



HIPPY

homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Parent Edition November 2015 Volume 1, Issue 24

Upcoming Family Events: November

Toyland on the Square: Downtown Square-Bentonville (FREE)	6th
Civil War Weekend: Historic Washington State Park-Washington	7th-8th
Gravette Renaissance Family Festival: Old Town Park-Gravette	7th
Ouachita Arts Celebration: Downtown Art District-Mena (FREE)	7th
9th Annual Pioneer Village Fall Fest: Late 1880s Village-Searcy (FREE)	7-8th
12th Annual Asian Festival: Mosaic Church-Little Rock (FREE for 12 and under)	7th
2nd Saturday Family FunDay-Kinetic Sculptures: Arts and Science Center for Southeast Arkansas-Pine Bluff (FREE)	14th
Veterans Day Parade and Fall Festival at Chaffee Crossing: Chaffee Crossing Historic District-Fort Smith	14th
19th Enchanted Land of Lights and Legends: Pine Bluff/Jefferson County Regional Park (FREE)	17th-Dec. 31st
The Lights of the Ozarks: Downtown Square-Fayetteville (FREE)	20th-Dec. 31st
Holiday Lights 4 Million Light Extravaganza: Garvan Woodland Gardens-Hot Springs (\$15 adults, \$5 6-12 years, ages 5 and under FREE)	21st-Dec. 31st
13th Annual Chili Cook-Off and Light Up Downtown: Downtown Parking Deck-Hot Springs (\$5/person)	23rd
Viewing of the Trumpeter Swans: Magness Lake-Heber Springs (FREE)	23-Feb. 1st
Green Friday: Queen Wilhelmina State Park-Mena (FREE)	27th
Green Friday: Hobbs State Park-Rogers (FREE)	27th
Green Friday: White Oak Lake State Park-Bluff City (FREE)	27th
Green Friday: Degray State Park: Bismarck (FREE)	27th
Green Friday: Woolly Hollow State Park-Greenbrier (FREE)	28th
For more events in your area: http://www.arkansas.com/events/	



State Manager Spotlight –Tyra Greenwood

As we head into the hectic holiday season, I hope that you will take the time to appreciate all of the positives in your lives. By making the commitment to the HIPPY program and to working with your child on the HIPPY lessons each week, we hope that you have come to better understand your child and developed an even stronger relationship with him/her.

While we know that parenting certainly has its ups

and downs and every moment is not magic, your choice to do HIPPY is an invaluable gift that you and your child will continue to benefit from throughout the years.

As the HIPPY Arkansas State Manager, I want to make sure you know how thankful I am for the wonderful parents, home-based educators, and coordinators in the HIPPY programs throughout Arkansas. You have all dedicated your-

selves to bettering your own families, your own communities, and ultimately the state of Arkansas.

While it is easy to get caught up in the stress and struggles of daily life, please take a moment to reflect on all of the wonderful gifts of family and community that you have been given and also know how important you are in the lives of those around you.



Make Meal Time Family Time

Today's families are busy and less likely to eat meals together. While it may seem like you simply do not have the time to eat together, the research shows that families that do eat together reap significant benefits. Remember, eating a meal together does not necessarily have to involve a multi-course meal that someone spent all day working on. Also, you do not have to eat every meal together every day in order to benefit. Below are some tips to help you organize family meals at your house:

- Eating together can be any meal, not just dinner.** If the only time that all of your family is home together is breakfast, then make that the meal you all share. The time of day does not matter as much as the shared time together.
- Keep it simple.** Family meals do not have to be elaborate and fancy. Make family favorites like pancakes and fruit or chicken and vegetables. Picking up take out or eating out also counts, as long as the focus is on your time together.
- Get the family involved.** Let the kids help prepare the meals and set the table. This will make them feel as if they have an important role to play in the family and give you more time to get the meal on the table.
- Turn off the tech.** When children and parents turn off their phones and other devices, they are better able to pay attention to each other and really listen to what is going on in every-



one's life. This makes the children's voices seem valued and heard. When children feel as though they can talk to their parents and their parents will listen, it opens up lines of communication that will be very important as children get older. Also, when kids are not given technology to keep them from misbehaving at the table, they learn to develop their table manners.

- Make it enjoyable.** Leave serious discussions for another time so kids will want to continue to have family meals.
- Keep it healthy.** When families eat meals together it is an opportunity to model healthy eating so children will learn healthy eating habits.

By making a commitment to eating together several times a week, research shows you will likely see the following benefits:

- 🍴 Kids are less likely to become overweight or obese.
- 🍴 Kids are more likely to avoid cigarettes and marijuana.
- 🍴 Kids are less likely to drink alcohol or use illicit drugs.
- 🍴 Kids are more likely to have higher grades in school.
- 🍴 Families are more likely to communicate better and more often.
- 🍴 There will be less stress or tension at home.



Fall Fun- Learning with Leaves

Language

This is the Way

(Tune of: "Here We Go Round the Mulberry Bush")

This is the way we crunch the leaves (*march in place*)

Crunch the leaves, crunch the leaves,
This is the way we crunch the leaves,
One early autumn morning.

This is the way we rake the leaves, (*make raking motion*)

Rake the leaves, rake the leaves,
This is the way we rake the leaves,
One early autumn morning.

This is the way we bag the leaves, (*pretend to bag the leaves*)

Bag the leaves, bag the leaves
This is the way we bag the leaves,
One early autumn morning.

Leaves on the Ground

(Tune of "Wheels on the Bus")

The leaves on the tree fall on the ground (*make falling gesture with fingers*)

On the ground, on the ground
The leaves on the tree fall on the ground,
All through the fall.

The leaves on the ground go crunch, crunch, crunch (*march in place*)

Crunch, crunch, crunch; crunch, crunch, crunch
The leaves on the ground go crunch, crunch, crunch,
All through the fall.

Continue with "moms and dads rake the leaves" and "one fall day, we'll jump in the leaves", using raking and jumping motions.

Math

Leaf Sort and Graph

Materials:

- Paper or plastic bag
- Leaves

Directions:

1. Go outside and have your child collect a variety of leaves in his/her bag.
2. When finished, have your child sort the leaves. Help your child decide how to sort them (by color, by size, by shape, etc.).
3. Once sorted, count the number of leaves in each pile. Discuss which pile has the most leaves, which has the least, and which is in the middle.
4. To make a graph, line up all the leaves in each pile in separate columns, starting at the same point. This will provide a visual for your child to see which has the most leaves, which has the least, etc.



Science

Leaf Observation

Materials:

- Several different fall leaves
- Magnifying glass (or magnifying glass app for phone)

Directions:

Activity A:

1. Collect several different fall leaves or head outside to explore leaves outdoors.
2. Have your child use the magnifying glass to look more closely at different leaves. Talk about what he/she notices; discuss the color, veins, texture, etc.

Activity B:

1. Have your child experiment with crushing the leaves, either in his/her hand or under his/her feet. Discuss what happens to the leaves, the sound they make, etc.

Activity C:

1. Let your child jump in a pile of leaves.
2. Discuss what happens when your child lands on the pile. What happens to the pile? What happens to the leaves?
3. Let your child figure out how to make a bigger pile, a taller pile, etc.



Motor

Leaf Hop

Materials:

- Several different colored leaves
- Open space (indoors or outdoors)

Directions:

1. Spread out the different color leaves around the open space.
2. Give your child directions to hop to a specific leaf. Continue giving directions to hop to different leaves.

****If your child cannot hop, ask your child to take big steps or little steps to the different leaves.**

3. Let your child give you directions to hop or step to the different leaves.

Rake the Leaves

Materials:

- Small rake
- Leaves

Directions:

Let your child help you with the task of raking leaves. This will help build his/her large muscles as well as self-esteem and responsibility.



Creative Arts

Leaf Printing

Materials:

- Paint
- Fallen leaves (different shapes if possible)

- Paper plate
- Paint brush
- Paper

Directions:

1. Have your child paint the top of the leaves with paint or stamp the leaves into paint on a paper plate.
2. Then, have your child press the painted side of the leaf onto the paper.
3. Continue this process with different shaped leaves and different colors of paint to make a variety of leaf prints.



Foil Leaf Rubbings

Materials:

- Different types of leaves
- Tin foil
- Popsicle stick or ruler

Directions:

1. Place a leaf under a piece of aluminum foil.
2. Have your child rub the aluminum foil over the leaf with a popsicle stick or the side of a ruler. You should see the veins and the shape of the leaf appear.
3. Make several leaf rubbings to create a collage.



Leaf Mobile

Materials:

- Sturdy stick
- Several leaves
- Thin string or fishing line

Directions:

1. Thread the string/line through the top of each leaf.
2. Tie the strings to the stick to make a mobile.
3. Hang the mobile from the ceiling or light fixture.



Miscellaneous Activities:

Leaf Blowing Race

Materials:

- Leaves (not too big)
- Drinking straws
- Paper and tape/masking tape/chalk

Directions:

1. Set up a starting line and a finish line on a table, the floor, or outside.
2. Give each participant a leaf and a drinking straw. Set the leaves next to each other at the starting line. Spread them out enough so there is room for each participant to stand comfortably.
3. At the same time, have all participants blow in their straws towards their leaf to try and blow the leaves to the finish line.
4. First one to the finish line wins!

(Sources: kidsactivities.net, 123child.com, hand-sonaswegrow.com, preschool-plan-it.com)





Raising Thankful Kids

As family and friends gather together, we are often encouraged to think about our lives and for what we are truly thankful. At a time when kids seem to have access to more and more *things*, we want to make sure that we are raising children who are grateful for what they have.

Gratefulness is a concept that young children may not yet fully understand, but by starting to demonstrate and teach them about thankfulness from a young age, we can help build caring, empathetic, thoughtful children instead of those who are always wanting more, more, more. Below are some tips to start incorporating gratitude and thankfulness into your daily life:

1. **Model Thankfulness:** When your child does something helpful or nice, make sure to thank him/her and tell him why you appreciate this action. "Thank you for putting your toys away, that helps make it easier for us to get out of the house on time." Make sure your child sees you being thankful to others, as well (i.e. your significant other, the grocery store clerk, etc.).
2. **Talk About It:** Make time each day to talk about your favorite parts of the day or the things you and your child are thankful for. By focusing on the positive parts of each



day, it enables you and your children to realize all of the aspects of your life for which you can truly be grateful, rather than focusing on what you do not have. You may have to model this activity first or provide some hints before your child is able to come up with his/her own list of things to be thankful for.

Also, draw your child's attention to something nice that someone has done for him/her. For example, "That was so nice of grandma to take you to the park for a special picnic."

3. **Encourage Generosity:** Have your child help you select old clothes or toys to donate to families in need or make volunteering a family activity. By making your child aware of the fact that other people have bigger needs than theirs and that their actions will make a big difference for other people, you are helping your children to develop empathy and an awareness of others that may lead them to appreciate what they already have.
4. **Say No:** When children get everything they want, from a candy bar at the checkout line to a small toy so they will stay quiet at the store, they do not realize that these items cost money for which their caregivers have to work hard. Children will be much more

grateful for what they do receive, if they do not have every wish granted. It may be helpful to remind children, before they enter a store, that you are there to get specific items and nothing else, so they know ahead of time that they are not going to get anything.

5. **Be Patient:** Young children are naturally self-centered. It will take plenty of practice and time for children to develop an "attitude of gratitude".

(Sources: PBS.org, parents.com, parenting.com, preschoolexpress.com)

Create a Thankful Tree

Materials:

- Brown, yellow, red, and/or orange construction paper
- Glue or tape

Directions:

1. Create the trunk of a tree out of brown construction paper. Tape the trunk to an empty wall, door, refrigerator, etc.
2. Cut many leaves out of the red, yellow, orange construction paper.
3. Have each family member write several things that he/she is thankful for, each on a different leaf. Help your young child to think of ideas for you to write down for him/her.
4. Tape or glue the leaves to the tree. Continue adding to the tree over time. Discuss the things for which you and your family are thankful.



Teaching Table Manners



At this time of year, there are lots of gatherings and family meals that usually require young children to sit at the table and demonstrate good table manners. Table manners are not skills that children innately have and it is important to practice them over and over. Parents need to make sure that they are patient and consistent with children as they learn these new habits and also make sure that their expectations are reasonable for the age of the child.

Appropriate Table Manners for 3-5 year olds

10 Table Manners for Kids

-  **Napkin in your lap**
-  **Elbows off the table and sit up tall**
-  **Chew with your mouth closed**
-  **Food to mouth, not mouth to food**
-  **Use your pleases and thank yous**
-  **Wait your turn to talk**
-  **Use your indoor voice**
-  **Don't complain about the food**
-  **Take "just right" bites**
-  **Take up your dishes when finished eating**

Tips for Teaching Good Table Manners:








-  **Practice and Patience:** Table manners will not be learned in a day or even in a month. Setting consistent expectations and giving gentle reminders about manners will help your child start to make a habit of good table manners.
-  **Reinforce Good Behavior:** Make sure you provide specific praise when your child uses his/her table manners. You do not have to praise your child each time he/she follows a rule (you don't want the whole meal to be about your child), but make sure to do it periodically so that your child knows his/her good behavior is worth it.
-  **Model Manners:** Set the example for the manners that you want your child to learn. You cannot expect your child to chew with his/her mouth closed if your mouth is wide open while eating.
-  **Start Early:** As soon as your child begins talking, start teaching him/her to say "please" and "thank you". Encourage young eaters to use spoons and forks whenever possible, providing help and demonstrations as they build this skill. Young children like to help, so having them remove their plates/cups/utensils from the

table or hand them to you will make them feel like big kids. The sooner you start teaching table manners, the sooner they will become habits for your children.

-  **Be Realistic:** It will take time for table manners to become automatic or even possible for some children. Most children cannot sit still at the table for more than 15 minutes at a time, so expecting them to sit for 30-45 may cause unnecessary issues. Expect children to need plenty of reminders and positive guidance.
-  **Make Meal Time Engaging:** Put all phones and other technology away during meals. Engage your child in conversation about his/her day to keep your child from getting bored and acting out for attention or leaving the table unnecessarily. When you are paying attention to your child, you have the opportunity to praise your child for using manners correctly and recognizing and correcting when manners are not being used.
-  **Keep it Simple:** Do not try to enforce all table manners at once. Start with the ones most important to your family and gradually teach more as your child becomes ready.

(Sources: scholastic.com/parents, babycenter.com, life.familyeducation.com, parents.com)

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Healthy Snacking Tips and Ideas



Simple Snack Ideas that Will Not Ruin Dinner

- 🍏 **Apple sauce**—Try to find the kind without added sugar. Add a dash of cinnamon for added flavor.
- 🍏 **Trail Mix**—Mix together dried fruit, such as raisins, dried cranberries or apples, as well as nuts, such as almonds or cashews. Small granola clusters add a hint of sweetness. Avoid adding chocolate chips or M & Ms, as the dried fruit already contains enough natural sugars.
- 🍏 **Apple slices dipped in low-fat vanilla yogurt/peanut butter**—Kids love to dip their food. This is a great way to get a snack filled with protein and fruit.
- 🍏 **Pretzels dipped in low fat vanilla yogurt or peanut butter**—Another great opportunity for kids to dip their food that provides carbohydrates and protein.
- 🍏 **Veggie Sticks and Hummus**: When kids dip crunchy carrots, cucumbers or sliced peppers into hummus, they will enjoy eating their veggies and getting a filling serving of protein.
- 🍏 **Rice Cakes and Cream Cheese/Peanut Butter**—Kids will enjoy the crunchiness of the rice cake mixed with the creaminess of the cream cheese or peanut butter for a light, protein-

packed treat.

- 🍏 **Turkey and Cheese Roll Up**—Lay a slice of cheese on top of a slice of turkey and roll it up or roll a slice of turkey around a cheese stick.
- 🍏 **Frozen Fruit**—Frozen blueberries, peaches, raspberries are a great way to get kids to eat their fruit while making it feel like a treat.

10 Child Friendly Tips for Healthy Snacking from the Mayo Clinic

1. **Portion Controlled Snacking.** Rather than keeping an entire box of whole wheat crackers or goldfish or fresh grapes available for snacking, measure out individual portions into snack sized plastic bags. This way, kids can grab a pre-portioned bag for one when running out the door. This way you know they are not overeating before dinner.
2. **Keep junk food out of the house.** Your kids can not ask you for snacks that you do not have available. Set a good example by choosing healthy snacks for yourself.
3. **Choose whole grains.** Whole grain foods, such as whole grain crackers, pretzels, cereals, or tortillas, provide energy that also keeps kids full.
4. **Mix and match.** Serve foods with different dips. This way



kids will not feel as though they are eating the same thing every day. For example, apples and bananas with yogurt or peanut butter, graham crackers with cream cheese or dipped in yogurt, or veggies in low-fat dip or hummus.

5. **Keep your options open.** Give kids the option to have a variety of fruits, vegetables, or nuts for a colorful snack.
6. **It's not too late for breakfast.** Simple breakfast foods such as low-sugar cereal with dried fruit or nuts, microwaveable oatmeal, or hard boiled eggs, make great healthy snacks.
7. **Sweeten it up.** To cater to a sweet tooth, offer low fat puddings or frozen fruit bars. Make smoothies with frozen fruit and low-fat yogurt or milk.
8. **Have fun.** Use cookie cutters to make shapes out of low-fat cheese slices, bread, turkey, or watermelon slices. Make shapes out of pretzel sticks or make funny faces out of a variety of snack items.
9. **Read the labels.** Just because a food says "low-fat" or "fat-free" it could still have plenty of sugar, sodium, and calories. Find foods that have low sugar, salt, and around 200 calories per serving.
10. **Set up a snack zone.** Limit snacking to certain areas, such as the kitchen, to avoid mindless snacking in front of the t.v. or while playing.

Gratitude and Thanksgiving Books

- *Thanksgiving Is For Giving Thanks* by Margaret Sutherland
- *Pete the Cat: The First Thanksgiving* by James Dean
- *10 Fat Turkeys* by Tony Johnston
- *The Thankful Book* by Todd Parr
- *Thankful* by Eileen Spinelli
- *Being Thankful* by Mercer Mayer
- *Thanks for Thanksgiving* by Julie Markes
- *Biscuit is Thankful* by Alyssa Satin Capucilli
- *Bear Says Thanks* by Karma Wilson
- *Ten Thankful Turkeys* by Angela Muse
- *Splat Says Thank You!* by Rob Scotton

