



Reading Skills



Finding ways to spend time together is important to both you and your child. As the parent of a kindergarten child, you may also be wondering

what you can do to help your child's emerging reading skills. Here are five suggestions:

1. Spend time each day talking to your child. Talk about any topic of interest to you both. Talk about the day's events and how your child feels about them.

2. Create a good reading climate. Show your child that reading is valuable and fun by making it a visible part of your own life. Have newspapers, magazines, and books in your home. Talk about the things you read and ask about books your child likes. Avoid pressuring your child to perform. Children's skills will develop best in a relaxed atmosphere.

What if you aren't a confident reader yourself? If you enjoy reading, then you are a good example. Consider working to improve your reading skills—your efforts may be the best example your child can have.

3. Make reading a part of everyday activities. Read cereal boxes together at breakfast. Read road signs while you are driving. Read product labels out loud at the gro-

cery store. Help your child to "read" the name on the labels of familiar products such as milk.

4. Spend time as a family reading out loud or story-telling. Make reading or story-telling part of your child's bedtime routine. Set aside a "no-TV" night just for reading.

Let your child help select the book to read. You may find yourself repeating a favorite many times. When you read out loud, be animated and dramatic. Change your voice to fit the characters or mood.

Story-telling is a wonderful family activity. Tell stories from your childhood, or family stories your parents passed on to you. Make up stories with your child and write them down to share again later.

5. Work with your child's teacher. Children benefit in many ways when their parents and teachers work together. Ask your child's teachers for book suggestions or other ideas to support your child's reading at home. Take time every day to help your child with assignments from school. If your schedule



permits, volunteer to help in the classroom during reading periods.

For reading resources and free books to read with your child, be sure to visit the public library in your community. To find your local library, check your telephone book or go to www.publiclibraries.com and search for your community.

References
Riley, D. Help Your Child Become a Better Reader, MAPP,



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Inside this issue:

- Training for Administrators
- Family Forward (Parent News)
- Nutrition & Fitness
- Fight Holiday Bulge
- Arts & Crafts
- Save the Date - February 12, 2010 6 Hour Child Care Provider Training

Does your Center Staff need clock hours? If you have a specific topic or need you would like to request, please contact me and I would be glad to come to your center!

Alexis Cordova, M.S.

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Nutrition and Fitness



Nutrition and fitness is an important part of a happy and healthy child's life. Lifetime food habits are developed as a child. Help your children develop good eating habits by teaching them to enjoy foods that are good for health and fitness. Children are likely to have a good appetite when they have enough sleep, exercise, and nutritious food. Remember, a child's

appetite will vary from one meal to another and from day to day. When children are not hungry, don't force them to eat, and don't worry about it. This is natural. The important thing is to provide healthy foods when your child is hungry. You decide what is available, and your child should be able to decide how much to eat.

To promote good appetites and digestion for your child, encourage active play, especially in fresh air if the weather is appropriate. Set a good example for your child by eating a variety of foods and getting plenty of exercise yourself.

Children need well-balanced meals at regular hours. Use this as a guide for your reference.



Use these guidelines as you choose a healthy lifestyle together:

1. **Show by example**—Let your child see that you enjoy eating whole grains and vegetables.
2. **Go food shopping together**—Talk with your child about where foods come from, and let your child make healthy choices at the store.
3. **Offer the same foods for everyone**—Not only will this make fixing dinner easier, it will also help your child see that others eat healthy foods too.
4. **Reward with attention, not food**—Comfort and reward your child with hugs and talks instead of cookies and candy.
5. **Focus on each other at the table**—Turn off the TV and the phone. Let dinner be a fun time with the whole family.
6. **Limit screen time**—Being active is an important part of a healthy life, so turn off the computer, TV, and video games and play games as a family.
7. **Encourage physical activity**—Make family time fun by playing games, riding bikes, playing at the park, and being outside. Every one in the family will feel better!

For more information about nutrition and physical activity, go to www.mypyramid.gov. This is a great site that allows you to create a personal pyramid for every member of your family, including how much of each food group to eat each day.

“Maintain No Gain 2010”



Maintain, No Gain is a weight management program designed to encourage everyone to gain no more than two pounds

during the holiday season (Thanksgiving through New Year's). This program is designed to encourage good eating habits and being physically active most days of the week during the holiday season. This eight-week program will serve as a guide to control holiday weight gain and encourage a healthy lifestyle that will help persons decrease their risk factors for cardiovascular disease and stroke. The program was created by the Cardiovascular Health and Wellness Program of the Texas Department of State Health Services. During the weekly weigh-ins, participants will turn in a weekly log documenting weekly exercise and consumption of fruits and vegetables and exercise

during the week. In addition to weighing-in, you and your staff can receive free support and educational materials. Incentive Items will be available to all who participate and all who do not gain more than 2 pounds by the end of the first week of January 2011. If your center and staff are interested in participating in "Maintain No Gain 2010" contact Alexis Cordova by calling the Extension Office or email, ancordova@ag.tamu.edu.

Remember the goal is to maintain weight within two pounds of the initial weigh-in. Weight loss is allowed but not the point!



Quick Tips for Fighting the Holiday Bulge

1. **Play Date:** Plan celebrations around activities (ice skating, football, etc).
2. **Wake to Work Out:** Exercise in the morning before you lose motivation.
3. **Exercise Events:** Sign up for a "Holiday Fun Run & Walk" or a "Turkey Trot" to motivate exercise.
4. **Protein Power:** Eat a substantial breakfast that includes protein.
5. **Mindful Munchies:** Have a healthy snack before a big celebration so you're not as hungry when you arrive.
6. **Less is More:** Spend less time in the kitchen (don't make a dozen different desserts).
7. **Savvy Selections:** Bring something healthy to the potluck so you are guaranteed a healthy option.
8. **Heat it Up:** Avoid fast food. Make food, such as soups, that you can freeze & reheat when you need a meal in a hurry.
9. **Diet Later:** Don't start a weight loss diet now. Save the diet for the New Year.
10. **Sleep it Off:** Get plenty of rest. People tend to eat more when they are tired and stressed.

Arts and Crafts



Veggie Basket

Here is a craft that will help the children remember these vegetables and it can be used as a note holder or just as a cute decoration.

Print the templates of your choice in color or in black and white from www.first-school.ws/activities/nutrition/vegiebasket1.htm. Ideally the black and white version is more challenging so they can color or paint. The basket can be printed directly onto any color of construction paper or card stock.

Cut out the images, older children may be able to practice their scissor cutting skills particularly with the basket image.

You can choose to cut out the basket to make a nice decoration or simply leave as is and the children can glue the vegetables.

Idea: Note Holder or Decoration.

After the basket is completed, you can add a piece of magnet sheet to the back of the handle to reinforce it, use a hole punch and add a string or ribbon to hang on a wall. Affix a post-it note pad to the front of the basket.

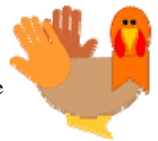
Handprints Stand-up Turkey

The crafts can stand-up so they make great decorations and dramatic play toys. It is important that the craft be printed on heavy duty construction paper or card stock in order to stand up. The pieces can also be traced onto thin paper plates and then cut out and assembled.

1. Trace or paint and cut out 2 handprints.
2. Print all color/black and white templates from www.first-school.ws/activities/crafts/animals/birds/turkeyhands.htm.
3. Paint the back of a small paper plate in desired color.
4. Fold paper plate in half, color is showing on both sides.
5. Fold the feet template on the center dotted line so color is showing on both sides. Insert the folded feet template on the center round portion up to the fold and staple at least twice in place. Turn and fold the feet upward on both sides to

stand on the dotted lines.

6. Glue the beak, comb (crest), and wattles on the head template.
7. Glue assembled head to right or left corner of body. (This will depend in which direction the feet were positioned and stapled.)
8. Glue one handprint on each side of the body. Bend the handprints slightly one way and the other to make the craft look more realistic and stable.



Winter Tree Snowflakes Numbers

Basic skills: Colors, square shape, numbers, counting, scissor cutting skills, hand and eye coordination (match and paste).

1. Identify colors> the tree is green, the snowflakes are white.
2. Identify snowflake numbers and count from 1 to 10.
3. Identify the snowflakes are inside a square shape.
4. Cut out the snowflake squares.
5. Match and paste the snowflake number to numbers in the tree.



Winter Snowing Scene

- Cut loosely around the tree template.
- Paste cotton balls or batting on the lower edge of blue construction paper.
- Paste tree to blue paper over the "snow."
- Paste large silver sequins in the blue for falling snow.
- Paste winter animal stickers or snowman next to tree.

Santa Claus Fun with Colors and Shapes

Skills: Pre-handwriting (tracing), shapes and colors recognition, counting, scissor cutting skills, hand and eye coordination (match and paste).



Make an Ornament

- **Add cotton batting or cotton balls to Santa's beard and cap trim.**
- **Cut loosely around the wreath.**
- **Add string or ribbon to make an ornament.**

1. Visit www.first-school.ws/activities/activity/santa-colors-shapes.htm to print out template. Print the color version for ages 4 and under or coloring version for ages 4+.
2. Color the page.
3. Count the shapes and write numbers in front or behind the shapes.
4. Cut out the shapes and paste on the wreath.

New Year's Hat

1. Take a large sheet of paper and decorate with bright colors, fit for a celebration.
2. Take your paper and roll the corners in from the middle.
3. Overlap the two sides to make a cone shape.
4. Staple.
5. Cut away excess.
6. Add tissue paper streamers to your hat.
7. Glitter and other decorations can also be added.



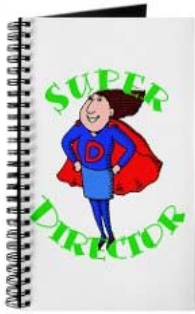
Find what you need and objectives for this project at www.kinderart.com/seasons/newyearshat.shtml.

Happy New Year's Pop Out Card

What you will need: Card Stock, Hi-Liter markers, paper glue, and scissors.

What to do:

1. Copy pattern onto card stock paper. Cut around the edges of the card and fold it in half and unfold.
2. Color the smiley faces and then cut them out using an Exacto knife. Cut around the outside of the smiley faces in the middle of the card leaving them connected between the tiny separating lines.
3. Fold the card in half again while pushing in on the smiley faces from the outside folded edge of the card. This will make the smiley faces pop out inside the card. Flatten out the folded card.
4. Glue the card to another piece of colorful card stock but do not glue where the smiley faces are.
5. To finish decorate the outside of the card with smiley face stickers or anything else you would like to use.



Administrator Training December 4, 2010



Church of Christ
3201 N Main, Liberty, TX
8:30 am to 3 pm

Feel free to bring your assistant director & anyone that serves on your leadership team.

Registration deadline: November 22, 2010



The **6 Hour** training will focus on topics specific to infants and toddlers. The training will also cover some of the required administrative hours for directors.
(See list on right)

Topics that will be covered:

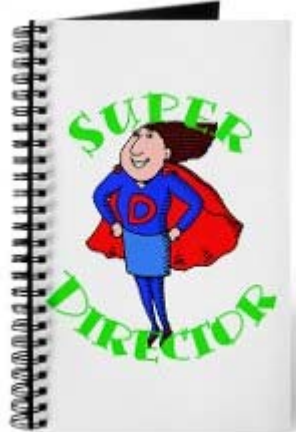
- Uniqueness of Infant/Toddler Care
- Understanding/Communicating with Families
- Ages & Stages of Infant/Toddler Development
- Developmentally Appropriate Activities
- Social/Emotional Development
- Staff training/hiring/management/supervision related to infant/toddler care Environment



Administrator Training Registration Form

One form per person.

Name _____		Sign up for:	Course Cost
Address _____		<input type="checkbox"/> Administrator Training	\$10.00
City, State & Zipcode _____		Center Name _____	
Phone _____			



Method of Payment: Cash/Money Order Check (make payable to "Family Consumer Sciences Advisory Board")

Return Registration to AgriLife Extension Office with payment at 2103 Cos Street, Liberty, TX 77575. Please call if you have questions.

If you have a disability or need special arrangements made to accommodate your attendance, please check box and notify us prior to event at (936) 336-4558, ext. 221, so that arrangements can be made.

Extension Programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Courts of Texas Cooperating.

FAMILY FORWARD

Discipline and Your Child

Wouldn't it be wonderful if our children were always well-behaved and we never had to worry about discipline? In reality, however, we know that discipline is one of the necessary, if sometimes unpleasant, parts of our job as parents. When you discipline your child, you are teaching the right way to behave. This is an important part of child development.

Children Need Discipline

Children need discipline to protect them from danger, to learn how to get along with others, to learn acceptable and appropriate behavior, and to learn that society has certain common rules that

everyone is expected to live by. Discipline also helps children learn to think in an orderly fashion and to understand the logical consequences of their actions. Most important, positive discipline helps a child learn self-control, which builds healthy self-esteem.

Parents and School Discipline

The discipline a child learns at home is the foundation for behavior at school. Be familiar with your school's discipline policy. If your child's teacher reports a discipline problem, talk with your child and the teacher to work on a solution together.

Discipline Tips for Parents

- Emphasize "do's" rather than "don'ts."
- Put limits on your child's behavior, but be careful not to make too many rules.
- Be consistent. A predictable environment helps children to feel safe, since they know what to expect.
- Keep a sense of humor. It helps you keep a proper perspective about what is really important.
- Praise your child's accomplishments.
- Listen to your child and help him or her work through a problem.
- Encourage independence. Let children make their own decisions and contributions to family decisions whenever appropriate.
- Set a good example.

Nurturing Your Child's Self-Esteem

One of the most important things we can do as parents is to help our children develop positive feelings about themselves. Children with good self-concepts are more likely to grow into happy and productive members of society. Parents have a lot to do with how children see and feel about themselves. Providing a warm, loving relationship filled with support, encouragement, and interest in the child helps children feel good about themselves. Children who grow up with constant criticism, scolding, or discouraging remarks are not likely to see themselves as worthy and good people.

There are many things that parents can do to help children develop good self-concepts. Here are a few suggestions:
Communicate respect and confidence in your children

Give them opportunities to make choices when possible. Provide opportunities to make a contribution. Assign them household chores they can handle, such as making their bed, helping to sort laundry, or setting the table.

Be sure your children know you love them—even when their behavior is not acceptable. Children need to know they are loved and valued for who they are, not for what they do. Accept their feelings while helping them learn appropriate ways to express and handle negative ones. Teach your child, for example, that it's OK to be angry and to use words to talk about what is bothering him or her, but it's not OK to hurt others.

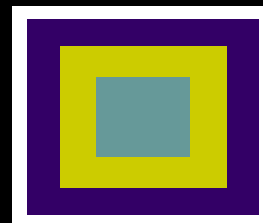
Praise your child ... thoughtfully. Be genuine and specific with praise. Children recognize empty compliments or insin-

cere praise. Think about what you are teaching your child through the things you praise. For example, praising your child when he or she makes a good choice teaches responsibility and that he or she is capable of making good decisions. You teach your child to value effort if you praise hard work as well as praising your child's achievements. Sometimes, responding to your child's efforts with appreciation is as powerful as praise.

*To learn more about empowering your child to become confident and self-disciplined, check out this book: **Raising a Self-Disciplined Child: Help your child become more responsible, confident, and resilient**, by Robert Brooks and Sam Goldstein, available from your neighborhood library or a bookstore.*

References

- Brooks, R. & Goldstein, S. (2007). *Raising a Self-Disciplined Child: Help your child become more responsible, confident, and resilient*. New York: McGraw Hill.
- Van Horn, J. (April 1994). Self-concept is important (Part I and II). Penpages.



FAMILY FORWARD is provided by
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"Me" Puppets

Materials needed:

Paper lunch sacks or old socks, Scissors, glue, Markers. Optional: yarn, buttons, fabric scraps, etc.

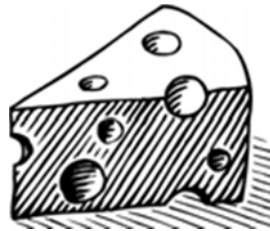
Directions:

1. Hold the lunch sack or sock upside down, so the bottom can be the face of your puppet.
2. Have your child use markers to draw a face on his or her puppet, making it look just like him or her.
3. Use other materials, such as torn paper, old buttons, and yarn for hair and clothes on the puppet.
4. Make a puppet for everyone in the family. Don't forget pets!
5. When the puppets are all complete, have them introduce themselves to each other and tell all about their favorite things.
6. Have fun together creating a puppet show, and perform it for your family and friends!

Food Groups

This is MyPyramid. It shows the food groups and how you should eat more foods from the stripes that are wider and less foods from the narrow stripes. The stairs remind us to get up and be active every day, and they also tell us that changing the way we eat and increasing our exercise is a step-by-step process. Improving habits doesn't happen all at once; it takes small changes over time.

Color the pyramid and the foods. Draw a line from each food to the food group in which it belongs.

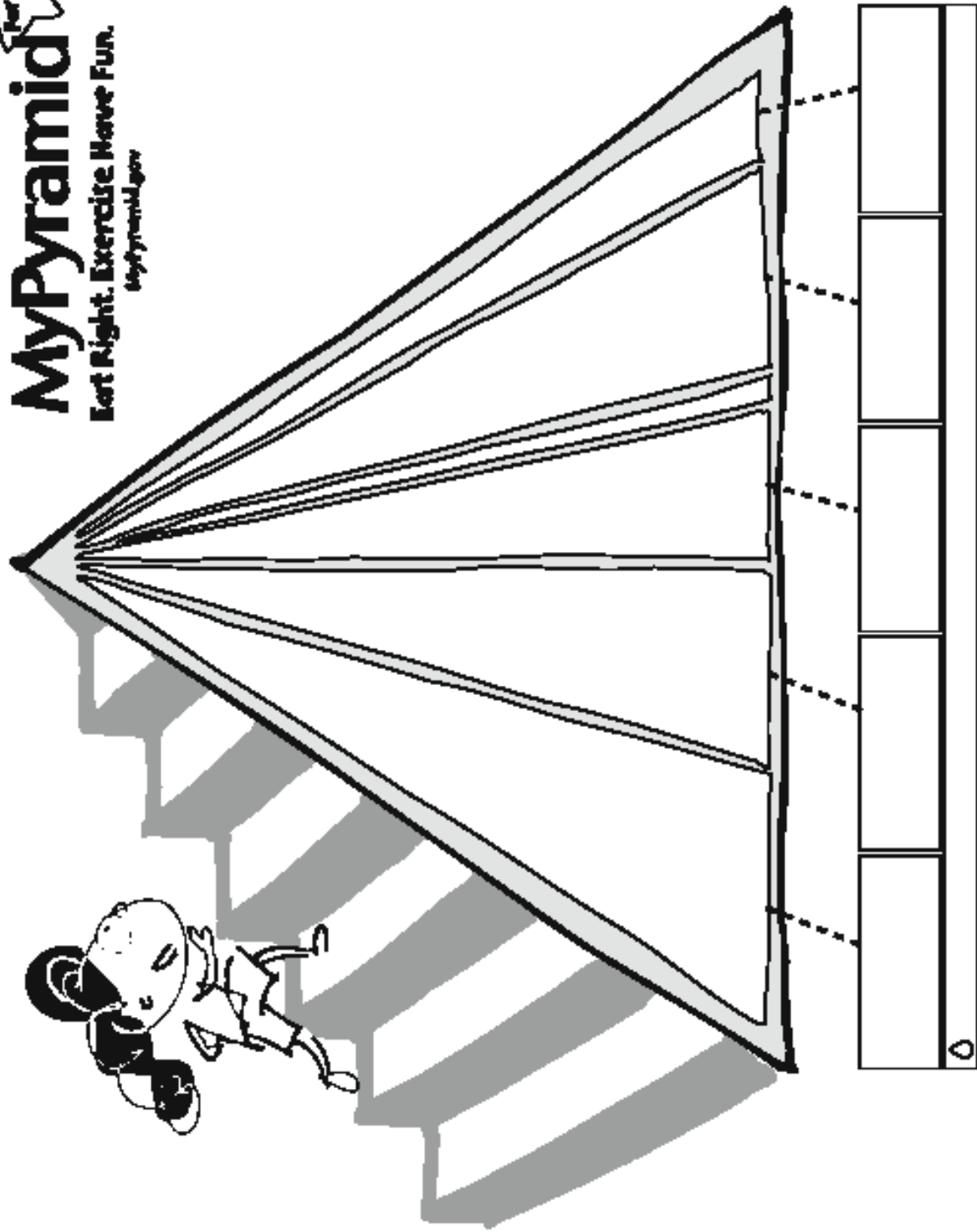




MyPyramid

Eat Right. Exercise More Fun.

mypyramid.gov



Online Courses

- Online courses for child care professionals seeking **clock hours** to fulfill state-mandated training requirements or obtain hours toward the **Child Development Associate (CDA) National Credential**.
- To receive **official credit** for the courses, participants must pass a course exam and pay a processing fee to obtain a printable certificate.

<http://childcare.tamu.edu>

Set up Free Account Today!

Save
the
Date

Saturday,
February 12,
2011

Mark Your Calendars...

Child Care Provider Training

7 Clock Hours

Registration starts at 8:00 a.m.

Training from 8:30—3:30 p.m.

Dayton, TX

Lunch Provided!

Registration Form & Details Coming Soon!

Mid-Year Classroom Management Tips

Article by: Reg Atkins

At this point the of the year two disciplinary areas that seem to be of most concern are:

1. **Classroom Disruptions**
2. **Physical Contact**

Some suggestions for pro-actively addressing the issues at this point would be:

a) Consider temporarily re-arranging your room for more direct instruction of targeted students that are struggling with behavior. This takes the focus of student interaction and placing the focus on the teacher. This can be an excellent tool for making an immediate impact on rapidly occurring "spur of the moment" issues. It also allows for the continuation of cooperative learning for the students in the majority who are being successful.

b) Review your data. What are the offences that are getting your attention the quickest?

What is "getting under your skin?"

c) Review and Tweak your discipline plan. Do you have the same needs in your plan that you had in the fall when you wrote your plan? Are there new areas which need to be addressed? Are the consequences you wrote with your plan still appropriate and effective? Do you need new consequence strategies?

d) Re-teach your discipline plan. Put it in your lesson plans. Teach it as a formal lesson. Test the class on the lesson. Re-teach the plan until every student demonstrates mastery understanding of the plan and the consequences.

e) Consistently and dispassionately implement your plan and the consequences. Always, always, always document the implementation of your plan and every single consequence implemented.

f) *Assess your stress level.* What are you doing for yourself?

You MUST make time for recreation. You can not be effective in this high stress situation if you don't take care of yourself first. Remember the flight attendant speech on the airline, "In case of emergency depressurization of the cabin, put the oxygen mask on yourself BEFORE you try to help anyone else."

Wrapping up...

- Temporarily re-arrange your student desks for targeted students who are struggling with behavioral issues
- Review your data
- Review and Tweak your classroom discipline plan
- Re-teach your discipline plan.
- Implement your plan
- Make time for recreation

For further resources and excellent site is <http://www.teachers.net>.

Alphabet Authors

Creating a book with your child is a great way to encourage reading and to spend time together. Make an alphabet book to practice letters, sounds, and making stories.

Materials needed:

Scrap paper (you can use the back of junk • mail letters or any other paper you have around)

Crayons, markers, pencils, or pens•

Yarn or string •



Directions:

1. Help your child write one letter of the alphabet on each piece of paper until you have all 26 letters.
2. Help your child think of a word that begins with each letter and fill in each page with the word, a picture, and a sentence about that word. You may also think of a short story about each word together.
3. When all 26 pages are complete, punch or poke three holes on the left side of the pages and use the string or yarn to tie the pages together.



Your child is an author!

Library Scavenger Hunt

Have an adventure with your child by going to the library together. Have your child check off each task below as you complete it together:

1. Find your community library. Look at the sign out front and help your child name the letters that spell “library.”
2. Inside the library, find the children’s section. Look around at all the books to read together!
3. Find the section where you can borrow movies and DVDs. Find out if they have your child’s favorite movie available.
4. Find the section where you can borrow books on tape and CDs. Share your favorite book growing up with your child, and see if you can find it on tape or CD.
5. Meet a librarian. Help your child introduce him or herself, and ask the librarian about what free programs are available that your child might be interested in.
6. Pick out a few books from the children’s section to take home with you.
7. Find the circulation desk. If your child does not have a library card, this would be a great time to sign up for one. As long as your child can print his or her name and you will sign too, your child can have his or her own library card and borrow as many books as you can read!

Way to go! You’ve completed the Library Scavenger Hunt!

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DID YOU KNOW?

For more info visit: <http://www.tecec.org>

Only 2.2 percent of media coverage of education focuses on education of preschool-aged children.

61% of children from low-income families have no age-appropriate books for children at home.

Kindergarten Teachers See Alarming Trend – As much as 40% of Kids Arrive Up To 18 Months Behind.