

HEAD START HOME CONNECTION

Week 2

What is this? This is an idea for a scavenger hunt. You can do a scavenger hunt anywhere: at a park, at the grocery store, in your house. Scavenger hunts are always fun and a great opportunity for learning.

Why did you choose to do this activity? I chose this idea because scavenger hunts are fun, engaging and developmentally appropriate, especially since they can be created to meet the individual needs and abilities of children.

What will children learn? Scavenger hunts help exercise the mind by reinforcing problem-solving skills. They can also be good exercise for the body. You can incorporate clues that get kids moving and running from place to place. You can even get creative and have the child run to the top of a hill to find a tree, look through book shelves to find a particular book or in the yard to find an insect. Invite siblings or neighbors to join in the fun. Kids can work together to search for items and check them off as they discover them. Learning to work in a team is an essential skill throughout a child's life, so why not teach it in a fun way?



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What is this? This is a Matching Game- You can use any deck of cards you have at home or specialty cards you pick up from the dollar store. Specialty cards may include colors, shapes, numbers, letters and many other concepts. Start by placing six cards face down. There should be 3 matching pairs. Take turns turning over two cards at a time. If the cards match then they become yours. If they do not match then they should be turned back over. Now it is the next persons turn to turn over 2 cards. Hopefully you remember where the matching cards are. Keep playing until all cards are gone. As your child gets better at remembering where the matches are you can add more cards. Make sure that all cards being used have a match.

Why did you choose to do this activity? One of the best things you can do to prepare your child for kindergarten is to teach them some very important social emotional skills. Turn taking and following directions are just a couple.

What will children learn? Children will learn to follow the directions to play the game. They will also learn how to take turns and improve their memory skills. Depending on the type of cards you use children can also learn other skills like letters, numbers, shapes, colors and more.



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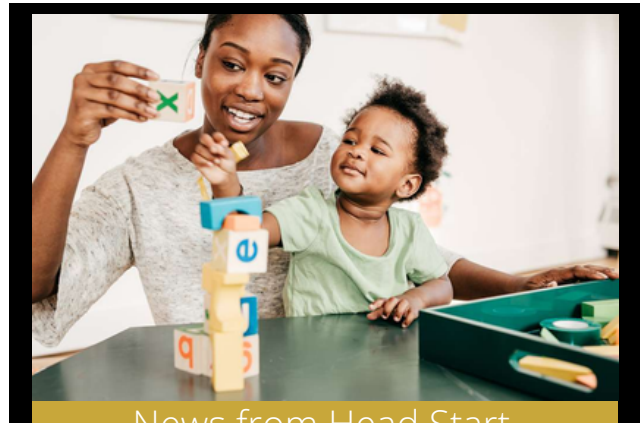
Healthy Sleep Series Part 1 – Eat for Sleep!

Provide the right nutrition. Foods can affect energy level and sleepiness. Carbohydrates can have a calming effect on the body, while foods high in protein or sugar generate alertness, particularly when eaten alone. A few ideas for pre-bed snacks are: whole wheat toast and cheese, bagel and peanut butter, oatmeal with bananas, or yogurt and low-sugar granola. Vitamin deficiencies due to unhealthy food choices can affect a child's sleep. Provide your child with a daily assortment of healthy foods. Check with your child's health care provider if you have concern that your child is not getting proper nutrition.

Continue reading at <https://childdevelopmentinfo.com/ages-stages/toddler-preschooler-development-parenting/sleep-tips-toddlers-preschoolers/#gs.y22yde>

Important School Skills

Learning to follow directions, work as a team, and take turns are all very important to kindergarten readiness skills. In order to practice following directions, engage your child in playing games such as Simon Says. To practice working as a team, engage your child in group activities such as building a tower together. Lastly, to practice taking turns, engage your child in board games and simply say "it's my turn" when your child is playing. It is also a great tool to use timers to allow your child to learn about turn taking.



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