



# HIPPY

## homeroom

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

October 2015 Volume 1, Issue 23

### Upcoming Family Events: October

7th Annual Mary's Pumpkin Patch: Mary's Place-Bryant (\$6-\$9)	Thru Nov. 7th
23rd Annual Pumpkin Hollow Pumpkin Patch and Corn Maze: Piggott	Now-Oct. 31st
Motley's Farm Pumpkin Festival: Little Rock (Under 3-FREE)	5th-Nov. 1st
26th Annual Ding Dong Days Festival: Memorial Park-Dumas	6-10th
Cleburne County Ozark Trails Festival: Cleburne County Courthouse Lawn-Heber Springs (FREE)	9-10th
Arkansas State Fair: Arkansas State Fairgrounds-Little Rock	9-18th
9th Annual Hometown Crawfordville Harvest Festival: Main Street (FREE)	10th
2nd Annual Drew County Fall Fest: Downtown Square-Monticello(FREE)	10th
2nd Saturday Family Fun Day-Science Experiments: Arts and Science Center for SE Arkansas-Pine Bluff (FREE)	10th
Northwest Arkansas Hispanic Heritage Festival: Mae Farm-Fayetteville (FREE)	10-11th
14th Annual October Daze: Downtown Booneville (FREE)	10th
Fall Festival: Courthouse Area-Prescott (FREE)	10th
28th Good Earth Harvest Time Show: Living Farm Museum of the Ozarks-Pocahontas	17th
39th Annual Grand Prairie Rice Festival: East City Park-Hazen	17th
Norman Fall Fest: Downtown Square-Norman	16-17th
10th Annual Paws for the Cause: Centennial Bank Park-Mountain View (FREE)	24th
19th Annual Lake Village Fall Festival: Town Square (FREE)	23-24th
31st White Hall Founder's Day Fall Festival: White Hall City Park(FREE)	23-24th
2nd Annual Ouachita Fall Foliage Festival: Janssen Park-Mena(FREE)	24th
33rd Annual Beanfest and Outhouse Races: Downtown Mountain View	29-31st
For more events in your area: <a href="http://www.arkansas.com/events/">http://www.arkansas.com/events/</a>	



## State Manager Spotlight –Tyra Greenwood

As fall is in the air and the temperatures are finally cooling down, now is a great time to head outside with your families for some fun and memorable learning experiences. Nature provides tons of new opportunities for exploration and your HIPPIY children are just the right age to soak in all the information that the great outdoors has to offer.

Whether they are

jumping in piles of leaves or discussing the different colors of the fall scenery, your children will be developing their thinking, language, and physical skills in many different ways, all of which will help them prepare for kindergarten.

As Albert Einstein said, "Play is the highest form of research," and children do truly learn best when they are play-

ing, exploring, and actively involved in their learning.

So we hope that you will take the opportunity to enjoy a nature walk, talk about the leaves, the animals, the feel of the air, explore the insides of a pumpkin or visit an apple orchard and enjoy building those memorable learning moments with your children.



## Preventing Preschool Bullying

October is National Bullying Prevention Month and while preschoolers may seem too young to engage in bullying, studies are showing that it is happening with younger children than expected. No child should have to endure bullying and therefore it is important to equip children with the tools they need to stop bullying as well as to learn how to cope effectively when they are the bully.

A basic definition of bullying includes a repeated behavior that hurts or harms another person physically or emotionally as well as an inability for the target to stop the behavior and defend themselves. Often times there is an imbalance of power that occurs when the bully has more physical, emotional, or social power than the target. Bullying can happen anywhere-in school, at home, on the playground, or even over the computer.

Bullying can have very negative consequences for all parties involved, including the target of the bullying, the bully, and even bystanders. Below are some tips to help your child deal with bullying.

### If your child is being bullied:

- ◆ Listen to the child's story as he/she tells it. Try not to interrupt or ask too many questions. Be patient, as it may take time for your child to share the whole story with you.
- ◆ Show that you believe and trust what your child is telling you. For children who feel that they have been wronged or hurt, it is very powerful to feel supported.
- ◆ Tell your child that it is not his/her fault that he/she was the victim of bullying, but also try to avoid judgmental comments about the bully.
- ◆ Teach your child how to use a firm voice and say things like, "Please do not talk to me like that" or "I don't like what you are doing."

- ◆ Make sure your child knows that he/she can always turn to his/her teacher or other trusted adult for help.
- ◆ Make sure your child's teacher is aware of the bullying and will keep an eye on the situation, but do not confront the other child or the other child's parents yourself.

**Avoid:** Telling the child to "man up" or to try to ignore the bully. These could result in more aggressive or negative outcomes.

### If your child is the bully:

- ◆ Accept responsibility. Anyone's child can be the bully and the important issue is to figure out what is causing the behavior and how to work with your child to stop it.
- ◆ Listen to your child. See if he/she has been/is the victim of bullying and is, in turn, passing their anger onto another child.
- ◆ Be a good role model for your child. Show him/her that getting what he/she wants does not involve teasing, threatening, or hurting others.
- ◆ Teach your child ways to properly express his/her emotions. Young children are still building their emotional language and may act out aggressively when it is the only way they know to get their feelings heard. Help your child learn words to convey his/her emotions and role play situations where your child could use words instead of physical actions.
- ◆ Talk about how your child's behavior effects others and how it would make them feel. Building empathy and understanding are important, lifelong social skills.

Whether your child is being bullied or is the bully, change will take time, but it is important to consistently help your child through this period with love and support.



# Fall Fun-Pumpkin Activities



## Language Activities

### 5 Little Pumpkins Fingerplay

5 Little pumpkins sitting on a gate

*(Hold up 5 fingers)*

The 1st one said, "Oh my! It's getting late!"

*(Hold up 1 finger, then pretend to look at your watch.)*

The 2nd one said, "It's very windy out here!"

*(Hold up 2 fingers. Then move hands in air like the wind.)*

The 3rd one said, "But we don't care!"

*(Hold up 3 fingers. Then hold hands up as you do when saying 'I don't care!')*

The 4th one said, "Let's run and run and run."

*(Hold up 4 fingers. Then place fingers on floor and have them move as if they are running.)*

The 5th one said, "Let's have some fun."

*(Hold up 5 fingers. Then wave hands and arms in air as though dancing.)*

WOOOOOSH went the wind.

*(Make a loud woosh sound with your child.)*

OUT went the lights *(Clap hands very loudly when you say OUT loudly— shut out the lights, if it will not scare your child.)*

5 little pumpkins rolled out of sight.

*(Make a rolling motion with your hands.)*

### I'm a Little Pumpkin

*(To the tune of I'm a Little Teapot)*

I'm a little pumpkin

Orange and round.

*(Hold hands in circle in front of stomach)*

Here is my stem

*(Hold one arm straight up for the stem)*

There is the ground.

*(Touch the ground)*

When I get all cut up

Don't you shout!

*(Point and wag finger)*

Just open me up

And scoop me out!

*(Pretend to dig)*



## Math Activities

### Count the Pumpkin Seeds

Materials:

- 1 small pumpkin
- 1 Sharp knife (ADULT USE ONLY)
- Metal spoon
- Baking sheet/pan
- Paper plate or plastic bag

Directions:

1. (ADULTS ONLY) Place the pumpkin on a baking sheet or large baking pan. Cut a wide circle around the stem of the pumpkin in order to open the pumpkin.
2. Let your child observe the inside of the pumpkin. Discuss what he/she sees.
3. Scoop out some of the seeds, let your child help scoop out the seeds, if he/she wants.
4. Place the seeds on a paper plate or in a plastic bag.
5. When several seeds have been removed, dry them off with paper towel.
6. Have your child predict how many seeds there are.
7. Help your child to count the seeds. Start by counting to 5 or 10 seeds (whichever your child is able to do). You can add more seeds as your child learns to count higher. Make sure you have your

child touch or point to each seed as it is counted.

**Extension:** Ask your child to count out a certain number of pumpkin seeds. Continue doing this with different numbers, as long as your child is interested.

### How Big is That Pumpkin?

Materials:

- 2-3 pumpkins of different sizes
- String
- Scissors
- Bathroom scale (extension)
- Blocks, paper clips, or string

Directions:

1. On the floor or a table, lay out the pumpkins.
2. Have your child predict which pumpkin is the biggest.
3. Show your child how you are going to measure the pumpkins using string. Take the string and circle the middle of the pumpkin with string. Cut the string when you have measured all around the circle.
4. Do the same for each pumpkin.
5. Lay the strings next to each other in the order of the pumpkins. Ask your child to tell you which string is the longest; this is the biggest pumpkin.



### Extension: Pumpkin Weight:

Ask your child to predict which pumpkin is the heaviest. Place each pumpkin on a bathroom or other type of scale. Write down how heavy each pumpkin is. When each pumpkin has been weighed, help your child to determine which is the heaviest.

### Pumpkin Height:

Ask your child to predict which pumpkin is the tallest. Show your child how to measure from the bottom to the top of the pumpkin with blocks/paper clips/string. Use the same measurement for each one and keep track of your results. At the end determine which pumpkin was the tallest.



### Pumpkin Hunt (numbers or letters)

Materials:

- Several sheets of orange construction paper
- Dark colored marker or crayon

Directions:

1. Cut out at least 10 pumpkin shapes from the orange construction paper (for math activities) or 26 pumpkin shapes (for letter activity)
2. On each shape write a number 1-10, as well as draw the matching number of pumpkin seeds or write a letter of the alphabet.
3. Hide the pumpkins around your home.
4. Have your child go on a pumpkin hunt. Each time he/she finds a pumpkin have him tell you the number of the pumpkin or the letter/sound on the pumpkin.

## Science:

### Pumpkin Exploration

Materials:

- 1 pumpkin
- Baking sheet/baking pan
- Sharp knife
- Magnifying glass

Directions:

1. Ask your child to feel, smell, and observe the pumpkin. Have him/her describe what is noticed about the pumpkin. Is it heavy or light? What does it smell like? Is it bumpy or smooth? Is it hard or soft? What color is the pumpkin? Etc.
2. ADULTS ONLY: Ask your child to predict what is inside the pumpkin. Cut open the top of the pumpkin so the child can see inside. Ask him/her to describe what is seen and smelled.
3. Have your child touch the inside of the pumpkin, but do not force this, as many children do not like the feel of the slimy pumpkin insides. (If your child will not touch the inside, you do it instead and describe it for your child).
4. Take out some of the pumpkin seeds and other pulp and place it in the baking sheet. Let your child explore the pumpkin insides with a magnifying glass or touch it with a fork or popsicle stick.
5. Continue to let your child explore as long as he/she is interested.



### Sink or Float Pumpkins

Materials:

- Large tub of water (bathtub, bucket, etc.)
- Pumpkins of different sizes

Directions:

1. Fill your bathtub with water. Take one of your pumpkins, and ask your child if he/she thinks it will float or sink. Why does he/she think that? Place the pumpkin in the water and talk about the results.
2. Repeat this step for each pumpkin, making sure to allow your child to predict what will happen and to discuss the results afterwards.
3. Discuss with your child why the pumpkins floated regardless of size. *(The answer? Pumpkins are hollow objects, and there is enough air trapped in the center of the pumpkin that it floats.)*

## Creative Pumpkin Crafts

### 1. Sponge Painted Pumpkins:

Cut sponges in the shape of pumpkins. Have children dip the pumpkins into orange paint or experiment with mixing red and yellow paint and stamp the sponges onto a sheet of paper. Have children use a brush or a thumb print dipped in green paint for the stem.



### 2. Pumpkin Decorating:

Provide your child with a clean pumpkin and plenty of craft materials, glue, and scissors. Let him/her decide how to decorate the pumpkin.



### 3. Paper Bag Pumpkin:

Give your child a brown paper lunch bag. Have him/her fill the bag halfway with crumpled up newspaper or scrap paper. Then twist the top of the bag to make it look like a stem. Use masking or other strong tape to keep the top twisted. Have your child paint the bag to look like a pumpkin. Help your child to cut out a leaf shape from green construction paper and tape or glue it to the stem.





# Fire Prevention Month



October is Fire Prevention Month and we want to ensure that all HIPPIY families are aware of potential fire hazards in the home and ways to prevent and protect themselves from fire dangers.

## Quick Fire Facts:

- Half of home fire deaths result from fires reported between 11pm and 7am, when most people are asleep.
- 3 out of 5 home fire deaths happen from fires in homes with no smoke alarms or no working smoke alarms.
- Cooking equipment is the leading cause of home fire injuries, followed by heating equipment.
- Smoking materials are the leading cause of home fire deaths.
- 2 of every 5 home first started in the kitchen.
- Portable or fixed space heaters were involved in 4 out of 5 home heating deaths.
- Home heating equipment is the 2nd leading cause of home fires, fire deaths, and fire injuries.
- On average, there are 29 home candle fires reported each day.

## Household Fire Prevention/Safety Tips:

- Make sure to have working smoke detectors near all sleeping areas as well as in the kitchen and on each floor of your home.
- Have your furnace and fireplace checked for safety each year. If you rent, ask your landlord to provide this service.
- Practice a fire escape plan with your family and make sure anyone who may stay in your home knows the plan.
- Make sure you have a working fire extinguisher in your home.
- Keep matches and lighters out of reach of children.

## Fire Safety in the Kitchen:

- Stay in the kitchen whenever you are cooking food. Check the food regularly to prevent burning.
- Set a timer to remind you to check the food.
- Keep anything that can catch fire, such as oven mitts, papers, utensils, towels, etc., away from the cooking area.
- Have a "kid-free zone" of at least 3 feet around the stove and other cooking areas.



## Candle Safety:

- Blow out all candles when you leave a room or go to bed.
- Avoid using candles in the bedroom or other areas where people may fall asleep.
- Keep candles at least 12 inches from anything that can catch fire and burn.
- Put candle holders on sturdy, uncluttered surfaces.
- Use flashlights, not candles during power outages.
- Never leave a child alone in a room with a burning candle.



## Heating Safety:

- Keep anything that can burn at least 3 feet away from heating equipment.
- Have a 3 foot "kid-free zone" around fires and space heaters.
- NEVER use your oven to heat your home.
- Make sure to turn portable heaters off when leaving the room or going to bed.
- Make sure fireplaces have a sturdy screen to stop sparks from flying into the room.



(Sources: National Fire Protection Association-nfpa.org, UAMS and ACH Injury Prevention Program, Children's Hospital Colorado)



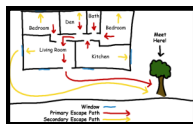
# Fire Safety Activities for Families



Since most home fires are accidental, it is very important that all families take time to create an action plan in case of a fire. Investing a few minutes in talking to your child about fire safety just might save a life. Below are some simple activities you and your family can do to stay safe in the event of a fire.

## 1. Develop and practice a fire escape plan:

Draw a map of your home that includes all the rooms, as well as all of the window and doors. Sit down as a family and help each person figure out the fastest exit in case of a fire. Make sure there is more than one option, in case one exit is blocked by fire. Set a meeting place for everyone to go to once they are safely out of the house. Practice your fire escape plan every 6 months to make sure everyone remembers. Share your plan with everyone who stays in your home.



Make sure children know **never** to hide in a closet or under a bed when there is a fire, so that firefighters or other rescuers can find them quickly.

## 2. Stop! Drop! And Roll!

It is important to teach children what to do if their clothes or hair should catch on fire. Parents should demonstrate how to "stop, drop, and roll" to put out the fire. Parents may want to tape a paper flame to a piece of their own clothing and

demonstrate how to roll on the ground to put the "fire" out. Make sure children have plenty of opportunity to practice while saying, "Stop, drop, and roll".

## 3. Smoke Crawl:

Talk to children about what to do when they see smoke. Smoke rises and goes up and makes it very difficult to breathe; therefore, people need to get on their stomachs and stay low to the ground so as not to breathe in the smoke. Have the children practice crawling on their stomachs around the room or to an exit.



For a fun alternative, have two people hold the ends of an open bedsheets and wave it up and down, pretending it is smoke. Have the child crawl under the "smoke".

## 4. Fire Safety Dramatic Play:

Provide plastic fire hats, fire coats (black zippered sweatshirts or paper grocery bags with arm holes and an open front), pretend hoses (wrapping paper tubes or paper towel tubes taped together, old pieces of garden hose, etc.), fire extinguishers (clean and empty squirt bottles), fire trucks made out of empty cardboard boxes, construction paper flames, or anything else that would be useful for a pretend fire situation. Give your child plenty of free time



to develop a situation and role play what would happen. Make sure to follow his/her lead.

## 5. Visit a Fire Station:

Arrange a time to visit a local fire station. They will likely let your child sit in the fire truck, try on the fire gear and look at the equipment. They may also talk to your child about fire safety tips.

## 6. Test Smoke Detectors:

Let your child be your assistant as you check the smoke detectors in your house. Have him/her carry the batteries or one of the tools that you will need to check the detectors.

## 7. Read Fire Safety Books:

When children can read about a situation where people had to carry out fire safety actions or learned a lesson about fire safety, they may be more likely to remember it. Check out some of these great books:

- *Arthur's Fire Drill* by Marc Brown
  - *Clifford the Firehouse Dog* by Norman Bridwell
  - *Curious George and the Firefighters* by Margaret Rey
  - *No Dragons for Tea: Fire Safety for Kids (and Dragons)* by Jean E. Pendziwol
  - *Sparky the Fire Dog* by Don Hoffman
  - *What Does a Firefighter Do?* By Ellen Catala
  - *A Day in the Life of a Firefighter* by Linda Hayward
  - *Stop Drop and Roll* by Margery Cuyler
- (Source: preschool-plan-it.com)



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### 8 Easy, Healthy Breakfasts for Families on the Go



#### Eggs 3 Ways:

Serve with a side of whole grain toast and fruit.

- Scrambled:** Beat 1-2 eggs per child in a bowl with a table-spoon of milk, a pinch of salt, and little bit of pepper. Pour into a medium heated pan that has been coated in cooking spray. Continue to move eggs around until cooked all the way through (about 2 minutes).
- Hard Boiled:** (*Best done the night before.*) Fill a small pot 2/3 full with water. Place in as many eggs as you want to boil. Turn the stove on to high heat. Once the water begins to boil, turn off the heat and remove the pot. Let eggs sit for 15-20 minutes. Remove from pot and place in the refrigerator in an airtight container overnight. Eggs will be ready to peel and serve in the morning.

- Egg Cups:** (*Best done the night before.*) Mix 6 large eggs, 1/4 cup milk, a pinch of salt and a pinch of pepper together in a bowl. Add any diced vegetables and 1/4 cup of your favorite shredded cheese. Grease a muffin tin and fill cups 3/4 full of egg mixture. Bake at 375 degrees for 20-25 minutes until the center is firm. (Test with a toothpick). Allow eggs to cool completely and store in an airtight container. Eggs will be ready to re-heat in the morning.



#### Yogurt Parfait:

##### Ingredients:

- Low-fat plain or low-sugar yogurt
- Cut up fruit-fresh or frozen



(strawberries, blueberries, bananas, peaches, etc.)

- Granola or crunchy granola bar (crushed)

##### Directions:

- Place a thin layer of granola at the bottom of medium sized plastic cup.
- Then place a layer of yogurt, followed by a layer of fruit.
- Continue with another layer of granola, yogurt, and fruit.

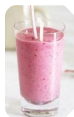
#### Smoothie

##### Ingredients:

- 1-2 Frozen bananas
- 2 cups frozen fruit of choice
- 1 cup low fat plain yogurt

##### Directions:

Place all ingredients in a blender and blend until smooth. Add more bananas for a creamier texture. Adjust recipe to get the desired flavor.



**Alternative:** Blend bananas and a scoop of peanut or other nut butter and yogurt for additional protein.

#### Pop Toast:

##### Ingredients:

- 2 pieces of whole wheat bread
- 1 tsp butter (softened)
- 1 1/2 tbsp jam
- Optional: nut butter, cream cheese, fresh fruit (bananas, berries, etc.)

##### Directions:

- Lightly butter both pieces of bread.
- Spread the jam and any other toppings over the butter on just one piece of bread leaving 1/2 inch border around the edges.
- Top with other slice of bread.



- Cut off the crust and seal the pieces of bread together using the prongs of the fork.
- Slide into the toaster: then wait for it to "pop"!

#### Oatmeal Cups (*Best done the night before*)

##### Ingredients:

- Plain instant oatmeal or old fashioned rolled oats
- Cinnamon
- Maple syrup or brown sugar
- Water
- Optional: fruit, dried fruit, applesauce, or nuts

##### Directions:

- In a pot or bowl, mix together as much oatmeal as you think you will need (usually 2-3 servings), water, cinnamon, and either maple syrup or brown sugar.
- Cook oatmeal according to directions.
- Preheat oven to 375 and grease the muffin tin.
- After oatmeal is cooked, pour into muffin cups until 2/3 full. Sprinkle additional cinnamon or oats on top and place in the oven for 20 minutes.
- Allow to cool thoroughly and store in airtight container in refrigerator or freezer.



#### Nutty Roll Up

##### Ingredients:

- Whole wheat torti
- Nut butter
- Banana

##### Directions:

- Spread your chosen nut butter on the top of the tortilla.
- Place an unpeeled banana in the center of the tortilla and roll up.
- Cut in half and enjoy!



#### Pleasing Pumpkin Books

- From Seed to Pumpkin* by Wendy Pfeffer
- How Many Seeds in a Pumpkin?* by Margaret McNamara
- Pumpkin Town! Or, Nothing is Better and Worse Than Pumpkins* by Katie McKy
- Too Many Pumpkins* by Linda White
- The Biggest Pumpkin Ever* by Steven Kroll
- Pumpkin Circle: The Story of a Garden* by George Levenson
- Pumpkin Soup* by Helen Cooper
- Splat the Cat and the Pumpkin-Picking Plan* by Catherine Hapka

#### Amusing Apple Books

- Apples for Everyone* by Jill Esbaum
- Apples* by Gail Gibbons
- Apples, Apples, Apples* by Nancy Elizabeth Wallace
- Bad Apples: A Tale of Friendship* by Edward Hemingway
- Ten Apples Up On Top* by Dr. Seuss
- Amelia Bedelia's First Apple Pie* by Herman Parish
- The Apple Pie Tree* by Zoe Hall
- How To Make an Apple Pie and See the World* by Marjorie Priceman