



# HIPPY

## homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters  
Parent Edition

January 2016 Volume 1, Issue 26

### Upcoming Family Events: January

Michael's Kids Club Workshops: Check with your local Michael's (FREE or slight fee)	Through out Jan.
Building Buddies Exhibit: Museum of Discovery-Little Rock (\$10adults, \$8 kids)	Thru May 15th
Holiday Break Fun Days: Heifer Village-Little Rock (FREE)	Thru Jan. 2nd
Home Depot Kids Workshop: Home Depots Around the State (FREE)	2nd
Viewing of the Trumpeter Swans: Magness Lake-Heber Springs (FREE)	Thru Feb. 1st
Eagle Tours: Lake Dardanelle State Park Weigh-in Pavilion-Russellville (FREE)	6, 9, 16, 20, 22nd
A Bird's Buffet: Lake Chicot Visitor Center-Lake Village (FREE)	9th
How It's Made: Bird's Nest: Lake Chicot Visitor Center-Lake Village (FREE)	10th and 31st
Ice Skating at the Rink at Lawrence Plaza: Bentonville	Thru Jan. 16th
Wonder of Winter Wildlife: Hobbs State Park-Conservation Area Visitor Center-Rogers (FREE)	16th
Martin Luther King Jr. Festivities: Downtown Hot Springs and Hot Springs convention Center (FREE)	18th
National Popcorn Day	19th
National Puzzle Day	29th

For more events in your area: <http://www.arkansas.com/events/>



## State Manager Spotlight –Tyra Greenwood

Happy New Year! I hope all of our HIPPY families had a happy and healthy holiday season full of fun times and memories with loved ones.

As we get back into our normal routines of school and work, it can be hard to let go of the carefree days of winter vacation. While we can all agree, the winter break offers us all a much needed time to regroup and reset, children also benefit greatly from returning to their regular

routines. They come to look forward to that certain time each day when they do their HIPPY lessons with a loving caregiver and rely on the safety and stability that routines provide in their daily lives.

In addition, the new year brings the opportunity to start with a clean slate and reflect on what we did well last year and what we might want to work harder on in the coming year. This year brings the opportunity

to take the time to laugh more, play more, and enjoy the opportunities we have to watch our children develop and grow into amazing people. It is hard not to get caught up in the excitement that children have for playing and learning.

I hope that each HIPPY parent, this new year, takes the time to be a kid again and truly appreciate the amazing world from the eyes of their child.



## Winter Safety Tips

At this time of year, with the weather getting colder and the roads becoming more dangerous with the addition of sleet, ice, and snow, it is important to take extra precautions to stay safe while continuing with your regular activities. Below are a few tips to make sure everyone stays warm and safe this winter.

### Home Safety:

- \* Change the batteries in smoke alarms and carbon monoxide detectors. Smoke detectors that are older than 10 years should be replaced.
- \* Check your furnace/heating system. Have your furnace inspected by a professional.
- \* Do not store newspapers, rags or other flammable materials near a furnace, space heater or hot water heater.
- \* Do not leave space heaters on when you are not in the room and keep them at least 3 feet away from anything that might burn, including walls and furniture.
- \* Do not use gas ovens as substitutes for space heaters.
- \* Clean out chimneys and fireplaces to prevent build up.

### Driving Safety:

- \* Reduce your speed to avoid slipping and sliding.
- \* Allow longer stopping distances when driving



on slippery roads.

- \* Steer, brake, merge, and accelerate slowly to avoid losing control of your car.
- \* Beware of black ice. Slow down before intersections, off ramps, bridges, and other shady spots where black ice is likely to form.
- \* Clear all snow and ice off of your car before driving so as not to limit your vision or create a hazard for cars behind you.
- \* Check the tread and air pressure in your tires.
- \* Make sure you have plenty of anti-freeze for your engine and de-icer in your windshield washer fluid.

### Safety Items to Keep in Your Car

- \* Jumper cables
- \* Flares
- \* Water and snacks
- \* Boots, gloves, warm clothes
- \* Ice scraper/ snow brush
- \* First aid kit
- \* Cellphone charger
- \* Flashlight
- \* Full tank of gas
- \* Blanket



(Sources: International Association of Certified Home Inspection, [wsdot.com](http://wsdot.com), [yovaso.org](http://yovaso.org), National Safety Council)

# Winter Fun– Snow and Ice

## Creative Arts

### Colored Ice Painting

#### Materials:

- Ice cube tray or small paper cups
- Water
- Food coloring
- Popsicle sticks (optional)
- White paper



#### Directions:

1. Fill an ice cube tray or small paper cups with water.
2. Put different combinations of food coloring in each section to create a variety of different colors.
3. \*\* Optional: Cover the ice cube tray in tin foil and poke a popsicle stick in each section.
4. Freeze the ice cube tray completely.
5. Remove the ice cubes from the tray, let them sit a minute so the color will be more vivid, and then, your child can use them to paint on the paper.

## Math/Science

### Ice Sculptures

#### Materials:

- Water
- Food coloring
- Empty plastic or other freezable containers (tubs, bowls, muffin tins, etc.)
- Cookie sheet (optional)



#### Directions:

1. Fill the containers with water and food coloring. Try to make different colors in each container, for variety.
2. Freeze the containers (either in your freezer, if there is room, or outside).
3. Once frozen, run the containers under warm water to loosen and remove the colored ice.
4. Either outdoors or on a cookie sheet, let your child experiment with trying to build different sculptures out of the colored ice shapes.
5. If cold enough, leave the ice sculptures outside to freeze together or put ice back into containers and refreeze to make new sculptures at another time.

### Ice Cube Estimation

#### Materials:

- Ice cubes
- Cups of 2-3 different sizes (clear cups/containers if possible)
- Blank paper and pencil/crayon



#### Directions:

1. Place a few different cups or containers in front of your child. Ask your child to

predict how many ice cubes it will take to fill each container.

2. Write your child's predictions down on the paper.
3. Help your child to fill one container at a time with ice cubes, counting each ice cube as it is put in the container. Write the actual number of ice cubes that fit in each container next to the prediction.
4. Discuss how close your child's prediction was to the actual number of ice cubes needed. Also, talk about which container held the most ice cubes and which held the least and why that might be.

#### Science Extension:

- a. Once all of the cups have been filled, have your child predict how high the water will be in the cup/container once the ice cubes melt.
- b. Put a piece of tape or use a washable marker to mark the predicted height of the water.
- c. Wait until all of the ice has melted and see if your child's prediction was correct.
- d. Discuss why the water might be higher or lower than the prediction.

### Igloo Building

#### Materials:

- Ice cubes
- Salt
- Baking sheet/pan
- Alternative: large or small marshmallows

#### Directions:

1. If possible, show your child igloo pictures on the internet or in a book.
2. (Resources: <http://kinooze.com/the-snow-house/>, <http://www.sciencekids.co.nz/videos/howto/buildanigloo.html>)
3. Explain that your child is going to try and build an igloo, either out of ice or marshmallows.
4. Let your child experiment with different ways of stacking the "ice". He/she may want to try other materials that will help stick the ice blocks together.
5. Try sprinkling salt on an ice cube and putting another ice cube on top of it to see what happens. This should help the ice cubes stick together.



## Language/Literacy

### Frost is All Around

(Sung to the tune of "Farmer in the Dell")

The frost is on the roof (point hands over head)

The frost is on the roof (point hands over head)

Brr, brr it's cold outside (wrap arms around yourself)

The frost is on the roof (point hands over head)

Continue singing the following verses : *The frost is on the ground (point to the floor); the frost is on the window (make a window with your hands); and the frost is all around (make large circles with hands).*

### Child question: What is frost?

**Answer:** Frost is a small covering of white ice crystals formed on the ground or other surfaces when the temperature falls below freezing:

### Winter Hunt

#### Materials:

- Winter Scavenger Hunt Sheets (on back of news-letter)
- Pencil/crayon
- Optional: paper or plastic bag



#### Directions:

1. Based on the weather conditions, select either the outdoor or indoor scavenger hunt to complete.
2. Walk around with your child to help him/her find the items listed. Ask your child where he/she thinks the items might be found, rather than tell him/her where to find them. (problem solving).
3. Describe the items that you find: Have your child describe the size, shape, texture, etc.
4. If your child wants, he/she can collect interesting objects found on the scavenger hunt in the bag to use for later art projects or experiments.

**Extension:** Help your child keep track of how many of each item are found on the scavenger hunt. Ask your child which item you found the most of, which you found the least of? Have your child think about why you found more of one item than other.

(Sources: [Childfun.com](http://Childfun.com), [artfulparent.com](http://artfulparent.com), [humming-birded.com](http://humming-birded.com), [preschool-plan-it.com](http://preschool-plan-it.com))



## Resolutions for Parents



At this time of year, many people start making resolutions. A new year brings the opportunity to try some things differently, make better choices, etc. Parenting comes with its fair share of guilty moments and wishes to do better for our kids. Many circumstances are beyond our control, but there are some resolutions that all parents can try to work toward.

1. **I will not be so hard on myself.** Despite what you see on social media, no parent is perfect. All parents get stressed, make mistakes, and do things they shouldn't. The most important thing to do, though, is acknowledge those mistakes and apologize. When children see their parents apologize, it shows them the respect they deserve and teaches them valuable social-emotional skills. So this year, give yourself a break for being human.

2. **Put down the phone.** While the lure of constant contact and activity can be enticing, what our children really need is for us to be present. When you put down your phones and focus on your children, you will likely see their behavior improve. With the focus on them, kids will no longer have to find inappropriate ways to get your attention away from the phone. You may find that you enjoy this time more, as well.



3. **Give more hugs.** The simple act of hug-

ging our kids releases oxytocin from our brains and gives us a boost of happy feeling. This is a great way to improve both you and your child's mood. Also, all children benefit from feeling a physical connection with their family members. It reaffirms that they are loved.

4. **Praise more.** As parents, we can get in the rut of "Don'ts" and "Stop that", and we forget to recognize the positive things our children are doing. A simple, "I love the picture you made, tell me about it," will go a long way in the heart of a child.

Instead of "don't", let's ask our kids to do what we'd like them to do, instead. For example, "Put the marker on the paper, not the couch," instead of, "Don't color on the couch." This helps the child learn the correct behavior without criticism.



5. **Yell less.** "Yelling silences your message. Speak quietly so your children can hear your words instead of just your voice," L.R. Knost. It is hard to tell kids not to yell, when we are yelling. Kids also learn to tune out yelling, which makes parents even more frustrated. Instead of yelling, take a deep breath, take a break, do whatever you have to do, but treat your children with the same respect that you would like to receive when you make a mistake.

6. **Get outside more.** Being active as a family has numerous benefits for both parents and kids. Kids who get outside



more are likely to have less health risks, less attention related issues, and are more aware of the world around

them. When parents go outside with kids, it helps the whole family become healthier and there is nothing better to a child than a parent who will play right along side him/her.

7. **Read more as a family.** Set aside a certain time every day, if possible, to read with your children. Let them pick what they want to read, even if it's the same book you have read a hundred times. Shared reading is one of the easiest ways to give your children the basic skills they need to prepare for school as well as build a stronger relationship with your child.

8. **Focus on experiences, rather than things.** Toys will come and go, clothes will get too small, but children will cherish the special memories that they have with you. Whether you bake a special treat together, go camping, wake up and eat breakfast together each morning, your child will be able to look back at these times as invaluable moments that he/she got to spend with you.

(Source: [huffingtonpost.com](http://huffingtonpost.com))



## "Fathers Read in February" Read-A-Thon



This year the HIPPY Arkansas State Office is sponsoring the 1st Annual "Fathers Read In February" Read-A-Thon. The goal of the Read-A-Thon is to encourage all male figures in your child's life to get involved with his/her education, build a stronger relationship, and realize what an important role they can play in preparing your child for success in school and in life.



Prior to February 1, 2016, your home-based educator will provide each family with a Reading Log to record all books read during the month of February as well as the Read-A-Thon guidelines.

The Read-A-Thon will run from Feb. 1st-Feb. 29th, 2016. Families will record each book read by the male figure(s)

in the HIPPY child's life during that month. Books can be read repeatedly throughout the month.

At the end of the month, each home-based educator will collect the completed reading logs from his/her families and determine which family read the most books during the month. That father/male figure will receive a certificate of achievement.

Each program coordinator will then determine which father/male figure read the most books in the entire program.



That father/male figure will receive a certificate and a prize.

Then, the program coordinators

will submit their top reading fathers/male figures to the HIPPY Arkansas State Office.



The HIPPY Arkansas State Office will then determine the father/male figure who read the most books throughout the state and that individual will receive a certificate, prize, and recognition on the HIPPY Arkansas Facebook page and in the March or April HIPPY Homeroom Newsletter.

This is a great opportunity to start building healthy literacy habits in your home as well as important memories for your child of the joy of reading with the key male figures in his/her life.

# HIPPY

## homeroom



A Newsletter for the Home Instruction for Parents of Preschool Youngsters  
Parent Edition

### Winter Scavenger Hunts



#### Outdoor Winter Scavenger Hunt



*Find the following items outside. Cross each item off the list as you find it.*

- ❄️ Ice
- ❄️ Snow
- ❄️ A pine tree
- ❄️ Animal tracks
- ❄️ A tree with no leaves
- ❄️ A frozen puddle
- ❄️ A bird
- ❄️ Holiday lights
- ❄️ A pinecone
- ❄️ A snow/ice covered car
- ❄️ Someone wearing a hat



#### Indoor Winter Scavenger Hunt



*Find the following items in your house.  
Cross each item off the list as you find/do it.*

- ❄️ A matching pair of mittens/gloves
- ❄️ A winter hat
- ❄️ A winter jacket
- ❄️ A window covered with frost
- ❄️ A bird outside the window
- ❄️ A squirrel outside the window
- ❄️ A cozy blanket
- ❄️ Read a book that has pictures of snow.
- ❄️ Make a paper snowflake and hang it up.

#### Winter Snowman Books

- ❄️ *Snowmen at Play, Snowmen at Night, and Snowmen at Work* by Caralyn Buehner
- ❄️ *The Biggest Snowman Ever* by Steven Kroll
- ❄️ *The Itsy Bitsy Snowman* by Jeffrey Burton
- ❄️ *Just a Snowman* by Mercer Mayer
- ❄️ *Snowman Magic* by Katherine Tegen
- ❄️ *Sneezy the Snowman* by Maureen Wright
- ❄️ *Snowzilla* by Janet Lawler
- ❄️ *Snowballs I* by Lois Ehler
- ❄️ *The Annual Snowman's Ball* by Mark Kimball Moulton
- ❄️ *A Snowman Named Just Bob and A Snowgirl Named Just Sue* by Mark Kimball Moulton

