

# Lil' People's World Newsletter



## Ask the expert Q&A

Q: I heard singing to your child is beneficial, what do you think about this?

A: Like all the best learning experiences in early childhood, music activities simultaneously promote development in multiple domains. Singing a lullaby while rocking a baby stimulates early language development, promotes attachment, and supports an infant's growing spatial awareness as the child experiences her body moving in space. Being intentional about integrating music into your program's daily routines—thinking through, "What do I want the children to learn from this music experience?"—helps you design and choose activities to support specific developmental goals.

## How to Have Fun with Your Kids during the summer, Without Spending Money!

Family fun does not have to break your budget!

Here are some ways to spend quality time with your kids, keep them entertained during summer break, and not spend any money in the process.

Sing songs

Take a tablet of paper and pass it around to everyone and let them write down a sentence. Then pick a tune and substitute your sentences for the song lyrics

Plan your outings around free activities

The summer is full free and exciting activities, like parades, classic car Rod Runs, sand castle competitions, and other community activities. It's just another excuse to grab a sack lunch and enjoy the beautiful weather.

Be an investigator

Check your local Recreation Guide for summer classes, like martial arts, swimming, pottery and other art classes. Many Parks and Recreation Department offer scholarships for summer programs. If they don't offer scholarships, they might offer discounts based on income.

Have an early morning picnic.

Before the sun rises high in the sky, take a blanket to a cool spot in the back yard and have a breakfast food picnic

Camp in the backyard.

Set up a tent in your back yard and camp out. This will save on gas commuting to some remote location, but you can still cook outside or roast marshmallows on the grill. Tell scary ghost stories and sing fun campfire songs.

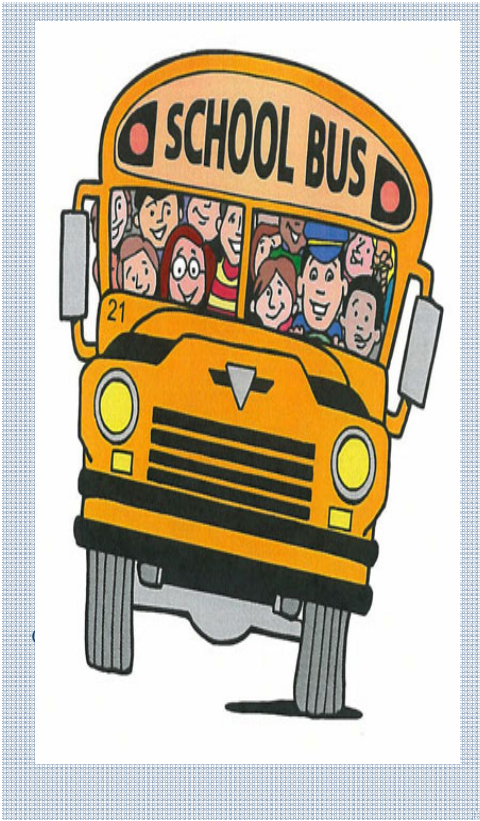
## Summer Recipes

### Chocolate banana pops-

Take a ripe banana, stick a Popsicle stick in one end and put in freezer. Melt some semisweet chocolate and coat the almost frozen bananas, place on parchment paper and stick them back in the freezer for about an hour. You can also add sprinkles to the pops before you freeze them or switch it up with white chocolate. Yummy!



Featured art from the Canyon class at our Seattle center.



## Getting School Ready, by Mrs. Shawn-

One of my goals as a teacher and now the General Manager of LPW was to bring a connection between our preschools and kindergarten. I'm excited to say that I am a representative for LPW at the "Getting School Ready" in North Shore School District and also in the Edmonds School District. Both programs are different in ways, but my passion and the main goals are to improve school readiness and support successful transitions of children and their families into kindergarten. LPW will gain even more ways to educate & support parents/families, childcare providers, early educators in carrying out simple, everyday activities to promote early childhood literacy & developmentally appropriate early learning and prepare your children for smooth transition into kindergarten.

### Did you know?

Children can get sunburned even while driving in the car. Experts recommend lathering children up with sunscreen anytime you leave the house, even if it is just driving in the car.

## Parent Communication

~ **Early Closure, July 30<sup>th</sup> at 4:30pm**

~ Were happy to announce we have increased our numbers to 85! We are excited to add a second preschool room and coming September we will have a pre-k program room!

~New faces to say hi too: Miss Katie works at our front desk in the afternoon, Miss Erica is joining us full time from Seattle, Miss Krystal, Miss Charissa and miss Kamry are new teachers to work with our wonderful staff!

~Don't forget to sign up for Amazing Athletes

~We will be doing our outside summer photos with Lil Angeles

~August 31<sup>st</sup>, 2010 will be our "End of the Summer" family BBQ



They invented **hugs** to let people know you love them without saying anything."