

# Families for Literacy Program Newsletter

## July, 2017

**Tutors: please go over this newsletter (whatever is appropriate) with your adult student and encourage him/her to visit the Story Times with their children, it's a lot of fun!**



**At Redbud Library,** 14785 Burns Valley Rd. Clearlake, **Thursday, 11:00 am.**

**At Middletown Library:** 21256 Washington Street, Middletown, **Tuesdays, 11:30 am.**

**At Lakeport Library,** 1425 N. High St. Lakeport, **Fridays, 10:15 am and 2:30 pm**

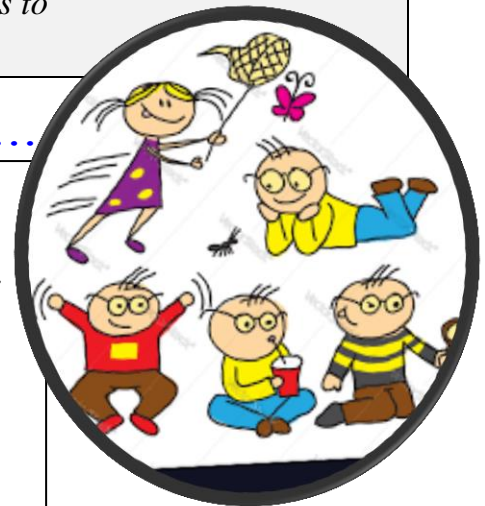
(Lakeport: **"Storytime in the Park":** Storytime moves to Library Park from June 2<sup>nd</sup> until August 25<sup>th</sup>)

### SUMMERTIME! Turn your (TV) Screen off and...

**Why should I turn off the television (or any electronic device)?**

These are just some of the many benefits:

- Your child can spend more **quality** time with you and/or with the entire family.
- Your child will have more time to be physically active, play, use her imagination, and be creative.
- Your child will be exposed to fewer commercials for toys, fast foods, snacks, cookies, sodas, etc.
- Children need fresh air almost as much as they need food.
- Less behavior problems like aggression and tantrums and everybody will ...



**BE HAPPIER!**

**Do**

> **start with fun:** replace screen time with exciting activities (see below)!

> **set limits on technology use** to less than one hour per day (if any) and explain why. Discuss the new rules in a positive way at a family meeting.

> **arrange your environment for success:** "Out of sight, out of mind"! Take all screens out of kid's bedrooms and make family meals tech-free.

> **monitor your family's progress:** Setting a goal, monitoring progress, and rewarding accomplishments will help your kids succeed.

> **be a role model:** What a parent does, or doesn't do, influences a child's health behaviors and development.

- How much TV do you watch? How active are you?
- Set a good example for your child by exercising on a regular basis.

**Don't**

> **use technology as a reward**

> **try and do this alone**

> **nag or criticize**

> **expect a quick fix**

> **underestimate the risks of excessive technology use**



**Make a family event of brainstorming and come up with a list for everyone of activities they enjoyed or always wanted to try. Filling the day with stimulating activities means there is less time available for sitting at a screen indoors.**

## TV-FREE ACTIVITIES TO DO WITH YOUR CHILD



- Encourage your child to participate in joyful movement and active play by participating yourself. Together you can: pull out the bikes/tricycles and go for a ride, go for a hike, play in the sand, dance to music, blow bubbles, etc.
- Provide opportunities for active play with other children (play groups etc.)
- Go to the park and play on the climbing structures
- Set up an obstacle course in the back yard

- Read a story together or visit the library (Storytime!)
- Sing songs and say poems, do finger plays:

**Bright Sun, tune of "Row, Row, Row your Boat"**  
Bright sun shining down (Spread fingers and move slowly downward)

Shining on the ground.

What a lovely face you have, (Make a large circle with arms)

Yellow, big and round.

**Hot summer, tune of "The Farmer in the Dell"**

In the summer it is hot

In the summer it is hot

Oh, when it's hot

I (swim,... ) a lot.

In the summer when it's hot.

**Replace "swim" with other activities!**

### Watermelon

Watermelon, everywhere,

On my face and on my hair.

On my fingers, on my toes,

Watermelon on my nose (point to nose,  
This may seem funny,

But best in my tummy! (rub tummy)

This may look funny,

But it's best in my tummy! (rub tummy)



### Watermelon ABC Rhyme

A-B-C-D-E

Watermelon is good for me.

F-G-H-I-J

I can eat it every day.

K-L-M-N-O

I truly love it so.

P-Q-R-S-T

Ripe and very juicy.

U-V-W-X-Y

You will like it if you give it a try.

Z-Z-Z-Z-

Watermelon is good for me!

- Play with blocks
- Build a sand castle
- Go on a family picnic
- Do an art project together
- Garden ~ plant, weed, water, or harvest
- Cook ~ gather supplies, measure, or stir
- Play "Simon Says" or similar games
- Draw, color, or paint - remember the chalk paint recipe → Great to use outdoors for temporary art!
- Always wear sunscreen ~ at least SPF 15.
- Wear bike helmets ~ children and adults.



• Never leave a child at a pool without adult supervision.

• Wash your hands when returning from playing outside.

• Watch children as they cross the street or cross with them.



### DIY chalk paint:

All you need is water, cornstarch, food coloring and plastic cups.

Mix water and cornstarch in equal parts and add food coloring until it reaches the desired color. It will dry more muted than the colors you see in the cups. Use paintbrush to apply to sidewalks and driveways for a fun outdoor project!

Note: The paint is water-soluble, so artwork can be washed away later.