

# Community Helpers

Good People  
Everywhere



LOVE



**Move it** Naptime is often a critical part of the day at preschool, but this nap game will have the kids up and moving instead of fast asleep! Use the sleeping song lyrics, “Sleeping, sleeping, all the children are sleeping. When they woke up they were all \_\_\_\_.” As you say the song, fill in the blank with animals or even objects. The children will jump up from “sleeping” and act out the word you have filled in the blank with. As the children become more familiar with the game, they can take turns filling in the blank.



**Learn it** Every day parents are able to leave their children in the trust

and care of valued child care workers. Children need to know you as a helper and understand the important role you play in their lives, giving them the care they need to learn and grow. Show children various ways you care for them such as making healthy foods for meals, keeping a clean environment, and teaching them skills to read and write.



**Read it** Do you have children who are new to child care and may be anxious about the days they spend away from home? Try out these books to ease some of that fear:

*What to Expect at Preschool* by Heidi Murkoff

*The Night Before Preschool* by Natasha Wing

*Rosie Goes to Preschool* by Karen Katz



**Eat it** Kids love to make their own snacks. Set up different bowls of washed, cut fruit and cheese cubes. Ask the children to create their own patterns of fruit as they make fruit kabobs for their snacks. Healthy ideas include, but are not limited to: grapes, strawberries, colby cheese cubes, cheddar cheese cubes, blueberries, bananas, orange slices, and apple slices.



**Make it** Using individual pots, ask the children to decorate them with various materials and their imaginations: markers, paint, sequins, fabric, paper, etc. Once the pot is decorated, place a few small rocks in the bottom of each pot for drainage. After adding potting soil, plant a bean seed. As you plant the seed with the children, emphasize the importance of making sure the plant gets the right nutrients and has the best environment to help it grow. This is what you try to do at your child care to take care of them each day.

Now, the children will be the care taker of their plant. Each day they need to make sure the plant has enough water. You might show them how to add a little bit of plant food found at a nursery. Is their plant getting enough sunlight? As the plants grow, if space permits, help the children transfer their plant into a container garden or large garden. Use the analogy again of how you are helping them grow and are preparing them for kindergarten.

# March



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## Child Care Providers

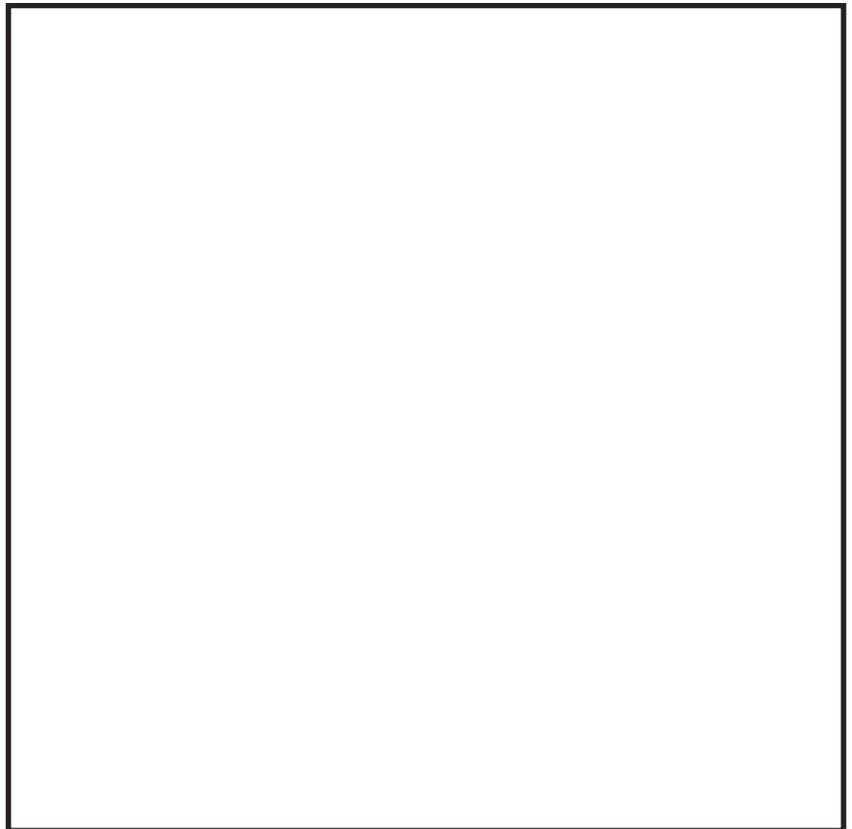
care for children when their parents are away at work.

**Get to know your provider.** Ask her what her favorite things are, and then list them below.

**Favorite Color?** Use that color to color the crayon.



**Favorite Animal?** Draw a picture in the box below.



**Favorite Number?**

Write the number on the line. \_\_\_\_\_