



# "Off To A Good Start"

## A Newsletter for You and Your Kids

University of California Cooperative Extension 858 514-4976 <http://cesandiego.ucdavis.edu>

### What is this Newsletter All About?

We at "Off to a Good Start" are sending you this newsletter because you have attended one or more of our workshops and/or Family Nights. This is our way to keep in touch with you and to send information which we feel is valuable to you



and your child. We hope you find the newsletter interesting, informative and useful.

If you have any suggestions or comments, please feel free to contact us. Let us know what you liked, didn't like or what you'd like to see in future editions. We welcome any feedback you have to offer. Also, if you change your address or do not wish to receive this newsletter, please let us know.



#### Program Staff

*Sue Mangallan*  
4-H Youth and Family  
Development Advisor

*Lori Renstrom*  
Program Director

*Mary Cartin-Lobo*  
Program Representative

*Linda Corrales*  
Program Representative



### Language and Reading

Reading, writing and speaking are forms of language. Language is necessary in order to share ideas and state what we want and need. Language is one of the most important skills children can learn. It is the foundation for all future learning. In kindergarten, children need language skills to ask and answer questions, listen to others, follow directions, share ideas, and sing songs. For these reasons, language skills are very important for your child to succeed and learn in school.



• Let your child "catch" you reading the paper, recipes, food labels, tags on merchandise, a book, etc.



- Point out letters/words on billboards, restaurants, stores
- Talk to your child as often as possible
- Ask your child questions
- Read to your child thirty minutes everyday

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Because children watch and learn from you, there are many ways you can help with your child's language skills:

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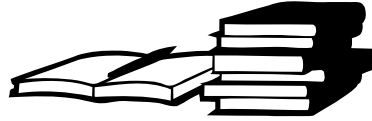
Two Kids Page Inserts

## Suggested Book List

- Happy Birthday Vivi! (¡Feliz cumpleaños Vivi!)  
by Anke De Vries
- Hooray, A Piñata! (¡Viva! ¡Una piñata!)  
by Elisa Kleven
- Naty's Parade (La Procesión de Naty)  
by Gina Freschet
- Too Many Tamales (¡Que monton de tamales!)  
by Gary Soto
- Birthday Swap (¡Que sorpresa de cumpleaños!)  
by Loretta López
- Animal ABC (ABC animales)  
by Fabricio Vanden Broeck
- The Cupboard (La alacena)  
by John Burningham
- A Boy Wants a Dinosaur  
(Alex quiere un dinosaurio)  
by Hiawyn Oram
- The Friend (El amigo)  
by John Buringham
- Elmer's Friends (Los amigos de Elmer)  
by David Mc Kee
- Billy Boot (La bota de Lalo)  
by Martha Alexander
- Good Night, Lily (Buenas noches, Lola)  
by Martha Alexander
- Goodnight Moon (Buenas noches, luna)  
by Margaret Wise Brown

## Language and Reading (cont. from page 1)

- When reading to your child, ask them who, what, when, why and how questions. Who do you think ...? What do you
- Keep writing supplies around for your child to use (paper, pencils, markers, crayons, old junk mail envelopes, etc.)



think will happen next?  
When did the ....? Why do you think ....? How do you feel about ...?

- Listen to your child and 'parrot' back their questions. For example, if your child asks "Why can't I have a candy bar?" ask them back, "Why do you think you can't have a candy bar?"
- Go to the library and check out a wordless book. Let your child make up a story about what is happening in the pictures

These are only a few of the ways you can help your child become a successful learner. Children will always need you for support and encouragement. Helping your child with their language skills will give them the foundation they need in order to succeed. This is only one reason you are your child's first and most important teacher.






### Name Alphabet

1. Either you or your child print the letters of his/her name vertically down a piece of paper, leaving room around each letter.

## Activities to Do with your Child

2. Draw or cut out a picture of something - different fruits, animals, colors, etc. - that begins with each letter in his/her name. For example:

- S  (Spider web)
- A  (Arrow)
- M  (Man)



### B is for Butterfly

Materials:

- Construction paper
- Scissors
- Glue

(Cont. on page 3)

## Activities to Do with your Child (Cont. from page 2)

Paper towel or toilet paper tube

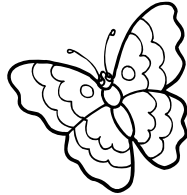
Pencil

Markers/crayons

Confetti, sequins, tissue paper, glitter, pipe cleaners, etc.

What to Do:

1. Either you or your child cut a large "B" out of construction paper
2. Have your child glue the "B" to the toilet paper or paper towel tubes like butterfly wings
3. Glue confetti, tissue paper, glitter sequins, etc. to the wings or color the wings using markers
4. Cut two small strips of dark construction paper, roll them around a pencil and glue them on as antennas.
5. Let your butterfly dry then fly it everywhere



## Fingerplay Activity

I have ten fingers *hold up both hands, fingers pressed*  
And they all belong to me, *point to self*  
I can make them do things -  
Would you like to see?



I can shut them up tight *make fists*  
I can open them wide *open hands*  
I can put them together *place palms together*  
I can make them all hide *put hands behind back*

I can make them jump high *hands over head*  
I can make them jump low *touch floor*  
I can fold them up quietly *fold hands in lap*  
And hold them just so.

## Nutritious Recipes to Make with your Children

Let your child do as much work as possible when preparing these recipes. Children can help with the measuring, stirring, pouring and definitely the eating!

### Pumpkin Pancakes

Ingredients:

- 2 cups flour
- 2 Tbs granulated sugar
- 4 tsp baking powder
- 1 tsp salt
- 1 tsp cinnamon
- 1  $\frac{1}{2}$  cups milk

- 1 cup pumpkin puree
- 4 eggs, separated
- $\frac{1}{4}$  cup melted butter

Sift together dry ingredients. Combine milk, egg yolks, butter and pumpkin puree. Stir into dry ingredients until just blended. Beat egg whites until stiff and fold into batter. Pour onto hot oiled griddle, about  $\frac{1}{3}$  cup at a time. Cook until tops bubble, then turn and cook other side.

### Frozen Applesauce and Fruit Cup

Ingredients:

- 1 cup chunky or regular applesauce
- 10 oz. package frozen strawberries, thawed
- 11 oz. can mandarin orange segments, drained
- 1 cup grapes, if desired
- 2 Tbs orange juice concentrate

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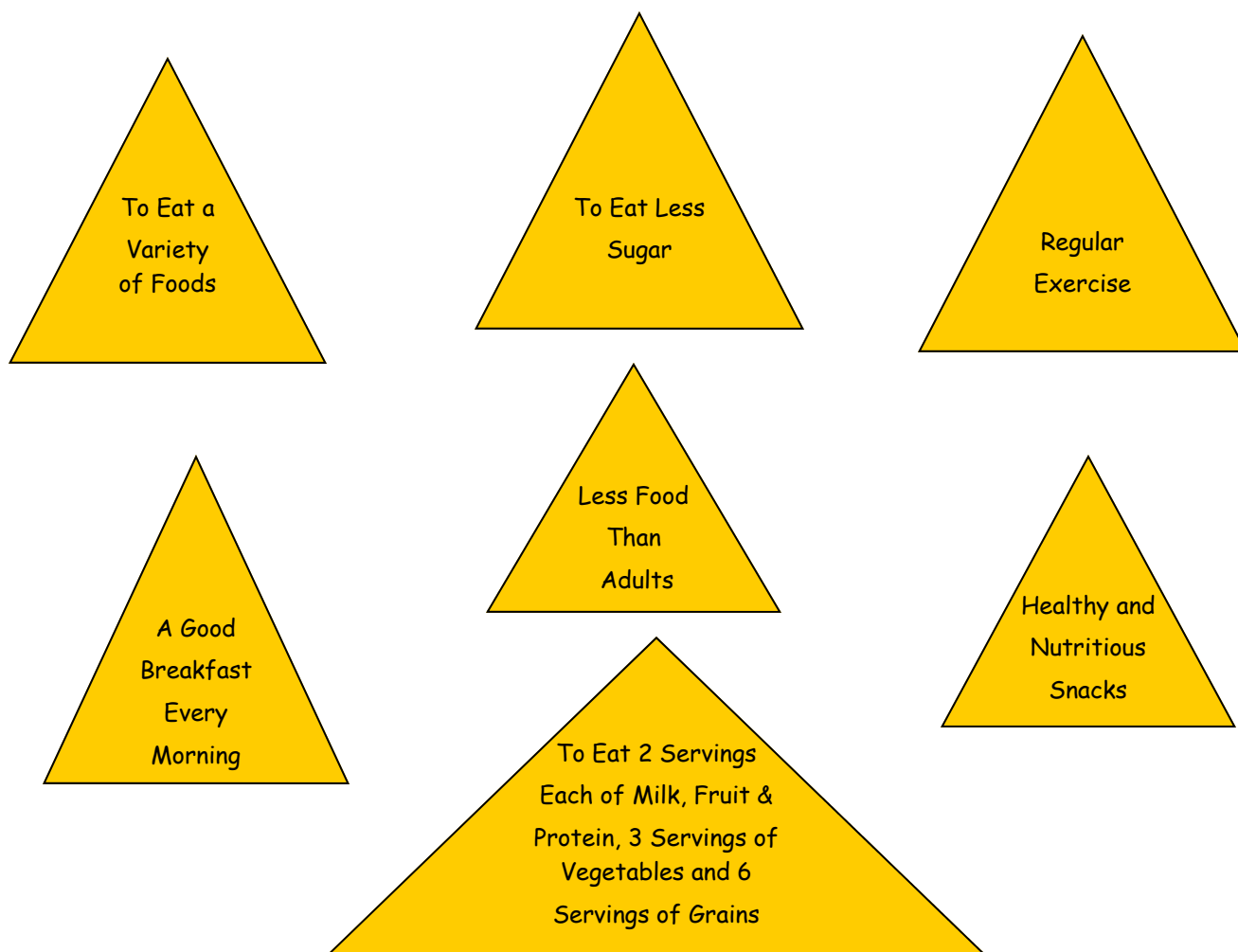


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## Nutrition for Life

Eating a healthy and balanced diet is very important for your child's development. Good eating habits start in childhood and last a lifetime. Exercising every day will help your child keep a fit weight. Because your child does what you do, what you think about eating and exercise is very important. Setting a good example will go a long way in supporting your child's healthy development.

### CHILDREN NEED:



Research has shown that children who do not eat healthy meals and snacks have more difficulties in school. These children are more likely to become sick, miss school; score lower on tests and have problems concentrating in school. Therefore, when it comes to nutrition, this is another reason you are your child's first and most important teacher.

UNIVERSITY OF CALIFORNIA  
COOPERATIVE EXTENSION  
COUNTY OF SAN DIEGO MS-018  
5555 OVERLAND AVE., SUITE 4101  
SAN DIEGO, CA 92123

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## Nutritious Recipes to Make with your Children

(Cont. from Page 3)

1. In a medium bowl, combine all ingredients.
2. Spoon fruit mixture into individual dishes or paper cups.
3. Freeze until firm.
4. Remove from freezer about 30 minutes before serving.
5. 7 -  $\frac{1}{2}$  cup servings.



University of California  
Cooperative Extension  
Division of Agriculture and Natural Resources

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Sue Manglallan

4-H Youth & Family Development Advisor

Handwritten signature of Mary Cartin-Lobo in black ink.

Mary Cartin-Lobo

"Off to a Good Start"

Program Representative

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Lori Renstrom

"Off to a Good Start"

Program Director

Handwritten signature of Linda Corrales in black ink.

Linda Corrales

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Program Representative

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