

Family Newsletter

THIS MONTH'S THEME

Down on the Farm

This month, your child will learn all about life Down on the Farm! Your child will get to know chickens, pigs, sheep, horses and more. He will have fun practicing the sounds they make and learning about the food they eat. Your child will explore the different jobs that farmers do, like planting and harvesting crops, feeding and rounding up the animals and driving a tractor to plow the fields. He will even plant his own seeds and watch them grow! Discuss your child's creative process when he brings home an array of barnyard art projects. It is an action-packed month of animals, farming, food and fun that your child is sure to remember!

Look for the daily notes about your child's art projects!

Today I designed a pet cow.

First I got to decide how my cow should look. I chose how to decorate it, using paint on a pompom. It was fun to add wiggle eyes! Then I attached two clothespins for legs. When ... was finished, I pretended to build a ...



Today I made a pig nose.

I made a wearable pig's nose using yarn and a cup. I colored the pink cup then attached the yarn. When I was done, I pretended I to be a pig and used my "nose" to move objects.



ASK ME: What did you enjoy about this art project? What did you root around for when you pretended to be a pig?

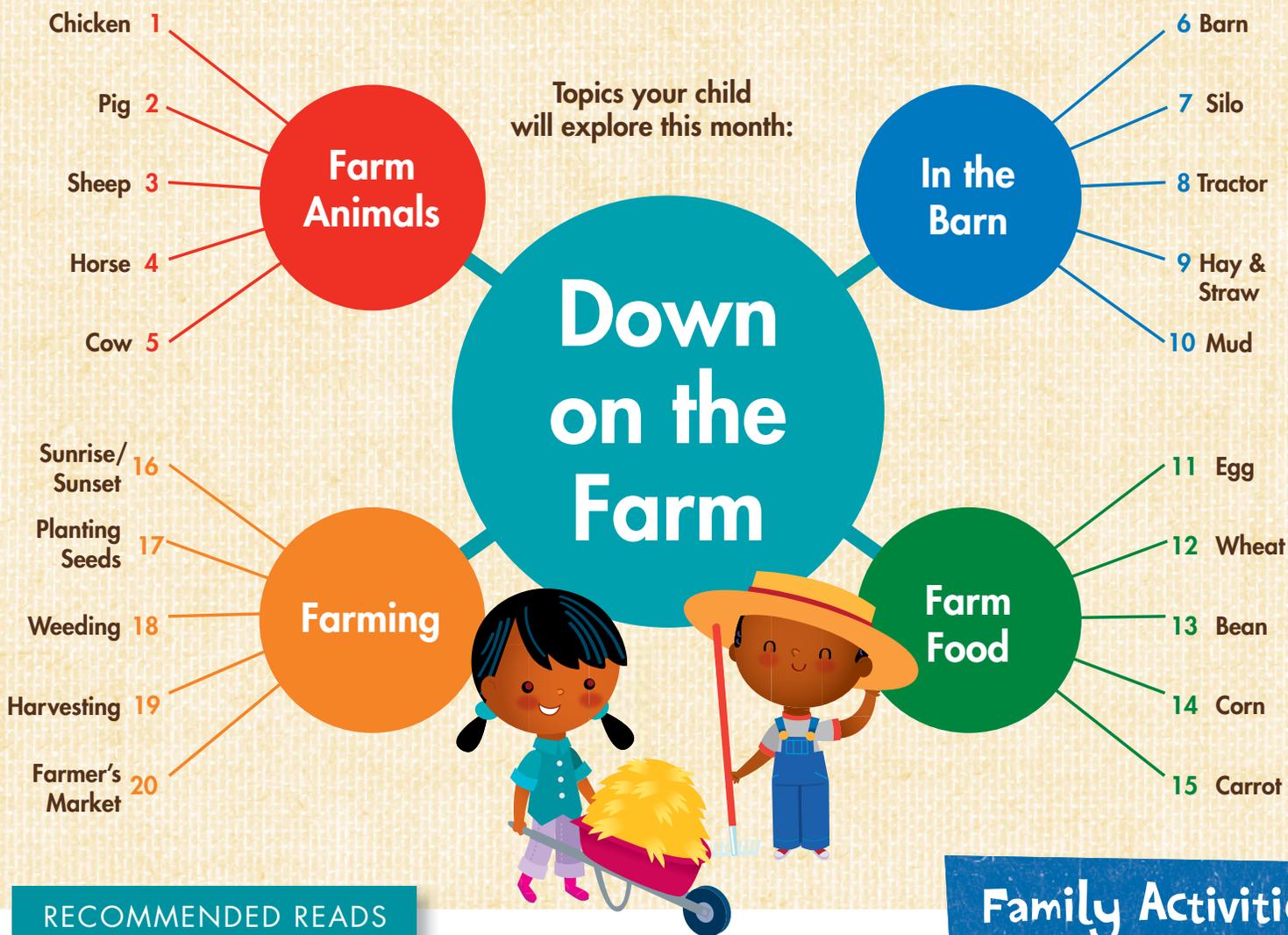
Healthy Eating

Children need positive food experiences to build a healthy relationship with food and food choices. Work together with your child to find a healthy recipe and make the dish together. If you eat outside the home, explain clearly what you expect the child to put on his plate. Remind him of the importance of selecting foods from each food group. Define the child's limit on sweets. Acknowledge him throughout the meal as you notice him making thoughtful and healthy food choices.

TRY THIS:

- To help your child learn to balance meals, draw the following diagram on a paper plate and practice at home. Current healthy guidelines recommend half of a plate of fruits and vegetables, a quarter low-fat protein and a quarter whole grains.
- Involve your child in the preparation of food such as creating a shopping list together and finding those items in the grocery store.
- Encourage your child to help you with preparing and cooking food such as cracking an egg, measuring out ingredients, rolling out dough and stirring ingredients in a bowl.
- Cooking is a great time to teach about food safety. Remind your child to wash her hands before and after preparing food and to wash vegetables and fruit before eating.
- Keep mealtime conversations light and positive. Encourage your child to talk about their day. This helps to develop more communication between family members.





RECOMMENDED READS

Cuddle Up WITH A GOOD BOOK

The Rusty, Trusty Tractor
by Joy Cowley

Click, Clack, Quackity-Quack
by Doreen Cronin

The Flea's Sneeze
by Lynn Downey

Farmer Duck
by Martin Waddell

Rosie's Walk
by Pat Hutchins

The Farm Alphabet Book
by Jane Miller



Family Activities



Farmer

(To the tune of "This Old Man")

For added fun, change the word "man" to match your child and other family members. After the song, discuss together what kinds of animals or crops you would like to farm.

**This old man, he had a farm.
He raised sheep, and cows,
and pigs.
With a great big tractor
And a big red barn,
Don't you think
you'd like to farm?**



Food Fun

The next time you make your shopping list, let your child help. Use free ads from local supermarkets to cut out the items you need to shop for and make a visual list your child can follow. After making the shopping list, count together the items that a farmer helped supply. Make a thank-you card for local farmers and thank them for helping provide food and drink for others to enjoy.

