

Fort Richardson Family Child Care

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Inside this Issue

1

Planning Your Program

2

Activity Plans
Resource Night
Birthdays/A Snack

3

Activity Ideas

4/5/6

Calendar/Special Days

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Planning Your Program

By Kathy Faggella from TLC

The difference between a program that is described as 'just baby-sitting' children and one that has a developmentally appropriate curriculum is in the planning that goes into each! If you plan your days with specific goals for the group as well as for each of the children, then you will see each child's progress and accomplishments throughout the year.

First, it is important to understand why you need to plan. It IS extra work making a plan and may require extra time getting people together to make a plan. Yet, planning allows you to take your goals and implement them with appropriate activities. Planning allows you to control what's happening in your program, evaluate progress that is being made, and know where changes need to be made. It provides a written record of your detailed curriculum over time.

Planning involves a team approach. Everyone - teachers, caregivers, volunteers, parents (through parent meetings) and even children - contributes to the plan. When we give our thoughts, ideas and suggestions, we care more about what happens to the program! When we care about the program, we have a sense of ownership and accomplishment in the work we do. By planning together, everyone has a better understanding of what role they play and what responsibilities they have. Team members can get excited about generating new ideas and be eager to carry out activities they've planned. All feel a sense of continuity with the past, present, and future when goals are set out and acted upon. New goals will form from the old ones also.

Effective planning involves both long term and short term (weekly) planning. Long range planning may involve the development of themes for each month during the year. Or, as many programs are now doing, plans can include using webbing for emergent curriculum that springs out of children's interests. This means that long range planning must be kept flexible; yet the acquisition of basic materials, a variety of good instructional techniques, and adaptable activities can be planned well ahead of time.

Short term planning usually involves getting your team together at least once a month if you are in a center. Weekly is even better. Everyone brings their observations to the table: evaluations of previous activities, the learning environment, staff cooperation, and the needs of individual children and of the group. Goals are reviewed, restated and/or revised for the upcoming week. The weekly plan should include: the skills and concepts to emphasize, specific indoor and outdoor activities to use, props that need to be gathered and changes that need to be made to the environment. Special activities and whole group times are discussed. Although you may be the team leader, everyone can help with setting up, cleaning up, listing materials needed, and working with both small and large groups of children. Even if you run your program alone, parents and even children can help you with the setup and clean up chores.

The most important part of curriculum planning is to keep it flexible. You must be ready to adjust your plans to the mood of the group and the events of the day. Unexpected happenings often call for attention and a change in plans. Consider using blocks of time, which are labeled periods of the day with unspecified lengths of time, rather than strict clock times. In this way, children always know what is coming next, yet it

gives some leeway for how much time is spent on each activity. For example, if, at free choice time, children are very engaged, you might want it to go on for 15 more minutes and then shorten up on circle time which comes next.

Planning is important. It gives you a sense of organization and accomplishment. It gives children a sense of security. It gives parents confidence in you and your program. *Go for it!*

Review of Activity Plans

Make sure that you are turning in your activity plans for review by Daphne. These plans can be turned in with end-of-the-month paperwork.

Plans can be made for the month or for two-week periods.

The purpose of turning in these plans is to be able to give you added ideas that you may try, check for appropriateness of activities and to help build your professional skills.

Activity plans help build quality care and are a goal for all of our programs.

Equipment Turn-In/ Resource Night

As a reminder, the second Tuesday of each month is Resource Night.

Resource Night is when the Lending Library will be opened after hours for providers to bring in toys and equipment that are no longer needed or the kids are tired of.

If you would like to come in, please call at least a couple of days ahead so that we know you are coming.

When you returning items, please make sure that all items are complete and cleaned.

There have been many items that have been returned dirty. Please clean the items before turning them in.

A June Birthdays

**Best Wishes and
many Happy Returns!!!**

Sherelle Keita	3 June
Christina Larsen	4 June
Angela McDaniel	30 June
Alicia Arroyo	30 June



PACK-A-SNACK PICNIC

Have a picnic - inside or out - A summer picnic is a time for foods to be served in interesting ways.

1. Help children plan their picnic; talk about the Pack-a-Snack server, described below. Show how foods must fit into the small sections of an egg carton. Then encourage children to suggest foods that will be healthy for lunch and will fit into the carton.
2. Let preschool children help cut up fruits and vegetables with plastic knives. Let each child choose what to put in his snack server. Check each child's choices and talk about why it is important to include a variety of foods, not just one (even if it is your favorite).
3. Label each server with the child's name. Place all snacks into a cooler with drinks.

PACK-A-SNACK SERVER

You'll need: ▲egg carton ▲aluminum foil ▲plastic knife ▲appropriate picnic foods

What to Do:

1. *Clean out egg carton. Line each section with a piece of aluminum foil.*
2. *Cut each food into small pieces so that several fit into an egg carton section.*
3. *Set out foods on a table and invite children to pick their own assortment of snacks and place them into egg carton sections.*

SAMPLE FOOD ITEMS:

▲croutons ▲cheese cubes ▲oatmeal cookies ▲small pretzels ▲peanut butter balls ▲finger gelatin squares ▲berries ▲apple chunks ▲banana slices ▲1/2 deviled egg ▲carrot and celery sticks ▲cream cheese balls rolled in coconut

CACFP credits will vary according to what foods children put in their snack servers.

EXPRESS THAT FEELING!

Children are full of feelings - excitement, shyness, joy, fear... Their feelings are so close to the surface that they constantly come bubbling out. Children need to learn both how to express their feelings and how to control them. They need to understand more clearly what they feeling and be able to express themselves so adults can be responsive to them. And it is important that we, adults who care for children, know how to handle our own feelings about the children's emotions.

The projects, recipes, and games in this newsletter produce objects and experiences to help children identify and then express the feelings they are having in an appropriate way. For children many children, the art process is an outlet for feelings and should be encouraged. However, the misuse of materials or disregard for the safety of others is not the proper use of art to communicate feelings. For example, pounding play dough is fine; throwing it is not. Show children how to use art to channel a particular feeling. Let children use the materials and the processes to drive away angry feelings and enhance joyful ones. Start with these art ideas.

PICTURE YOUR FEELINGS

- **Feelings Diary** A notebook of blank pages becomes a record of children's emotions. Put the date at the top of the page and invite children to draw a picture with each child and write the feeling of the day next to a face showing the same feeling in the corner.
- **Calendar Smiles and Frowns** Give each child her own calendar of the month. Discuss events with children at the end of each day and help each one put a face with a smile or a frown on the correct calendar day showing the feeling of the day.
- **Mirror Pictures** Pass out mirrors, paper, and crayons to children. Give them a situation - "How would you feel if ..." Encourage children to show you how they would feel with the expression on their faces. Let them look in the mirror as they make the face. Then challenge them to draw a picture of the expression. The pictures can be grouped by feeling and hung on the wall.
- **Feeling Pictures** Select one feeling and discuss with children the things that make them feel that way - happy, sad, angry, surprised... Give each child a sheet of paper with a small face showing the feeling in the corner. Let children cut or tear pictures out of old magazines that show things that make them feel that feeling. Create a wall display: *Things that Make Me Feel...*
- **Draw Your Feelings** Discuss one feeling. Invite children to use crayons, pencils, watercolors, or finger paint to show that feeling on a piece of paper.

Infant Care: Start Off Right

Here are some pre-sports activities perfect for a nine to twelve month old, who has begun to crawl.

- **CRAWLING/RUNNING** Get down on your hands and knees beside the baby. Crawl a little ahead of him, then turn and invite him to follow you. Talk to the baby as you go. Encourage him to follow you all around the room, laughing as you go.
- **TOSSING/THROWING** Sit on the floor with the baby in your lap and toss a favorite toy out in front of you. Invite the baby to crawl after it and bring it back to you. When the baby has tired of playing with that toy, toss out another one and again encourage her to go after it.
- **CLIMBING** Place a few large throw pillows on a mat or quilt on the floor. Make sure there are no hard objects in the area for the baby to fall against. Spread a few soft toys behind the pillows to attract the baby's attention. Help her climb over the pillow to get to the toys. Watch the baby very carefully as she may lose her balance and roll over.
- **CLIMBING/CRAWLING/HITTING** Set up an obstacle course for babies that encourage them to crawl and climb. ▶ hula hoop to crawl through ▶ beach balls to push over and crawl around ▶ boxes to crawl in and through ▶ mobiles to hit at

Theme of the Month: The Beach

Birthstone - Pearl, Alexandrite				Flower - Rose		
June 2003						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sing "Old MacDonald Had a Farm" with your children. Let them choose which animals to sing about.	2 Check the batteries in your smoke detectors.	3 Help your children think of words that rhyme with hat, dog, or dad.	4 Have your children pretend they are birds flying in the sky.	5 Have your children count the buttons on their clothes.	6 Show your children how to draw a star. Let them draw as many stars as they want.	7 Let your children help you put clothes in the washing machine.
8 Go on a listening walk with your children. What do they hear?	9 Let your children talk on the telephone.	10 Tell your children what they were like when they were babies.	11 Play chase with your children.	12 Let your children stack plastic containers and roll a ball at them to knock them over.	13 Walk backwards with your children.	14 Fly a flag or have a parade with hand-held flags.
15 Make strawberry shortcake with your children.	16 Play peek-a-boo with your children. Hide behind your hands, a blanket, a wall, etc.	17 Let your children cut up old magazines and make collages out of the pictures.	18 Weigh and measure your children. Tell them how much they have grown.	19 Take a walk outside together. What green things can your children find?	20 Have your children make a card for someone special and deliver or mail it.	21 Find a book about summer and read it to your children.
22 Go to the park with your children and have each of them pick up 10 pieces of litter.	23 Take your children to a grassy hill. How many ways can they think of to go down the hill?	24 Pitch a tent (or a sheet) in the yard and camp out.	25 Let your children write on the sidewalk with chalk.	26 Mix o-shaped cereal with raisins for a snack. Let your children sort the cereal and raisins before eating them.	27 Cut star shapes out of cardboard and tape them to a table. Let your children put paper over them and make rubbings with crayons.	28 Let your children help you wash the car.
29 Treat yourself (or your Spouse) to a special activity.	30					

Dairy Month... Zoo and Aquarium Month... National Adopt-A-Cat Month... National Drive Safe Month... National fruit and Vegetable Month... National Iced Tea Month... National Rose Month... National Safety Month... National Tennis Month... Turkey Lovers Month

- 1st Week - National Fishing Week**
- 2nd Week - National Clay Week**
- 4th Week - National Camping Week**

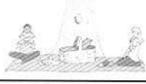
- 1st - Donut Day... Oscar the Grouch's Birthday** Sesame Street Character ...
Stand For Children Day
- 2nd - Radio Was Patented** In 1896.
- 3rd - Egg Day... First U.S. Spacewalk** By Ed White in 1965.
- 4th - Aesop's Birthday... Cheese Day... First Ford Made** Henry Ford made his first operational car in 1896.
- 5th - First Hot Air Balloon Flight** By the Montgolfier brothers in 1783. **National Gingerbread Day... World Environment Day**
- 6th - First Drive-in Movie Theater Opens** In New Jersey in 1933... **National Applesauce Cake Day**
- 7th - The Amazing Mumford's Birthday** Sesame Street Character.
- 8th - Frank Lloyd Wright's Birthday** In 1867.

- 9th - Donald Duck's Birthday
 10th - National Yo-Yo Day... Race Unity Day
 11th - E.T. Movie Premiered In 1982.
 12th - The Baseball was Invented In 1839... Magic Day
 14th - Caldecott Medal First Awarded... Flag Day... "Pop Goes the Weasel" Day...
 Sand Paper Invented Invented by I. Fischer Jr. in 1834
 15th - Father's Day... Fly A Kite Day Ben Franklin's Kite Experiment in 1752....Power of a
 Smile Day
 16th - National Fudge Day
 17th - Disneyland Opened In 1955....
 18th - International Picnic Day
 19th - Garfield's Birthday Debuted in 1978. ...Juneteenth... Tasmanian Devil's Birthday
 Debuted in 1954.
 20th - Bald Eagle Day... Ice Cream Soda Day
 21st - First Day Of Summer
 22nd - US Department of Justice Established
 23rd - Typewriter Patented In 1868.
 24th - U.F.O. Day First documented UFO sighting on this day.
 25th - Eric Carle's Birthday Author ...LEON Day Shared by Cindy - LEON is NOEL spelled
 backwards. It means six months until Christmas.
 26th - Bicycle Patented In 1819... National Chocolate Pudding Day...
 Toothbrush Invented In 1498
 27th - Captain Kangaroo's Birthday Bob Keeshan.... Helen Keller's Birthday Born in 1880.
 Melody for Happy Birthday Song Written in 1859.
 28th - Paul Bunyan Day
 29th - Camera Day
 30th - Meteor Day... Superman's Birthday

"Of all nature's gifts to the human race, what is
 sweeter to a man than his children?"

-[Marcus Tullius Cicero](#)

JUNE IDEAS CORNER

	Monday	Tuesday	Wednesday	Thursday	Friday
JUNE DAYS	June 5 is <i>National Gingerbread Day</i> . Make a gingerbread house fit for the summer months. Instead of a winter scene, how about a beach house with palm trees?	June 12 is the birthday of Anne Frank. Older school-agers can read her diary as a summer reading project. Ask them to start writing their own diaries.	June 18 is <i>International Picnic Day</i> . Go to a local park for a day of group games and roasting hot dogs. 	June 20 is <i>Ice Cream Soda Day</i> . Serve frozen fruit smoothies for snack. Have vanilla ice cream and a variety of fruit available for children to make their own.	June 29th is <i>Camera Day</i> . Divide kids into groups of 3 or 4 and give each group a disposable camera. Have them document their day with photos. 
HAWAII	June 11 is <i>King Kamehameha Day</i> in Hawaii. Find out why he is important. Draw pictures of how you think a Hawaiian king looks. Compare to an actual picture of him.	Have a luau! Serve refreshments of tropical fruits and juices like guava, mango, pineapple, papaya. Have samples of coconut and macadamia nuts too.	Make tissue paper leis to give parents and other visitors. Cut out flower shapes from multi-colored tissue paper and thread onto lengths of yarn. 	Every luau needs hula dancers. Hula dancing is done by moving gracefully and using your hands to tell a story. Create a hula dance that tells a story.	Make grass skirts with green plastic sheeting or garbage bags. Wrap around your waist to get the right fit. Cut strips from the bottom, leaving a 1-inch waistband. Secure with tape.
CLAY	The second week of June is <i>National Clay Week</i> . Each day of the week make a different type of clay or play dough, using resource books like <i>Mudworks</i> .	Visit a potter or local artist who works with clay. Or find a "paint your own pottery" place where children can create their own works of art. 	Using red clay (purchased at craft or art store) make pinch pots and other items. Let creations dry outdoors in the sun.	As a service project make batches of colorful play dough to donate to preschool child care centers.	With any of the clay recipes you used, create Father's Day gifts for the men in the children's lives. Paperweights or small bowls for loose change work well.
TENNIS	June is <i>National Tennis Month</i> . Plan a tennis tournament. If a tennis court isn't available, improvise with a blacktop playground or gym.	Invite a tennis instructor to visit the program and conduct a workshop to learn basic tennis skills. 	If regulation tennis racquets aren't available, have children make racquets with panty hose legs stretched over bent wire coat hangers.	Make up your own table tennis game using any long table. Make paddles with 2 heavy-duty paper plates taped together that you can slip over your hand.	June 20 is <i>Venus Williams'</i> birthday. Find out more about her and her famous sister Serena. How old were they when they started playing tennis?
BIRTHDAYS	The "Happy Birthday Song" was written on June 28, 1859. Can anyone sing it in a language other than English?	Have a birthday party just because! Serve cake and ice cream, wear funny hats, play pin the tail on the donkey. 	Take a poll of the kids and find out which month of the year has the most birthdays. Check the internet to see if they can find national averages on monthly birthdays.	Fill a muffin tin with plaster of Paris. Right before it hardens, insert a birthday candle into each cupcake. Pop out the plaster when dry and use bright paints to decorate.	Learn about the Chinese calendar and the Zodiac. Do the descriptions of the signs for your birth year and month fit your personality?
DOG DAYS	June 21 is "Take Your Dog to Work Day." Instead, have everyone bring in photos of their dogs to post on the bulletin board. Can you guess whose dog is whose?	Take a poll - what is the most popular pet? Who has the most unique pet? 	Visit a local animal shelter and find out about pet adoption. Can you volunteer at the shelter, perhaps walking the dogs or helping feed them? Or donate cans of dog food.	Invite a veterinarian to come to the program to explain pet care. Find out what it takes to have a career in veterinary medicine.	Wrap up baskets of homemade dog treats to give as gifts to your own dogs or for the dogs at the animal shelter. 