

The Leaguers Inc.

Preschool Learning Academy



Pre-K3

Transition Packet

Dear Parents,

Summer is a wonderful time to nurture the curiosity and natural investigators in young children but more importantly to prepare our children for the reopening of school during these unprecedented times caused by the pandemic (COVID-19) that continues to alter the course of our lives. With that in mind, this Transition Packet is designed to be an invaluable resource for you as a parent and your preschooler as it addresses the academic and health and safety of children to ensure success in school and overall well-being.

You will find activities that:

- ✓ provides health and safety guidance including resources for COVID-19
- ✓ engage and stimulate your child's thinking as you build on prior knowledge
- ✓ reinforces social and cognitive skills your child has learned the school year
- ✓ provides real world open-ended hands on experiences and activities

The activities provided in this packet may also easily be adapted to meet the individual needs of children and only take a short amount of time to complete.

Additionally, The Leaguers is taking every precaution and complying with Federal, State and Local Health and Safety Guidelines to prepare our Central Office and School locations in preparation for our re-opening to ensure the health and safety of our staff, children, families, and visitors. We will continue to provide you with updates and guidance of future plans and hope to be ready, having satisfied all safety requirements in the very near future to resume our work of providing "Opportunity Through Education". When we work together to facilitate children's transitions and include families as partners in the process, children experience less stress and are more likely to show progress more quickly in the new setting.

As always, we thank you for your continued patience and support during these unprecedented. Your partnership is so vital to your child's success.

Have a Great Summer!

Estimados padres,

El verano es un momento maravilloso para nutrir la curiosidad y los investigadores naturales en los niños pequeños, pero lo más importante es preparar a nuestros niños para la reapertura de la escuela durante estos tiempos sin precedentes causados por la pandemia (COVID-19) que continúa alterando el curso de nuestras vidas. Con eso en mente, este Paquete de Transición está diseñado para ser un recurso invaluable para usted como padre y para su niño en edad preescolar, ya que aborda el desarrollo académico, así como la salud y seguridad de los niños para garantizar el éxito en la escuela y el bienestar general.

Usted encontrará actividades que:

- proporcionan orientación sobre salud y seguridad, incluidos recursos para COVID-19
- Involucran y estimulan el pensamiento de su hijo a medida que construyen sobre conocimientos previos
- refuerzan las habilidades sociales y cognitivas que su hijo ha aprendido durante el año escolar
- proporcionan experiencias y actividades prácticas abiertas del mundo real

Las actividades proporcionadas en este paquete también se pueden adaptar fácilmente para satisfacer las necesidades individuales de los niños y solo requieren un corto período de tiempo para completarlas.

Además, The Leaguers está tomando todas las precauciones y cumpliendo con las pautas de salud y seguridad federales, estatales y locales para preparar nuestras oficinas centrales y ubicaciones escolares en preparación para nuestra reapertura para garantizar la salud y seguridad de nuestro personal, niños, familias y visitantes. Continuaremos brindándole actualizaciones y orientación de planes futuros y esperamos estar listos, habiendo cumplido con todos los requisitos de seguridad en un futuro muy cercano para reanudar nuestro trabajo de brindar "Oportunidad a través de la educación".

Cuando trabajamos juntos para facilitar las transiciones de los niños e incluimos a las familias como socios en el proceso, los niños experimentan menos estrés y es más probable que muestren un progreso más rápido en el nuevo entorno.

Como siempre, le agradecemos su continua paciencia y apoyo durante estos eventos sin precedentes. Su asociación es vital para el éxito de su hijo.

¡Que tenga un excelente verano!

Chè paran,

Ete se yon bèl moman pou nourir kiryozite a ak envestigatè natirèl nan jèn timoun yo, men pi enpòtan pou prepare timoun nou yo pou reouvèti lekòl la pandan moman san parèy sa yo ki te koze pa pandemi (COVID-19) nan ki kontinye ap chanje kous lavi nou. Avèk sa nan tèt ou, Nou vle fe'w konnen Pake Tranzisyon ki fèt yo ta dwe yon resous ki gen anpil valè pou ou kòm yon paran ak preskolè ou paske li adrese akademik la ak sante ak sekirite nan timoun yo, e li asire siksè nan lekòl la ak byennèt an jeneral.

Ou pral jwenn aktivite ki:

- Bay konsèy sante ak sekirite ki gen ladan resous pou COVID-19
- Angaje ak ankou raje panse pitit ou a pandan w ap bati sou konesans ke yo genyen anvan
- Ranfòse ladrès sosyal a mental pitit ou a te aprann nan ane lekòl la
- Founi yo ak eksperyans, ak aktivite pratik e ouve pou mond reyèl

Aktivite yo bay nan pake sa a ka fasilman adapte pou satisfè bezwen endividyèl timoun yo epi sèlman pran yon ti kantite tan pou konplete.

Anplis de sa, Leaguers ap pran tout prekosyon epi konfòme yo avèk Gid Federal, Leta ak Sante ak Sekirite Lokal yo pou prepare biwo santral nou yo ak kote lekòl yo nan preparasyon pou reouvèti nou an pou asire sante ak sekirite anplwaye nou yo, timoun yo, fanmi yo, ak vizitè yo. Nou pral kontinye ba ou mizajou ak konsèy sou plan kap vini yo e nou espere ke yo dwe pare, tout kondisyon sekirite yo gentan reuni e nou prè pou rekòmanse travay nou yo ki se "Opòtinite Atravè Edikasyon".

Lè nou travay ansanm pou fasilite tranzisyon timoun yo epi enkli fanmi yo kòm patnè nan pwosesis la, timoun yo eksperyans mwens estrès epi yo gen plis chans pou yo montre pwogrès pi vit nan nouvo anviwònman an.

Kòm toujou, nou di ou mèsi pou pasyans ou ak sipò san parèy pandan nap traverse evenman sa yo. Patenarya ou enpòtan anpil pou siksè pitit ou yo.

Pase yon bon ete!

COVID-19 Parental Resources Kit – Early Childhood

Social, Emotional, and Mental Well-being of Young Children during COVID-19

Coronavirus disease (COVID-19) can affect young children, birth to 5 years, directly and indirectly. Beyond getting sick, many young children's social, emotional, or mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage may have long-term consequences across their lifespan. CDC's [COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being](#) can help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental challenges and helping to ensure their well-being.

Challenges - Change in routines

In addition to everyday steps to prevent COVID-19, [physical or social distance](#) is one of the best tools we have to avoid being exposed to the virus and to slow its spread. When children are very young, their parents and caregivers—including extended family members, a [worship community](#), and childcare workers—provide them with daily caretaking routines that support their development and well-being (i.e., diaper changes, feeding, hair combing). Disruptions in these routines and the sudden loss of usual caregivers due to the need to physically distance can be traumatic for young children. It is important for parents to support young children by ensuring their own social, emotional, and mental health. Establishing [routines and structure](#) for young children with other trusted caregiver(s) (e.g., babysitters) who also practice social distancing and hygiene measures can provide support to parents with caretaking responsibilities, giving parents time to take healthy steps to [cope with their own stress](#).

Break in continuity of care or learning

Intermittent daycare and school closures may mean that young children have to stay at home while parents and caregiver juggle caretaking, supervision of [play and learning](#), and potential telework responsibilities. Keeping young children at home is one way to help stop the spread of COVID-19. Depending on your child's age and ability, supervision of play may require more hands-on engagement. Unfortunately, some parents do not have jobs that offer telework. It is important for parents to determine how their family's composition and access to social supports (i.e., individual and work policies) could make caretaking of young

children less challenging. For families with children who have special needs, extra social support may be required.

Break in continuity of health care

Parents may have felt pressured to avoid seeking health care due to earlier stay-at-home orders and may continue to do so because they are afraid of getting sick with COVID-19. However, [well-child visits and immunizations](#) are important to maintain the health of your child. Similarly, social services closures may have impacted many young children's ability to receive other therapeutic services, like speech and occupational health. It is important to ensure children receive continuity of health care, including checking on their development at well-child visits, continuing speech, mental health, and occupational health therapies (e.g. via telehealth), and receiving vaccines for illnesses such as measles, influenza, whooping cough, and others. [Developmental milestones](#) matter.

Missed significant life events

Physical distancing can make you feel as if your family's life is on hold. The truth is that the clock keeps ticking. Birthdays, vacation plans, births, and funerals are just a few of the many significant life events that families may miss experiencing during the COVID-19 pandemic. Social distancing, stay-at-home orders, and limited gatherings have affected the ability of friends and family to come together in-person to celebrate and/or grieve in typical ways. When parents or caregivers experience [grief](#), young children may also experience emotional challenges. It is important to have honest conversations with young children about grief as a normal response to losing someone or something important to you. For preverbal children, reading books about emotions can help them begin to understand expression of emotions. Also, be creative in ways to celebrate life events differently—birthday parades and virtual celebrations with family and friends can help.

Loss of security and safety

Being safe and feeling safe is essential for young children. The household income of many families with young children has been affected during the COVID-19 pandemic due to job loss and lost wages. Economic insecurity is linked to [adverse childhood experiences](#) that can negatively impact their social-emotional development, learning, and health. Young children living in families that are experiencing economic difficulties may feel unsafe. They may have inconsistent access to healthy foods, safe transportation, and housing. Parents' mounting economic stress can increase children's risk for exposure to violence. With increased time spent at home during COVID-19, some children may have been increasingly

exposed to child abuse and neglect, intimate partner violence at home, and sexual violence. It is important for parents to access social supports and services—including mental health services. [Telemental health](#) and national helplines may provide emergency options for emotional and mental health support during a crisis. Moreover, being attentive and responsive to a young child's behaviors or questions can help support feelings of safety.

What can you do?

Steps to Help Provide Stability and Support to Young Children

- Maintain a normal routine
- Talk, listen, and encourage expression
- Under supervision, allow them to crawl and explore, returning to a trusted caregiver
- Give honest and [accurate information](#)
- Teach simple steps to stay healthy
- Be alert for any change in

Recognize and address fear and stress

When adults in the household are worried or stressed, even very young children (birth-2 years) may experience emotional distress. Children ages 3-5 years might worry about getting sick with COVID-19 or about their loved ones getting sick. Excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration are some signs of stress in young children. These are also signs of stress in adults, as well as worsening of chronic health problems or mental health conditions, and increased use of [tobacco](#) or [alcohol and other substances](#). Adults should seek mental health services or spiritual guidance if they are experiencing worry and [stress](#) that interferes with caretaking, household duties, or their ability to work. Adults can also take steps to provide stability and support to [help children cope](#). Parents can support positive coping through play and talk about emotions. For instance, choosing a comfortable space on the floor, at the child's level, to talk about things that they are seeing adults do differently can provide the opportunity for children to express their fears in a safe place. To help young children have some sense of control and safety in these circumstances, parents can encourage conversations about being part of a community, such as protecting their family and their neighbors by standing 6 feet apart and wearing a mask. Have these changes become part of a fun and new family routine.

Teach and reinforce everyday preventive actions

There are actions we can take to limit the spread of COVID-19. Be a good role model—if adults wash their hands often, stay at least 6 feet apart from others, and wear their mask in public spaces to help protect themselves and others, then

children are more likely to do the same. CDC recommends that children age 2 years and older wear a mask.

Help keep children healthy

Schedule well, child and immunizations visits for children. Seek continuity in mental health and occupational health care. Help children [eat healthy](#) and [drink water](#) – instead of sugar sweetened beverages – for [strong teeth](#). Encourage children to play outdoors—it's great for physical and mental health, and can [help children stay healthy](#) and focused.

Help children stay socially connected

Reach out to friends and family via phone or video chats. Write cards or letters to family members they may not be able to visit. Schools may have tips and guidelines to help [support social and emotional needs](#) of children.





National Center on
Health, Behavioral Health, and Safety

How to Wear and Store Your Face Masks



- 1.** Wash your hands for 20 seconds with soap and water before and after touching your mask.

- 2.** Hold your mask by the ear loops or ties and wear it snugly over your nose, mouth, and chin.



- 3.** Store face masks in a labeled paper bag or breathable container



- 4.** Clean your cloth face masks daily with soap or detergent and water and dry them completely. If they have a filter, change it every day. Do not wash and reuse disposable surgical or KN95 masks—wear a new one each day.



- 5.** Replace dirty or wet masks with clean masks



Who should wear masks? Children over 2 years of age and anyone able to put a mask on and off themselves.

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Simple Steps to Stay Healthy

Use these seven strategies to reduce the spread of COVID-19



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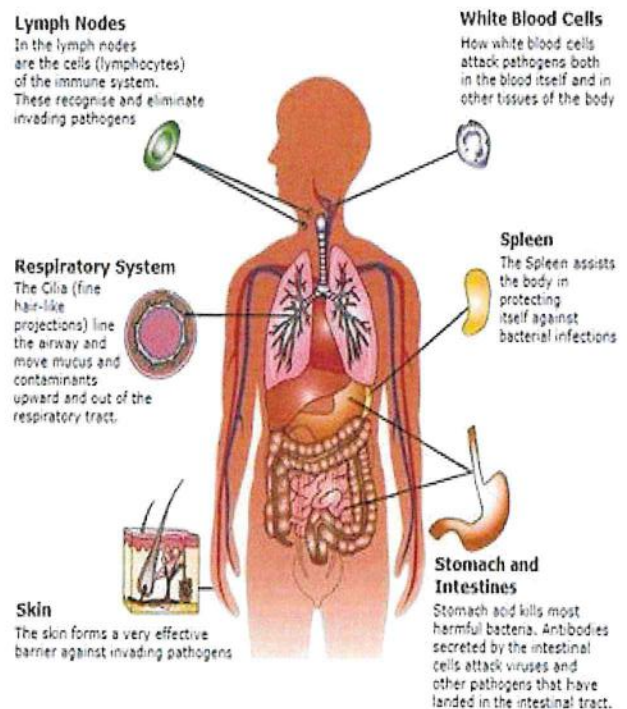
Strengthening Your Immune System

A. Importance of the Immune System

1. The overall function of the immune system is to prevent or limit infection.
2. The immune system can distinguish between normal, healthy cells and unhealthy cells by recognizing a variety of "danger" cues
3. When the immune system first recognizes these signals, it responds to address the problem. If an immune response cannot be activated when there is sufficient need, problems arise, like *infection*.
4. When an immune response is activated without a real threat or is not turned off once the danger passes, different problems arise, such as *allergic reactions* and *autoimmune disease*.

B. How to boost your immune system...

1. Don't smoke
2. Exercise regularly
3. Maintain a healthy weight
4. Try to minimize stress
5. Eat a diet high in fruits and vegetables
6. If you drink alcohol, drink only in moderation
7. Get adequate sleep
8. Take steps to avoid infection
9. Wash Hands
10. Cooks Meat Thoroughly



C. Immune System Boosting Foods

1. *Beta-Carotene* is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body.
 - i. Excellent sources include sweet potatoes, carrots, and green leafy vegetables.
2. *Vitamins C and E* are antioxidants that help to destroy free radicals and support the body's natural immune response
 - i. Sources of vitamin C include red peppers, oranges, strawberries, broccoli, mangoes, lemons, and other fruits and vegetables
 - ii. Vitamin E sources include nuts, seeds, spinach, and broccoli.
3. Research shows *Vitamin D* supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing production of proinflammatory compounds in the body. Increased vitamin D in the blood has been linked to prevention of other chronic diseases including tuberculosis, hepatitis, and cardiovascular disease.
 - i. Food sources of vitamin D include fortified cereals and plant-based milks and supplements.
4. *Zinc* is a mineral that can help boost white blood cells, which defend against invaders.
 - i. Sources include nuts, pumpkin seeds, sesame seeds, beans, and lentils.

Recipes to Boost the Immune System



Immune Boosting Orange Smoothie

Serving Size for: 1 2 3 4 5 6 7 8 9 10 11 12

Ingredients:

- 1 cup orange juice
- 1 banana
- 1 ½ teaspoon ginger minced
- ½ teaspoon turmeric powder
- ½ cup of carrots shredded
- ½ cup ice

Directions:

1. Add ALL ingredients to a blender and blend until smooth.
2. Pour into glass and enjoy immediately!



Immune Booster Sweet Green Smoothie

Serving Size for: 1 2 3 4 5 6 7 8 9 10 11 12

Ingredients:

- 1 cup roughly chopped spinach and kale packed tightly
- 1 ½ cups Almond milk
- 1 ½ cups frozen mix of mango, pineapple, and kiwi chunks
- ½ tsp freshly grated ginger
- ½ lemon, juiced

Directions:

1. Add ALL ingredients to a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk 1 tablespoon at a time.
3. Enjoy and serve immediately!

**For Additional Recipes visit:

<https://www.lifehack.org/articles/lifestyle/25-super-easy-recipes-boost-your-immune-system.html>

Supporting Transitions using Child Development as a Guide

During the course of a child's life, change is inevitable. Families move, siblings are born, school begins and, consequently, transitions happen. Knowing about children's development can help us understand how children respond to transition. In addition, when program staff collaborate with families, they can learn how individual children experience change. Staff can also learn how to help children feel secure and comfortable during transition.

Putting It All Together

Early educators and families can work together to anticipate, prepare for, and manage change. Partnering with families is essential to understanding each child and how best to individualize their care. Knowledge of child development helps early educators and families gain a deeper perspective on how children's development influences their responses to transition. Children's social and emotional skills and their approaches to learning can tell us how they may express and manage their emotions during transition. Their language and communication skills let us know how well they will be able to understand information shared with them and express their needs and feelings. Knowing children's cognitive, perceptual, and motor development skill levels can help adults support children as they explore and learn about new environments and routines. By building awareness, planning for, and supporting children and families during times of transition, early educators can provide a foundation that prepares them to manage change successfully.

The Leaguers Inc. Transition Plan

We understand that the transition from the Head Start Pre-K3 Classroom to the Head Start Pre-K4 Classroom can be very stressful for children as well as families. To foster a smooth transition, we have provided activities and strategies to facilitate this process.



- Visit a Pre-K 4 classroom
- Teachers spend time in discussions, answering children's questions about their feelings and reading books about the changes that they will experience in the new classroom environment.
- Teachers discuss with the children similarities and differences in activities, routines, schedules.
- Teachers are aware that children have Multiple Learning Styles and are all at different Stages of Development, so teaching and instruction is tailored to support each child's individual needs.
- Our curriculum, The Creative Curriculum, allows for both Adult Directed and Child Initiated activities, whereby children's interests influence lesson planning.
- Parents are always welcomed to volunteer in the classroom and communicate regularly as this builds the Home-School Connection.

We encourage you to talk with your child about going to their new classroom environment.

Our Head Start Classrooms

All of our Head Start classrooms make a powerful statement. When your child enters, the environment they see will be familiar. Each Pre-K4 Classroom is organized into 10 distinct interest areas as is also in each of our Pre-K3 Classrooms.

1. Art Area
2. Block Area
3. Computer Area
4. Cooking Area
5. Discovery Area
6. Dramatic Play Area
7. Library Area
8. Music & Movement Area
9. Sand & Water Area
10. Toys & Games Area



Lesson Plans are based on studies according to children's interests in the classroom. These studies are facilitated through our use of The Creative Curriculum where children will be learning as they explore (10) interest areas as implemented in lesson planning.

Parent Engagement and Partnership

Throughout the school year, it is the collaboration and partnership between Home and School that determines the strength of the Home-School Connection.

**I dreamed I stood in a studio
And watched two sculptors there,
The clay they used was a young child's mind
And they fashioned it with care.**

**One was a teacher; the tools she used
were books and music and art;
One was a parent with a guiding hand
and a gentle loving heart.**

**And when at last their work was done
They were proud of what they had wrought
For the things they had worked into the child
Could never be sold or bought.**

**And each agreed she would have failed
if she had worked alone
For behind the parent stood the school,
and behind the teacher stood the home.**

By Anonymous



Home-School Connection Activities vs Worksheets

To ensure best teaching practices and achieve optimal success for preschool age children, Teachers provide hands-on learning experiences that are meaningful to children. One way we do this is through the Home-School Connection, where learning is extended from the classroom into the home environment

Home-School Connection engagement is how parents are able to reinforce what children are learning in the classroom at home through activities related to the Unit or Topic of study.

- By parents volunteering and observing to see what children are learning throughout the day, parents can develop similar routines/practices at home
- When parents and children can do concrete, hands-on learning activities together that are suggested by the teacher at home (connecting activities/lessons to real life and the world around them) it is more meaningful for children
- Children are able to see letters, numerals, or words in their natural surroundings, such as the letter “e” in the “EXIT” sign by the door.
- Children develop critical thinking skills through discussions and open and closed ended questions. Ex. (What do you think would happen if...?)
- Concrete and hands-on activities allow children to use all areas of development. (Cognitive, Language and Literacy, Social-Emotional, Physical)

Why are worksheets not developmentally appropriate for preschool children?

- Worksheets are an abstract way to present a concept. They do not provide real, meaningful experience. Young children learn best through concrete, hands-on experiences.
- Worksheets don't engage the whole child. Instead they limit children to visual stimulation and fine motor practice.
- Worksheets only permit children to copy or match numerals or letters, often out of context.
- Writing letters and numbers happens in stages. Children will become frustrated because their small muscles for fine motor activities are still developing.

What to do Instead

- Follow your child's lead. Think about what your child is interested in learning about.
- Provide hands-on learning. Engage your child by exploring a topic for investigation and study.
- Connect learning to the real world and your child's everyday life. Letters and numbers are best learned when there is meaning associated with it. Numbers and letters are everywhere – money, address, transportation and will be

Please use this packet with your child to reinforce skills learned throughout the school year and to further develop those skills that are emerging.

Guided Discussion: Exploring Transition with Families

This resource introduces types of transitions that families and their children experience in their lives. Transitions are changes that happen outside of a person's control—for example, a change in place, activity, or routine. Sometimes transitions are expected; they are predictable, and you know when, how, and what will happen. For example, when your alarm goes off in the morning, it might initially startle you, but you know it means you must start your day. You transition from being asleep to being awake. Other transitions are unexpected and unpredictable. You do not know in advance what will happen or when. For example, your car might break down on your way to work. Or, perhaps, a neighbor asks you to watch her children at the last minute. Children experience both predictable and unpredictable transitions. What are some transitions your child has experienced recently?

Predictable (Expected) Transitions	Unpredictable (Unexpected) Transitions
Example: Child woke up and got ready for school in the morning.	Example: Child became ill and could not go to school.

Guided Discussion: Exploring Transition with Families

Think about the following questions:

- How did your child react to the predictable transitions?
- How did your child react to the unpredictable transitions?
- How would you describe your child's reaction (e.g., calm, upset, excited)?
- What can you do to prepare your child for the kinds of transitions on your list?

Helping Children Manage Transition

All children like knowing what will happen and when. However, even when transitions are predictable, children may still need your guidance and help. How can you use this information to help your child develop skills to handle predictable and unpredictable transitions?

Here are some tips to help you support your child with transitions:

- » Tell your child what will happen in advance—for example, "After your nap, we will go to the park."
- » Give your child a five-minute warning—for example, "In five minutes, it will be time to take your bath."
- » Acknowledge your child's feelings and reassure your child when plans change suddenly—for example, "I understand you are frustrated. Sometimes plans change, but we can go to the library on another day."
- » Share your feelings about unexpected changes—for example, "I am feeling disappointed that the library was closed today. Maybe you feel that way, too."
- » Use or create routines and rituals to use during transition times—for example, sharing a story about the day each night before bedtime.

What will be expected of children?

Listening is important

Looking at the person who is talking to you is more than just manners; it also indicates you are paying attention. Work with your child on paying attention and following simple directions. Provide opportunities that will serve to help them build character while learning how to and follow directions in the classroom setting. *Ex. Please put your pillow on the bed then put your shoes in the closet.*



Begin with basics

- o Go beyond teaching your child the ABC song by working on letter recognition especially those in their name and also work to recognize letters in isolation and not in sequence.
- o Talk about shapes and colors around you.
Ex The red strawberry, the rectangle door.
- o Make counting a regular part of the day. *Ex groceries, utensils, stairs, etc.*
- o Have your child act out positions to develop spatial awareness.
Ex. up and down, in and out, behind and front, etc.

Social Skills

- o Social and emotional skills are very important to a young child's development and socialization with others. Model vocabulary and language skills for effective communication and problem solving skills. Communicating with words not actions when upset. Emphasize that crying, screaming, kicking, hitting or other aggressive behaviors are not acceptable.
- o Sharing is a regular part of day, as well as taking turns and waiting- Ex. We'll go to the playground after we finish cleaning up.

Self help

Children should practice Zipping, buttoning, snapping, fastening velcro and taking care of bathroom needs.



Self-Identity

Your child's name is unique to them and being able to tell others their name and respond to it will be important. Name recognition in print will also be important as your child uses their first and last name for identification, to communicate ownership and individuality.

Hands-On Learning through 'The Five Senses'

Children are by nature very curious and energetic. The best opportunities you can provide for learning will always include the use of their 5 senses. This way the experience is no longer abstract, but concrete and realistic.

Provide opportunities for your child to experience how they learn about their environment through the 5 Senses

1. Assist your child to collect pictures or found objects related to senses and make a Five Senses Book.
2. Help children to learn the five senses by singing this song below(TUNE:BINGO)

There are five senses that we have

There are five senses that we have, we use them everyday

Sight, hearing, smell, taste, touch

Sight, hearing, smell, taste, touch,

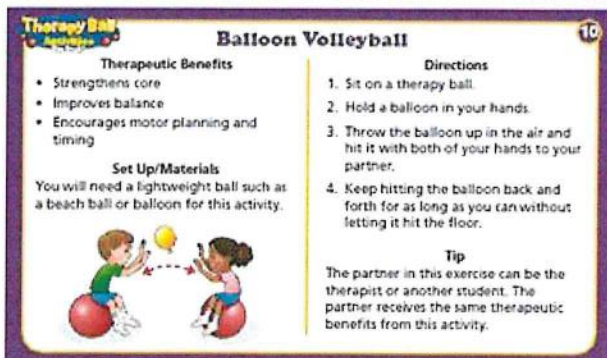
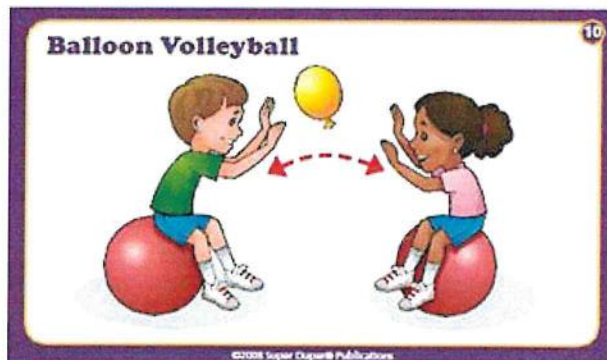
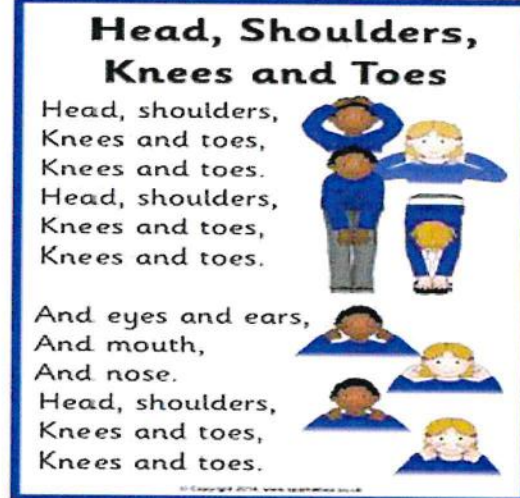
Sight, hearing, smell, taste, touch

We use them every day.



Exercise - for Physical Development

The development of gross motor skills enables children to explore their environment and experiment with different ways of moving their body. When children move their whole body they develop greater control over their body contributing to their increasing confidence and their ability to engage in social play.



Teaching and Reinforcing Health and Safety Practices

Summer Safety Tips

Summertime is usually all about fun and enjoying the outdoors, but with this comes a lot of opportunities for accidents to happen. As always, it's important to keep kids safe while they're having fun. Here are some great tips to keep in mind for kids' safety. Be sure to go over these Summer Safety Tips with your child.

Tip 1- Stay Alert Around Water -Guard Against Drowning

Supervision at pools, beaches and water parks, etc. is essential for keeping young children safe. Each year, more than 830 children ages 14 and under die as a result of accidental drowning and an average of 3,600 children are injured in near-drowning incidents. Between May and August, drowning deaths among kids increase by a whopping 89 percent. If you have a swimming pool or if your child will be near one, it is crucial to put multiple safety measures in place to keep kids safe.

Learn to Prevent Drowning Tragedies

- **Put barriers around the pool to restrict access.** Use doors with locks and alarms to keep kids out when adults are not present.
- **Never leave kids unsupervised.** Do not leave the pool area without adult supervision if children are in or near the water.
- **Remember that drownings can happen silently.** You may not hear splashing or a call for help—a drowning can happen in minutes and may be silent.
- **Do not use flotation devices.** Inflatable “floaties” and other flotation devices and toys can give kids who cannot swim a false sense of security.
- **Learn CPR.** You may never need to use it, but knowing CPR for adults and for kids is something that can mean the difference between life and death in an emergency.
- **Learn about the dangers of secondary drowning,** which can happen on dry land, hours after a child inhales water into the lungs.
- **Do not assume that a teen or relative will be watching.** Talk to them about not using cell phones, texting, or allowing other distractions while supervising kids in the water.

Tip 2- Inspect Playground Equipment

If you have a backyard playground or play equipment, make sure the ground beneath the equipment is soft enough. Surfaces made of concrete, asphalt or dirt are too hard and do not absorb enough impact in the event of a fall. Make it your duty to inspect the playground equipment at parks and other public facilities for wear and tear and potentially harmful objects and other substances.

Avoid Trampoline Danger

- Never let more than one child use the trampoline at a time.
- Do not let kids do somersaults.
- Do not allow kids younger than 6 play on a full-sized trampoline.
- Move the trampoline away from other structures or play areas.

Tip 3- Be a Safe Passenger

Reinforce the importance of wearing seatbelts and staying seated while travelling. Be also reminded that the temperature inside a locked vehicle is significantly higher than the outside temperature. NEVER leave children in a locked vehicle, even for just a minute.

Tip 4- Prevent Sun Burn

When it comes to protecting your kids from the sun, sunscreen plays an important role. But sunscreen is just one of the ways to guard against the sun's damaging rays. Because the sun's rays can reflect off of the sand and water or other reflective surfaces, hats, and sunglasses can also play an important role in preventing UV damage. Apply sunscreen when going outdoors to protect and prevent the skin from sun damage. Light color clothing and accessories such as hats and sunglasses are also great to use.

Choosing the Best Sunscreen for Kids and Infants

Use Sun-Protective Clothing

Dress your kids in hats in wide brims and tightly-woven cotton clothing or clothes that have SPF built-in (many kids' clothes, especially swimsuits, have sun protection in them nowadays). Try to stay out of the sun between 10 a.m. and 4 p.m., when the sun is at its most intense peak, and try to stay in the shade as much as possible.

Wear Some Cool Shades

Don't forget your child's eyes when you are out and about. Look for kids' sunglasses that block 99 to 100 percent of UVA and UVB rays.

Tip 5. Protect Against Bugs

Bugs are one of those annoyances of summer. But insects, such as potentially disease-carrying mosquitoes and bees, can also be harmful to kids. Use insect repellents to guard against ticks, which can carry Lyme Disease, and mosquitoes, which can carry the West Nile Virus and other viruses. Many repellents are made with DEET, an effective insecticide that is toxic or even potentially deadly if swallowed. Always follow directions for use before applying sunscreen on your child's face and body. Talk to your pediatrician about which insect repellent is right for your family.

Wear long-sleeve shirts and long pants when going outside, particularly at dusk when mosquitoes are more likely to be present.

Never leave stagnant pools of water around the house. Pools of water can serve as breeding grounds for mosquitoes.

Avoid using scented soaps or perfumes on your child. And do not allow your child to walk around carrying sweetened beverages, such as fruit juices. These sweet, strong scents can attract bees and wasps and increase your child's risk of being stung.

Tip 6. Warn Kids About Hiding in Enclosed Spaces

Teach children to never play hide and seek by crawling inside an enclosed space such as a car trunk, chest, or old cooler or appliance.

Tip 7 - Always be Alert

Teach your child to NEVER go with a stranger. Identify safe adults that they can trust and teach your child to always remain in the area you identify for them to play.

Tip 8. Don't Forget Helmets

Your child should wear a helmet whenever she is on anything with wheels, such as a scooter, bicycle, or roller skates. A helmet is the most important device available that can reduce head injury and death from a bicycle crash, according to Safe Kids USA. Be sure to set a good example by always wearing your helmet when riding your bike.

Tip 9 . Prevent Dehydration

Whether your child is playing sports or running around in the park , it's important to keep in mind that frequent water breaks are very important to prevent dehydration. Your child should drink water before exercise and during breaks, which should be about every 15 to 20 minutes. On particularly hot and humid days, it's also a good idea for parents to spray down kids with some water from a spray bottle; however, the best prevention would be to remain indoors if conditions are extreme.

Tip 10. Practice Food Safety

Foodborne illnesses increase in the summer because bacteria grow faster in warmer temperatures and humidity. On top of that, more people are eating and preparing food outdoors, at picnics and barbecues, where refrigeration and places to wash hands are not readily available.

To prevent foodborne illnesses:

- **Be sure to wash your hands before preparing or serving any food.** Make sure your children wash their hands, or at least use an alcohol-based hand sanitizer, before eating.
- **Never cross-contaminate.** Do not allow any raw meat or poultry to come into contact with any other food or plates or utensils.
- **Consider the temperature.** Use a thermometer and be sure to cook all meat and poultry to the correct temperatures to kill any harmful bacteria. Keep all perishable foods in the refrigerator and do not keep leftovers unrefrigerated for more than one or two hours.

Fire Prevention and Safety

Prevent burns from fire

Teach your child to avoid touching the stove, grill, firecrackers, matches, etc.

- Plan an emergency exit strategy for your home. Have at least two exits and also discuss a safe place to meet, and practice it.
- Help your child to identify emergencies and when to call 911.
- Teach fire safety at home. Help your child to identify things that can start a fire. (matches, candles, stoves, heaters, wall outlets etc.)
- Explain to your child that the smoke alarm in your home will alert them in an emergency. Teach them what to do.



- Practice stop, drop and roll.
- Help your child to learn the home address.
- Remind your child that firefighters are there to help them. They should not hide or run from them. (share pictures of firefighters in their uniform)

Family Style Meals and Eating

In all of our Head Start classes, meals are usually served Family Style. Teachers and children sit down together and each person serves themselves. Family Style Meals provides many opportunities for children to learn and develop: Self-Help Skills, Following Directions, Language Development, Letter Recognition, Social Skills, Math Skills, Nutrition and Good Eating Habits.

Now that we are experiencing the COVID-19 pandemic, Family Style Meals will be prohibited in classrooms to ensure the safety and well-being of all Staff and Children in the classroom environment. In your home as you gather together for Family Style Meals, you will observe how your child develops academically and socially.

Fruits:

Focus on fruits.

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables:

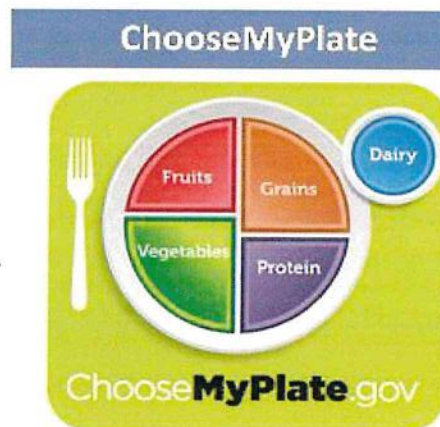
Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity

Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



Oils:

Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Milk:

Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains:

Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans

Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

www.ChooseMYplate.gov

Healthy Eating Habits to try at home

- Identifying the Food groups. The food groups are Fruits, Vegetables, Meats and Beans, Dairy, Grains, Oils
- Choosing and making healthy foods daily- have your child assist with writing or suggesting items to add to the grocery list. Go grocery shopping together.
- Help your child to keep a food diary of all the food groups they eat when at home. Have them cut out pictures/ draw a picture of the foods they have eaten. At the end of each week review the food groups they eat mostly from and discuss the need to eat something from every food group.
- Plan a recipe with your child and discuss the food groups included. Discuss ways to make the meal balanced. Finally, together cook what you have planned



Numbers and Making Math Fun

- Show your child the actual number(s) on your apartment door or house and ask your child if they know the address. If unknown, tell your child. Discuss sending a letter to someone and the importance of knowing and including the writing of the address on the envelope.
- Review numbers 1-10 and do simple number operations
 - ❖ Spend time also counting and helping your child to recognize quantities. Ex. Provide your child with a container of grapes. Ask your child to count all the grapes before eating them. Count each grape eaten. Count how many are left. Discuss concepts of more and less as the quantity changes.
 - ❖ Write a recipe together. Be sure to use numbers and pictures to help your child understand 1-1 correspondence.



- Help your child to begin looking for numbers: on street signs, buses, your address, license plates, money, in stores, in an elevator

Receptive and Expressive Language

Understanding words, language in sentences and the meaning of what others say or what is read demonstrates comprehension. It is also equally important to use words, sentences, gestures and writing to communicate. Using descriptive words increases vocabulary and also leads to better producing better sentences during communication. Highlighted are examples to use with your child that are related to the use of their senses.

Descriptive Words

<h3>Hearing Words</h3> <ul style="list-style-type: none">• buzz• chatter• mumble• rumble• squeal• wail 	<h3>Tasting Words</h3> <ul style="list-style-type: none">• bitter• bland• salty• spicy• tangy• tart 
<h3>Feeling Words</h3> <ul style="list-style-type: none">• bumpy• frosty• furry• prickly• slippery• sticky 	<h3>Smelling Words</h3> <ul style="list-style-type: none">• burnt• fresh• musty• rotten• sour• sweet 
<h3>Seeing Words</h3> <ul style="list-style-type: none">• cluttered• crooked• immense• lovely• shabby• tidy 	<h3>Color Words</h3> <ul style="list-style-type: none">• aqua• beige• bronze• coral• ebony• violet 

Increasing Language to close the Vocabulary Gap

Reading to your child is very important. As you read you are developing these key areas.

- Listening and understanding
- Speaking and communicating
- Phonological awareness
- Book knowledge and appreciation
- Print awareness and concepts
- Early writing
- Alphabet knowledge
- Increased Vocabulary



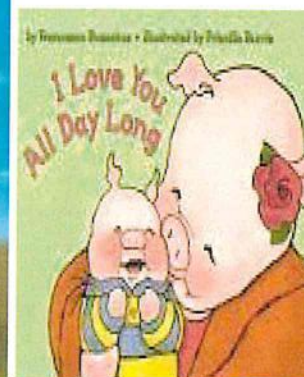
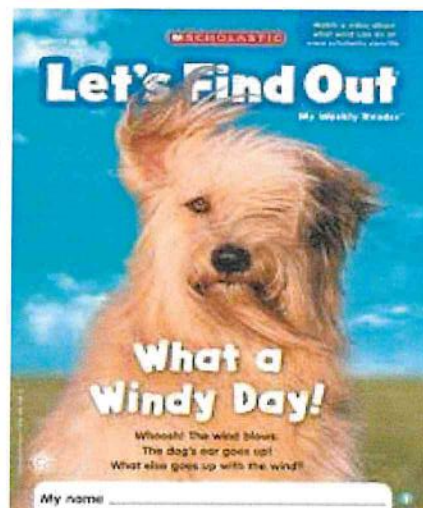
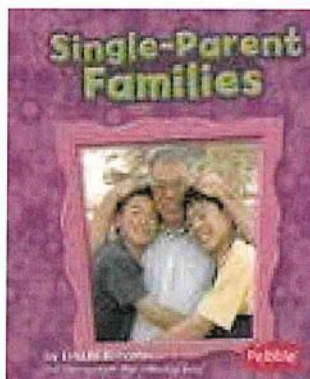
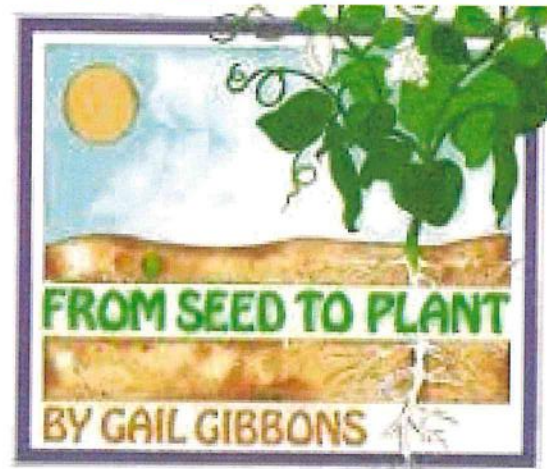
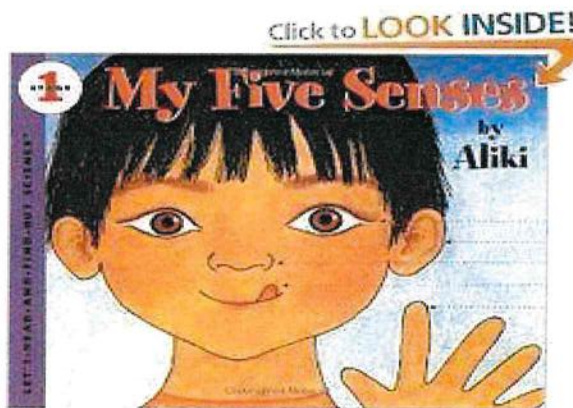
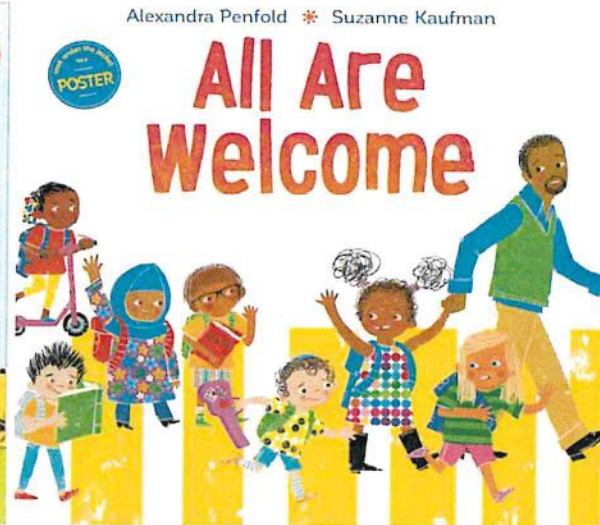
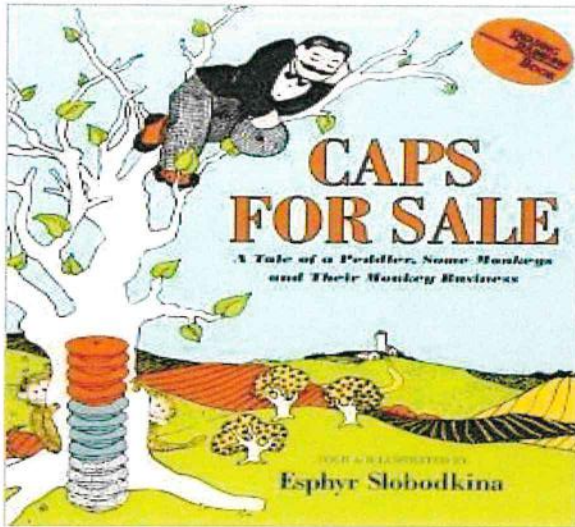
Devote at least 10 minutes each day for a story, and then discuss the content. It is the perfect time to teach your child nursery rhymes and chants that you know. Your child will develop their language and literacy skills as it relates to phonological awareness and being able to speak in complete sentences using multiple words.

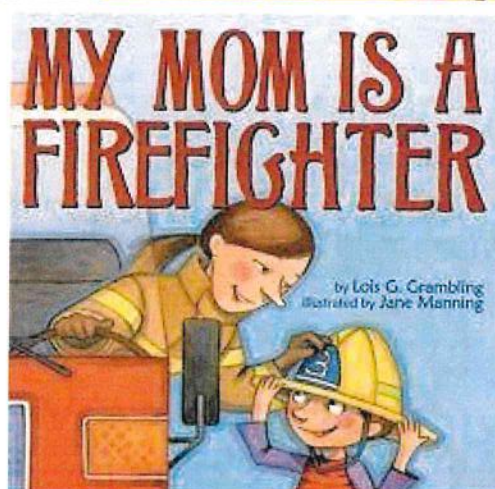
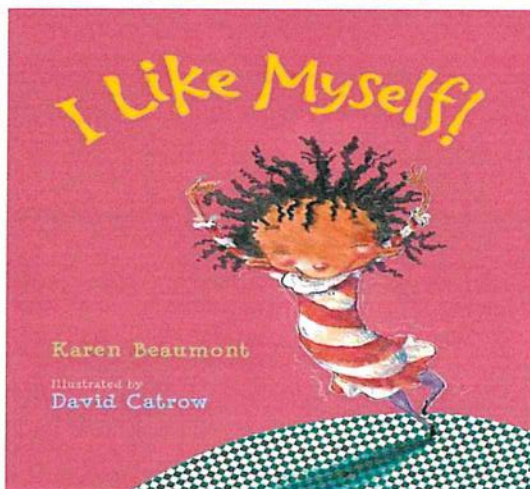
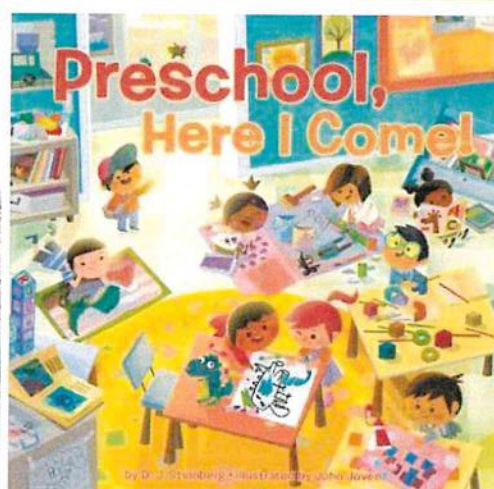
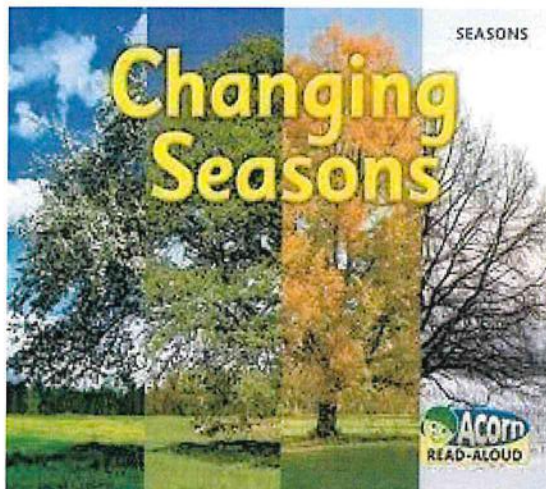
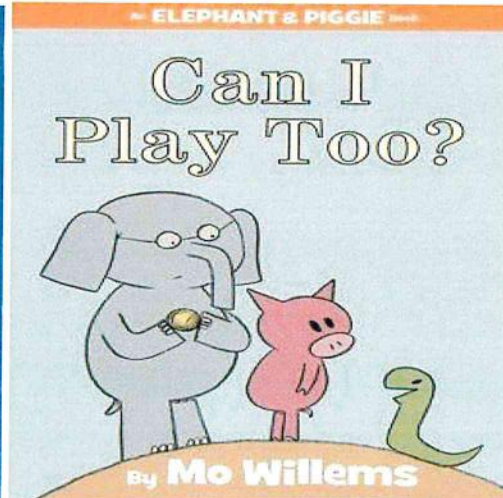
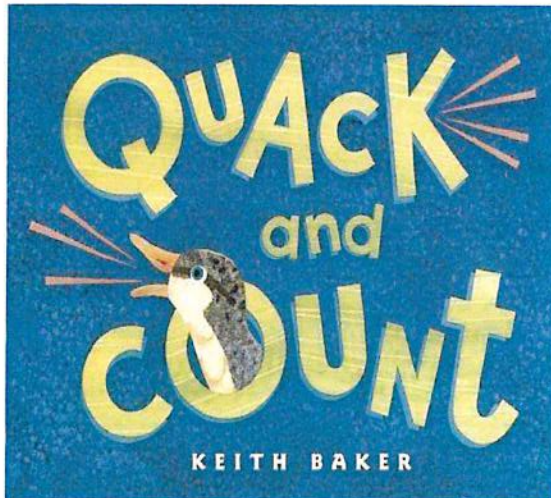
Here are just some questions that you can ask.

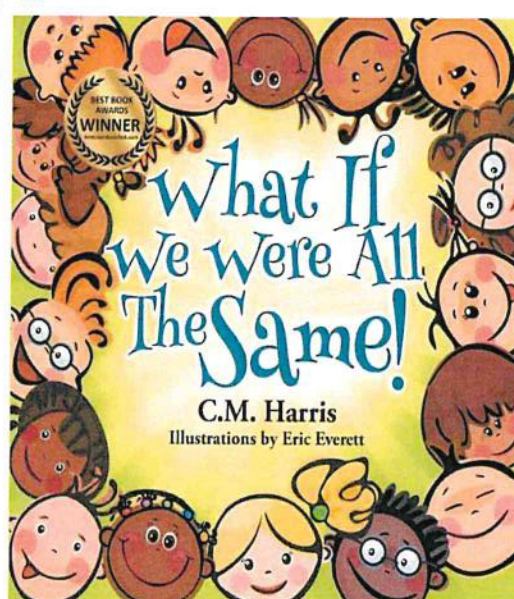
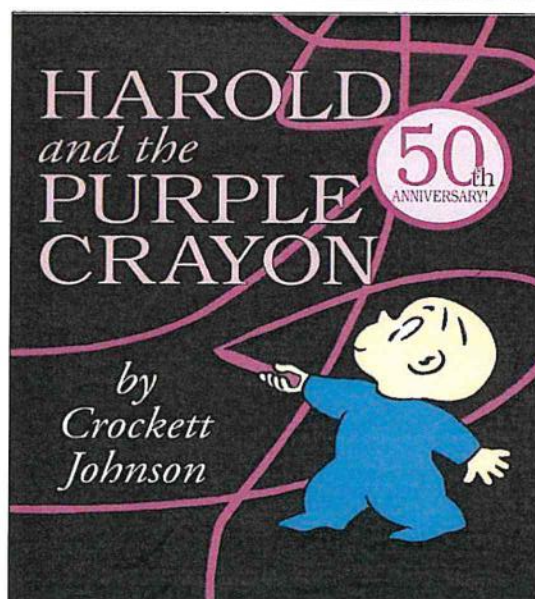
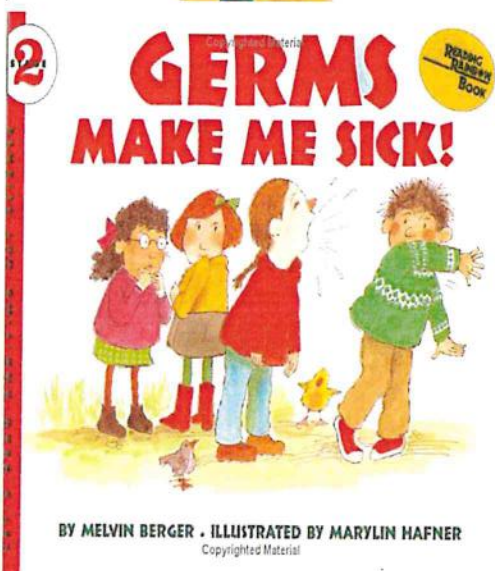
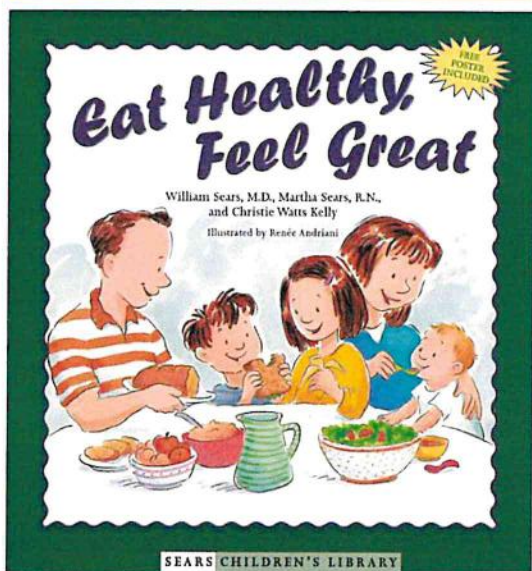
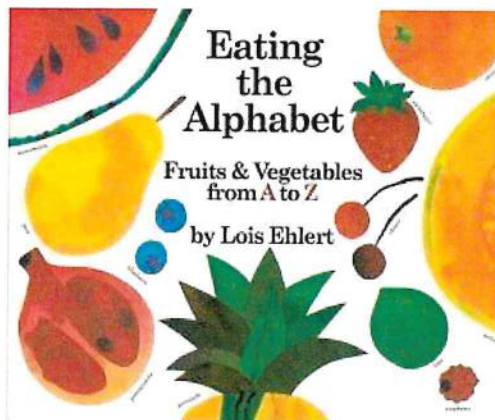
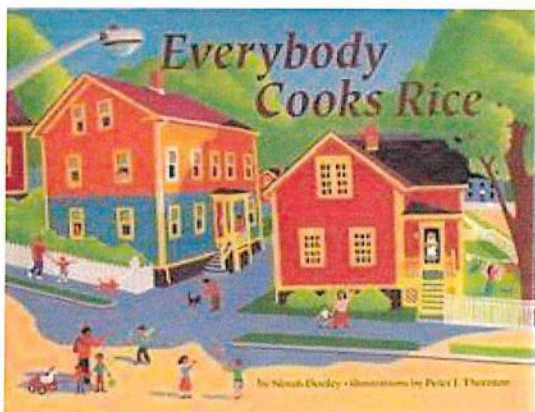
- What would you have done?
- What was the message of the story?
- What sight words did you see or hear?
- How could you make the story different?
- What letter sound did you hear?
- What letters do you recognize? Are any of those letters in your name?
- What does the title of the book tell you about what will happen in the story?
- What did you learn that you did not know before?
- Where should we begin reading?
- What does an author/ illustrator do?

Introduce new vocabulary words and help your child gain a better understanding of the words by giving a simple definition, use it in a sentence, clarify what it's not and give examples of synonyms. Be sure to provide opportunities for your child to use these new words often in conversation so that your child becomes more familiar with them.

Suggested Books to Read





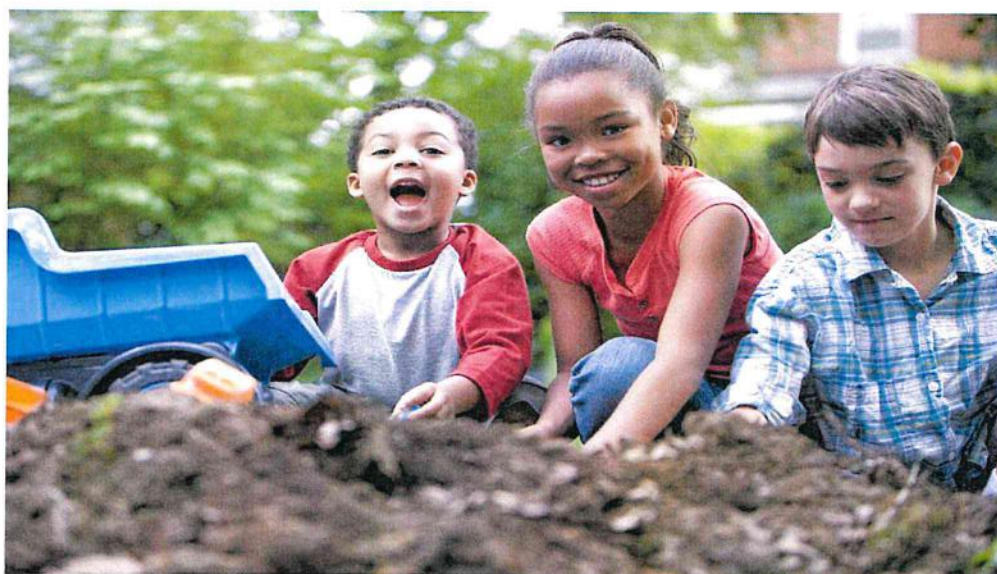


Safe Summer Activities for Kids During the Pandemic

How to make plans for get-togethers, camp, vacations, and more, despite the uncertainties around COVID-19

By Sally Wadyka

April 20, 2021



Last summer, the pandemic saw many families hunkered down at home and avoiding gathering with anyone outside their household. This summer, COVID-19 vaccines will allow more freedom, but with that comes some confusion about how to navigate plans when some family members are fully vaccinated and others are not.

The Key Takeaways

- Fully vaccinated teens can safely hang out together without a mask. For kids under age 16, who aren't yet eligible for vaccination, social distancing and mask wearing guidelines still apply.
- Unvaccinated kids can visit and stay with fully vaccinated friends or relatives from one other household as long as none of the unvaccinated kids are at increased risk for severe illness from COVID-19.

- If two families with fully vaccinated adults and unvaccinated kids want to vacation together, they should **stay in separate accommodations**.
- Booking a **camp for your child**? Pick one where kids spend the day in small groups, mostly outdoors and physically distanced, and wear masks when they're indoors.
- Experts say that **road trips are safer than air travel** for families.

By early summer, it's possible that the majority of adults in the U.S. who want to be **vaccinated against COVID-19** will have gotten their shots. But since none of the vaccines currently being used in the U.S. are approved for children under age 16, that leaves millions of kids unprotected for now. It also leaves parents grappling with dozens of questions as they try to make summer plans for their families.

"I have missed being around my friends and look forward to getting together when all of us are vaccinated," says Michelle Galvanek, who lives in Annapolis, Md. "But since my nine-year-old daughter won't be vaccinated and she's almost always with me—I'm a single mom—I don't know if that means we'll still have to **wear masks** and social distance."

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We've learned a lot about how to stay safe since last summer, so things are going to feel easier this year, experts say, but they still won't be what most people would consider normal. "My best guess is that it'll be better than last summer in terms of what we're doing, but it won't be back to what it was like in summer 2019," says Sean O'Leary, MD, MPH, professor of pediatrics and a pediatric infectious diseases specialist at the University of Colorado Anschutz Medical Campus and Children's Hospital Colorado.

MORE ON COVID-19

[What You Can Do Now That You're Vaccinated](#)
[A Guide to Coronavirus Vaccines](#)
[CR's Guide to the Coronavirus](#)
[What to Expect When You Get Vaccinated](#)

That's partly due to the fact that for kids, the **rules about social distancing** haven't changed much. Granted, many children who get COVID-19 will experience only mild symptoms—or none at all. "But children who have conditions that put them at high risk [such as Down Syndrome, compromised

immune systems, diabetes, or obesity] still have a higher risk of hospitalization or even death from COVID-19," O'Leary says.

Nonetheless, "the effectiveness of the vaccines is holding, and it should lead to drops in community spread, driving down the risk for kids even further," says Buddy Creech, MD, MPH, director of the Vanderbilt Vaccine Research Program. "I believe there is reason for optimism." Despite the ongoing pandemic, you can still enjoy the season and have fun as a family, whether you're staying near home, visiting relatives and/or friends, considering summer camp, or taking a trip.

Kids Gathering With Kids

The idea of large groups of kids—especially unsupervised teenagers—hanging out together has been cause for parental alarm for the past year. And with good reason: "Teens look a little more like adults in terms of their ability to get and transmit COVID, compared to younger children," O'Leary says.

The good news is that everyone 16 and older is eligible for the COVID-19 vaccine. And older teens who are fully vaccinated can gather safely by following the same guidelines the Centers for Disease Control and Prevention has laid out for vaccinated adults.

Moderna and Pfizer vaccines for 12- to 15-year-olds may be available at some point this summer, says Yvonne Maldonado, MD, chair of the American Academy of Pediatrics committee on infectious diseases. But vaccine approval for younger children could still be up to a year away.

What all of this means for kids under age 16 this summer is that play dates and get-togethers should continue as before, with small groups, masks, social distancing, and mostly outdoor play the rule.

Visiting With Relatives and Friends

According to [recent CDC guidelines](#), people who are fully vaccinated can safely gather unmasked (even indoors) with others who are fully vaccinated, as well as with unvaccinated people from a single household—provided none of the unvaccinated people are at high risk of severe COVID-19. In other words, you and your kids can spend your vacation with grandparents, friends, or other relatives who are all fully vaccinated, and even stay at their homes.

If you're still nervous about staying overnight with relatives or friends, experts recommend that everyone—visitors as well as those hosting—[get tested](#) one to three days before the visit, and again three to five days after it ends.

But remember that the CDC guidelines for fully vaccinated individuals apply only to visits with one family at a time. “If you’re getting together with one household, it’s safe to go masks off,” Creech says. “If you’re gathering with two or more households that include anyone unvaccinated or at high risk, you should still wear masks and do things outside as much as possible.”

At this point, large multi-family gatherings, large weddings, and other big events—especially if held indoors—are still considered too risky by most experts. “If there’s guidance in your area, that should be followed, but otherwise it’s what we already know—fewer is better, outside is better, and masks work,” O’Leary says.

Day Camps and Overnight Camps

Most summer camps were closed last year, and many of those that weren’t looked very different. “My daughter did a theater camp last summer with a group of 10 [instead of 30], and the kids wore face shields and stayed six feet apart at all times,” recalls Traci Gallagher of Milford, Conn. This summer, many more summer camps plan to open, but because kids under 16 won’t be vaccinated, the American Camp Association and the CDC recommend that camps take all the COVID precautions we’ve become accustomed to.

These measures did much to prevent COVID transmission at camps that did operate last summer, according to new research. A study sponsored by the American Camp Association looked at the effectiveness of prevention measures taken by 486 overnight and day camps last summer, and found that in camps where both kids and staff regularly wore masks, there was a 73 percent and an 87 percent reduced risk of COVID transmission for campers and staff, respectively, compared to camps that had no strict face-covering policies. Overall, about 90,000 campers were part of the study and there were only 30 confirmed COVID cases among them (and 72 among the staff).

And a CDC study published last August looking at four overnight camps in Maine found that practices like pre-arrival quarantines, pre- and post-arrival testing, daily symptom checks, small groups, and facial coverings and social distancing outside of those groups resulted in only three positive tests among 1,022 kids and counselors.

Before booking a camp, find out what its COVID safety protocols look like and how your child will interact with counselors and other kids. According to the CDC, the risk for kids at camp is lowest when there’s a small group of kids, all from the same local area, who stay together all day, mostly outdoors and physically distanced. When campers come from several geographic areas, mix between groups, and don’t maintain physical distance, that poses the greatest risk. “This summer,

be on the safe side, picking a camp that keeps kids in smaller groups and requires wearing masks if indoors," O'Leary says.

Family Vacation Plans

After more than a year of canceled trips, many families are understandably eager to travel again. Still, parents have questions about what's safe: Taking a road trip? Hopping a short domestic flight? Snagging a cheap ticket to Europe?

No one knows at this point what the pandemic will look like in June, July, or August. Given the uncertainty, consider waiting as long as possible to book your trip, or make plans that are refundable in case you need to cancel.

"The [virus] variants are throwing a bit of a wrench into predictions for how safe travel will be this summer," O'Leary says. "The vaccines are proving highly effective against death, but we still need to be careful about the possibility of transmission to the large populations who are at risk and unvaccinated."

Although the CDC recently updated its guidance for travel, lifting many restrictions, the changes only apply to people who have been vaccinated. For families, that means trying to follow two different sets of rules. "Unvaccinated family members should test before travel, and test and self-quarantine afterward," Creech says. The CDC recommends testing before and after travel (by plane, car, or other transit) and following all state and local recommendations and requirements.

For parents traveling with children, road trips are still safer than flying. "Flying puts you in close quarters with others for an extended period of time, and there are several high-risk points throughout the trip—including being in the airport and on the plane itself," says Ravina Kullar, MPH, PharmD, spokesperson for the Infectious Diseases Society. "During a multi-day road trip, it is much easier to avoid these high-risk points, even if staying at hotels overnight."

And it's not just about how you'll get there. It's where you'll stay and what you plan to do during your trip. "You're playing the odds," Maldonado says. "The more people you come in contact with, the higher the probability of exposure to infection and increased possibility your kids could get sick."

Staying in a short-term rental or hotel room with a kitchenette is a good move. Making your own meals means less exposure to other people than dining out at restaurants every day. Camping, either in tents or in an RV, is another lower-risk option.

"We're renting two cabins next door to each other so that we can safely vacation with another family this summer," says Laura Rich, who lives in Boulder, Colo. with her 10-year-old son. "The kids will have plenty of space to play outdoors together, but we can separate for indoor eating and sleeping." Experts agree this is a good plan. "Family groups that include unvaccinated children should have their own living spaces," says Kullar. "Because those who are unvaccinated are still at a high risk of acquiring COVID."

As for activities, less crowded, outdoor sites such as beaches and national or state parks are still safer than places that put you in close proximity to large crowds like theme parks and concerts.

With all of the precautions and planning required to avoid COVID infection, summer 2021 may not yet be all you're longing for, but it can still be memorable for you and your family in many good ways.

Suggested Places To Go & Things To Do With Your Child

www.kidsguidenj.com

- Start a seashell or rock collection
- Get a library card and use the internet and online resources available
- Take a virtual museum tour
Montclair Art Museum-
<https://www.montclairartmuseum.org/virtual-museum>
- Take a road trip - collect artifacts along the way
- Take a virtual visit to Adventure Aquarium
<https://www.adventureaquarium.com/>
- Make a scrapbook of summer activities
- Go for a Nature Walk
- Visit a Virtual Zoo

Bronx Zoo- <https://bronxzoo.com/virtual-zoo>

Turtle Back Zoo - <https://turtlebackzoo.com/discover/virtualzoo>

HAVE A SAFE AND ENJOYABLE SUMMER!

