

# Center for Early Childhood Education

## Newsletter

Our Mission: To help all children in Howard County to be successful when they enter school.

Issue 72, August 1, 2009

### What Would You Like To Know About?

I would like to hear from you! What health or safety topics would you like to know more about? Please e-mail me with your ideas.

Stacy Rosales, M.S.N., R.N. at [srosales@iupui.edu](mailto:srosales@iupui.edu).

*Stacy worked with the Center last year for her master's project. She has been responsible for the health hints in the newsletters, and you will soon see health-related children's books in many of the totes. We purchased them, and she and Holly are writing materials to go in the totes with the health books. We have also purchased toys that relate to the theme of the book, i.e. stethoscope and nurse's hat to be used with the "Going to the Doctor" book. Please do let Stacy know about any health- or safety- related topic you'd like to read about in the newsletter.*

### Back to School is Just Around the Corner

For those of you who have children entering kindergarten this year, there are only a few weeks before your child will be embarking on the wonderful world of school. We hope you have been preparing your child with the suggestions we have been including in the newsletters. For those of you with younger children, it is never too late to begin building the foundation for a successful student. Children learn from the moment they can see and hear as they react to their surroundings. Adult success depends partially on the learning and development that happened in their childhood. We hope you are reading the books you receive in our Totes for Tots program to your children every day. You can read them more than once during the month you have them, as children love to hear stories over and over again. We hope you are talking about words they might not know as you read the story, and make sure they understand what the word means. Depending on the age of your child, let them hold the book and turn the pages as you read. Ask them to tell you about the pictures on the



page, as this will also aid in developing their speech. Talk about the cover, front, and back of the book. Talk about the person who wrote the book (author), and the person who drew the pictures (illustrator). Talk about colors they see in the book and see if they can find a matching color somewhere else in the book. Ask them to point to pictures that you name. If your child is 5, point out a word like "and" and ask your child to find "and" on another page or elsewhere on the same page. Be sure your child knows to hold the book so the pictures are upright, and knows to start at the front of the book and can turn the pages one at a time.

### Enjoy a Healthy Snack and Learn the Alphabet at the Same Time!

#### Ingredients

1 t. instant yeast  
1 T. honey  
2 ½ to 3 cups whole wheat flour  
1 t. salt  
1 cup milk, warmed for 1 min. in a microwave oven  
1 egg, whisked  
Kosher (coarse) salt

#### Equipment

large bowl  
measuring spoons and cups  
wooden spoon  
whisk  
plastic tray  
towel  
pastry brush  
2 to 3 non-stick cookie sheet

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### Little Learners Child Care

Did you know that the Little Learners Child Care program on the IU Kokomo campus is open to the public? The program serves toddlers (ages 1-2) and preschool children (ages 3-6). Call (765) 455-9306 or e-mail [childcare@iuk.edu](mailto:childcare@iuk.edu) for more information.



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1. Wash hands and preheat oven to 425 degrees
2. Combine first 5 ingredients in a bowl. Stir with wooden spoon until ingredients form a ball.
3. Sprinkle flour on a tray. Remove dough from bowl, place on tray, and knead for 5 minutes or so – dough will have a satin-like texture.
4. Divide dough into 8 to 10 pieces; place on clean table. Have each child use their hands to roll 2 pieces of dough into short logs. Cover the logs with a towel and let the dough relax for 5-10 minutes.
5. Have children pull the logs into longer and thinner strips.

(They will double in width while baking)

6. Help children make their initials on a nonstick cookie sheet.



7. Brush the pretzel letters with whisked egg. Sprinkle tops with Kosher salt. Bake for 15 minutes or until golden brown. Clean up while the pretzels are baking. Remove from oven and cool on a wire rack.
8. Enjoy a healthy snack!

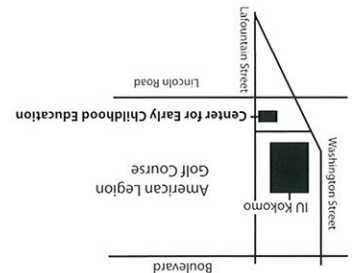
**Don't Forget August 13 is the next Activity Day.**



## Center for Early Childhood Education

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Kokomo campus

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