

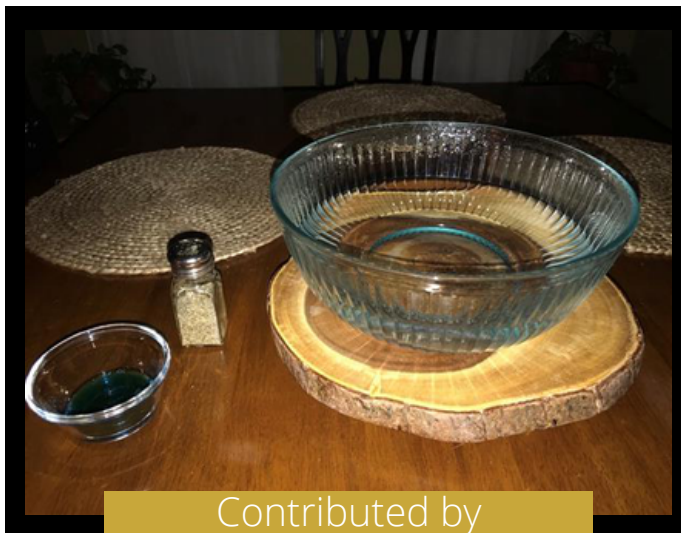
# HEAD START HOME CONNECTION

Week 4

**What is this?** This is a handwashing experiment. You will need a bowl of water, black pepper, and a small amount of dish soap. Add pepper to the water, and explain that these are the "germs". Have your child put one finger into the pepper water. You will see that the pepper does not move at all. Next, ask your child to put their finger in *dish soap*, and then dip their finger into the bowl of water. Watch the germs run away.

**Why did you choose to do this activity?** I chose this activity to show children how soap is so important to the handwashing routine. Hand washing has always been important, but now more than ever it is needed to keep us healthy and safe.

**What will children learn?** The pepper represents germs in this experiment. Without any soap on your finger, the germs (or pepper) don't move at all. However, germs do not like soap. The soap is able to surround the germs and take them off of your hands and wash them right down the drain! This is why the pepper ran away from the soap on your finger! This activity will show children exactly how soap kills germs and how important hand washing is for good hygiene.



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**What is this?** This is a letter and sound matching game. You will need a piece of paper and pictures or objects to play this game. On a blank piece of paper, write upper case letters in random order. Gather objects or pictures from around the home or in the newspaper. Play this game by picking up one item or card at a time. Ask your child, "what is the name of this object?" Encourage your child to really listen to the beginning sound to determine what letter this starts with. Help them match the object to the corresponding letter on the paper. Keep playing until all the letters are covered.

**Why did you choose to do this activity?** This is an easy game to play at home. It takes very little preparation, it is fun and you can play it with your child. One of the most important early literacy skills for children to develop is the recognition that letters and sounds are related. This game helps build this skill.

**What will children learn?** Children will learn to recognize letters and letter sounds. The more you play this game, the better your child will get at recognizing new letters. The game becomes challenging when your child tries to match the object to the letter on the paper. Once your child masters the upper case letters, you can add lower case letters to the paper.



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### **Literacy**

Early literacy begins to develop very early in life and is correlated with high achievement in school. Developing early literacy skills is so important for a child to learn to read beginning in Kindergarten. All areas of development such as physical, social-emotional, cognitive, language, and literacy are all related and develop together. In order to promote early literacy, try doing these things: reading, singing, rhyming, talking including a variety of words and sounds, and labeling things in the home to promote object reading.

### **Nutrition for Success**

Studies show that good nutrition has a direct impact on academic performance, memory, and other positive learning behaviors.

- Young children need to develop healthy eating and physical activity habits early on. Children pattern habits after parents and caregivers. Good role models are important.
- Preschoolers quickly grow and change physically, mentally, and socially.
- Preschoolers need healthy food to meet their growth and developmental needs. These can best be met by following national and/or local food guide recommendations for ages 2 - 5. [www.myplate.gov](http://www.myplate.gov)
- Meal and snack times teach sharing and socializing skills. Small children have small stomachs and get full quickly. They need child-sized servings for meals and snacks.
- Even pre-school children can learn basic kitchen and gardening skills.



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<https://youtu.be/2GwUA1fqPz4>