on each pumpkin.



Fall Creative Ideas



Pumpkin Collages

Objective: Creative process and express individuality

After participating in carving a pumpkin, give each child a pumpkin shape cut from construction paper. Have her create the inside of the pumpkin by gluing on pumpkin seeds and orange yarn.

Finger Paint

Objective: Creative process and observe changes in environment

Give each child a large sheet of finger paint paper cut into a pumpkin shape. Place a spoonful of red and yellow finger paint on the paper. Children mix the paint and see the color changes.

Pumpkin Stamps

Objective: Creative process and express individuality

Cut carrots into ½ inch rounds. Dip into orange tempera paint and stamp on sheets of paper to make pumpkins.

Torn Paper Pumpkins

Objective: Creative expression, fine motor development

Give each child a paper plate and a sheet of orange construction paper. Have children tear paper in small pieces and glue on paper plate. Children can add face using black paper or markers.



Pumpkin Science

Pumpkin Float

Objective: Predict, observe, compare

Use several different sizes of pumpkins. Have children estimate whether the pumpkins will sink or float. Record predictions on a chart. Using a tub of water, experiment with each pumpkin. Did it sink or float? Did the size make a difference? Would a can of pumpkin float?

Orange Drops

Objective: Observe changes in environment

Give each child a piece of waxed paper and a flat toothpick. On the waxed paper, scatter several drops of red water. Use the toothpick to move the drops of water around the paper. The drops can be separated and joined together. After experimenting with the red drops, add several drops of yellow water. Have the children join the red and yellow drops together.

Planting Pumpkins

Objective: Acquire knowledge of life science

Buy a package of pumpkin seeds. Plant in cups or pan of soil. Observe and chart growth.

Orange Goop

Objective: Observe changes in environment, language development

Mix 2 parts cornstarch with 1 part water to a sticky but loose consistency. Pour on “messy” tray for children to explore. Add a few drops of red and yellow food coloring and allow children to mix and see the change in color.

Local CDA Class

The Child Development Associate Credential class will be offered in Limerick. For information or to register, contact Christine Haley-Brinnen at (215) 565-5148. Classes begin on October 20, 2009



Flu Season Tips

What is novel H1N1 flu?

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This new virus was called "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, novel H1N1 virus has not been detected in U.S. pigs.

Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months. This flu season, the new virus may cause a lot more people to get sick than during a regular flu season. It also may cause more hospital stays and deaths than seasonal flu.

How can I protect my child against flu?

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses.

Take everyday steps to prevent the spread of all flu viruses. This includes:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Teach your child to take these actions too.
- Try to keep your child from having close contact (about 6 feet) with sick people, including anyone in the household who is sick.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.

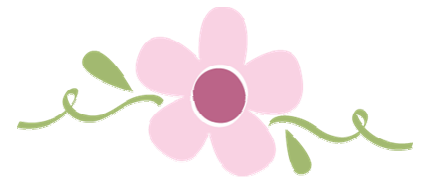
Contact the Montgomery County Health Department for more information on the "Swine" flu.

October Resource Packet

The *October Caring for Kids Resource Packet* includes:

- Newsletter
- Sheet of Orange Felt
- Pumpkin Stickers
- Pumpkin Poem
- Number Mat

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



Recipes of the Month



Enjoy the pumpkin season with these recipes!

Pumpkin Faces

English muffins
Spreadable orange cheese
Slices and pieces of vegetables such as: black olives, celery, carrots, peppers

Spread cheese over an English muffin half. Use the pieces of vegetables to make a silly face



Pumpkin Pancakes

2 cups biscuit mix
1 egg
1 cup milk
½ cup canned pumpkin
½ teaspoon cinnamon

Mix all ingredients together. Cook on a griddle or in frying pan. Serve with butter and syrup.



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

PENNS STATE



College of
Agricultural
Sciences



Start Early. Reach Higher.