

PRESCHOOL PRESS



A Publication of the Anchorage School District STeP Center and
the Early Childhood and Elementary Special Education Department

January, 2006:
Volume 3, Issue 4

In This Issue . . .

In this issue of Preschool Press you will find articles for parents of preschool children on the following topics:

- Winter Fun
- Snow Ice Cream Activity
- Reading with a Preschooler
- Choosing a Good Book
- Fine Motor Skills: Adapting Books
- Public Library Activities for Preschoolers
- March Parent-Teacher Institute

About The Preschool Press

This publication is designed for preschool families in the Anchorage School District. It is mailed at the end of each month. Email subscriptions are also sent out so if you wish to receive this mailing, contact: loutrel_barbara@asdk12.org or call 742-3868. Past Copies of the Preschool Press can be found on www.asdk12.org/dept/step

It's Winter, Enjoy the Snow!

Winter and snow offers unique experiences for language and learning. Any adventure in the snow can be a language opportunity when you talk about what you are seeing, feeling and doing. Even getting dressed to go outside can be an opportunity to talk about clothing, body parts, sequence of getting dressed and talking about what you will do when you go outside.

Here are some fun snow activities:

Catching snowflakes: To catch the snowflakes use a dark piece of construction paper so you can see them. Then talk about them: "Oh, this one is bigger than that one.", "Let's see if mine are the same or different than yours."

Angels in the Snow: Lie on your back in the snow. Spread your legs in the snow to make a skirt and wave your arms in the snow to form wings. Stand up carefully. Say: "This looks a lot like an angel, See the head, body and 2 wings". Count the number of snow angels you make.

Make a Snowman: Talk about how many balls are needed and their size (little, middle size and big). Say: "What do we need for the face?" Talk about body parts and what to use for them (buttons, rocks, coal, carrot, sticks, celery, etc.) Use words like "on top, under, over, and number concepts (2 eyes, one nose, 2 arms, 4 buttons, etc.

Shoveling and measuring snow: Give your child a small shovel so he/she can help you. If you don't have a shovel use a dustpan, pancake turner, or toy shovel. Talk about what you are doing: push, scoop, toss, bend, throw, etc. Say "Bend...Scoop the snow...throw it away." You can measure snow using a ruler or stick. Talk about deep and shallow, more snow and less snow.

Sensory experiences: Your child will notice many new sensations with your help. Teach her/him new words to describe these sensations: cold, warm, wet, dry, white, frozen, melted, tastes like water. Use cups or sand toys to play in the snow .

Sledding: Use words like: fast, slow, up, down (the hill), bumpy, smooth, go, stop



Information for Winter Fun came from an ASD Speech/language Dept. handout.

Building Language Skills While Making Snow Ice Cream

Let your child help with this activity by letting him/her help: gather the snow, measure ingredients (or you measure and let your child pour), mixing the ingredients, smelling the vanilla and describing the smell, etc. Vocabulary words you can use: clean (snow), bowl, spoon, egg beater, cup, teaspoon, stir, mix, pour, sweet, salty, chocolate, syrup, thick, etc.

Recipe for Snow Ice Cream: This recipe should be made only after a heavy snowfall so that the snow is clean.

3 quarts fresh, clean snow

1 cup milk

1/2 cup powdered coffee creamer

2 eggs, beaten

3 tsp. vanilla

1/2 tsp. salt



Blend all ingredients except snow. Add snow and blend again. Add flavorings if desired, such as chocolate syrup or fruit. Freeze.

Information for this page came from the ASD Speech/language Dept. handout developed by C. Wilder.

Reading with a Preschooler



Reading with your preschooler is an important daily routine, even if it is for 5 minutes before bedtime. This will help your child acquire key concepts related to reading such as turning pages, following pictures, being exposed to print, identifying individual letters and then words, reading from left to right, etc. It also offers quality time to spend with your child that will bring special memories.

Some Reading Tips:

- Plan a regular time each day when you read to your child
- Let your child pick out the book or pages to read.
- Sit close together; hold the child on your lap or put your arm around him/her
- You don't have to read the story as written. For younger children make up your own simple version
- Point to the objects or actions in pictures as you talk about them
- While telling a familiar story, leave out key words or phrases for the child to fill in. You say, "The wolf knocked on the door and said ____". Child says, " Little pig, little pig, let me come in".
- Let your child tell the story or describe the pictures for you. Imitate and expand some of your child's statements to show your interest and attention.
- Children enjoy hearing their favorite stories over and over, even though you are tired of them. This repetition helps them remember the story and allows them to take part in its telling.
- As listening skills develop, your child's attention span will improve. **DON'T FORCE YOUR CHILD.** Start with very short stories; 2 minutes is not too short, if that is as long as your child can focus.
- Keep books accessible to your child-on a low shelf so they can read even when you are not around.

MAKE READING A FUN AND PLEASURABLE ACTIVITY. LET YOUR CHILD TAKE THE LEAD IN SELECTING BOOKS OR PICTURES TO TALK ABOUT

Information for this page came from a handout from the ASD Speech/language Dept.

Choosing a Good Book



- * Pictures should be clear with not too many objects on a page.
- * Should have a picture story that makes sense without the printed words.
- * The story or subject should be appropriate interesting for the child's age.
- * Look for books that teach a specific concept such as: colors, numbers, alphabet, animals, things at home, how to make friends, etc. Also look for books that teach new speech sounds.
- * Children enjoy all kinds of books including magazines and catalogs. Each child should have some books that are his/her own.

Books for Babies: Babies use all of their senses to learn. Good books for babies are books that:

- * Show familiar objects
- * Have simple, colorful pictures
- * Have few words per page
- * Are plastic, cloth or cardboard
- * Use words that rhyme
- * Have things to touch or smell

The 2 to 3 year old: Toddlers are starting to use language to learn about the world. Remember that they do not process information as rapidly as adults so select books on their level. Let them participate in reading by turning the pages. Good books for toddlers are books that:

- * Name or label objects
- * Have numbers, shapes, colors, or alphabet letters
- * Repeat words or phrases
- * Use rhymes
- * Tell simple stories about children their age
- * Have colorful pictures that match the words

Preschoolers: Preschool children are curious, imaginative, and need reassurance about their world. Good books for preschoolers are ones that:

- * Repeat words or follow a pattern
- * Will make them laugh
- * Have easy-to-understand, predictable plots
- * Have stories that are reassuring
- * Illustrate songs

The 3 to 4 year old

Three year olds can stay interested in a sequence of familiar actions for at least several pages. By age four they can listen to an entire short story such as "The Three Little Pigs". They can label and talk about the pictures.

The 4 to 5 year old

Four and five year olds still enjoy nursery rhymes and tales but now they like to join in on reciting them or telling you part of the story. Animal stories are still popular but now they don't just want to hear about domestic animals. They now want to hear about other animals such as lions, bears, elephants, etc. They are also getting interested in outrageous rhymes such as in the Dr. Seuss books. Ask them questions that start with "Who, What, Where".

* This page is taken from Helping Little Kids Succeed-Alaskan Style: Alaska Initiative for Community Engagement

Adapting Books for Children with Fine Motor Difficulties

Often children do not have the ability to grasp a book page to turn because of fine motor difficulties. You can adapt a book to make it easier to grab hold of the pages by using page fluffers. Page fluffers can be made by attaching foam, weather stripping, sponge, giant paper clips, etc. to book pages to create spaces between pages for easy page turning. These can stick out from the side of the pages so the child can grasp them, much like tabs.

Check Out the Public Library Preschool Reading Programs

Jan 10 - April 29th



Lapsit-

3 years old & under

20 minutes of short stories, songs and lots of repetition for children 3 and under and their caregivers:

Z. J. Loussac Public Library:

Tues. 10:30am & 11:30am

Wed. 10:30 am

Thurs. 7pm

Fri. 10:30am

Chugiak-Eagle River Branch Library

Fridays 10:15am

Scott & Wesley Gerrish Branch Library

Saturdays 11am

Preschool Storytime-

3-5 years old

A half hour of stories, fingerplays and songs for children 3-5 and their caregivers.

Z. J. Loussac Public Library:

Thurs. 11:30am

Fri. 11:30am

Chugiak-Eagle River Branch Library

Fridays 11:15am & 1:15pm

Scott & Wesley Gerrish Branch Library

Fridays 11am

Family Storytime- **5 years old and under**

A half hour of books, songs, & rhymes for children 5 and under and their caregivers.

Muldoon Branch Library:

Wed. 11:15am

Samson-Diamond Branch Library

Friday 11am

Anchorage Public Libraries

(Call to find out hours of operation and location)

Z. J. Loussac Public Library

343-2975

Chugiak-Eagle River Branch Library

694-2500

Mountain View Branch Library

272-4867

Muldoon Branch Library

343-4032

Samson-Diamond Branch Library

343-4049

Scott & Wesley Gerrish Branch

Library

343-4024

Mark Your Calendars

Parent Teacher Institutes (PTI) are a disability outreach and informational series of workshops for everyone - parents, teachers, students, caregivers, etc. The next Parent-Teacher Institute is Saturday, March 11, 2006. The theme of this PTI is "Skills for Academic Success". Plus it's Free!

Be watching the STeP Center website (www.asdk12.org/dept/step) in March for a complete listing of the presentations or call 742-3874 to get more information & find out about our free childcare.