



Supported Child Development Little Bridges Playgroup April 2020

Parenting Tip: Dental Hygiene

- Show your child the importance of brushing their teeth. Do an experiment together. Put an egg in Coke overnight. Then use toothpaste to brush off the stain. Talk about plaque and bacteria and the importance of brushing!
- Help your child brush their teeth after every meal, and help them floss once a day until they are eight years of age.
- Only serve your child water to quench their thirst and promote drinking milk with every meal. Choose to stop the pop! Keep pop, energy or sports drinks drink, caffeinated beverages, even fruit juices (high in sugar and acid) out of sight.
- Visit your dental health professionals regularly! Check with your Community Health services office to see if they have a dental program.

Recipes:

Banana Breakfast Split

Ingredients: 1 banana, yogurt (frozen or not), granola or whole grain cereal, berries (fresh, frozen or canned)! Place yogurt in a bowl, cut banana in pieces. Sprinkle with berries and granola/cereal. Enjoy this nutritious parfait for breakfast!

Cheesy stacks On a baking sheet:

Top whole grain crackers with grated cheddar, mozzarella, or havarti cheese. Place in a 350 degree F oven until cheese is melted.

Optional: after, top with finely chopped cucumber, green onions or salsa. Cool for a bit and serve!

Rhymes:



See the little funny bunnies:

See the little funny bunnies sleeping until noon
(children lay and pretend to sleep)
Shall we wake them up with our funny tune
Oh so still...Are they ill?
Hop little bunnies (children hop) Hop, hop, hop
Hop little bunnies hop, hop, hop
Hop little bunnies, hop, hop, stop!

I'm a little bunny

(Tune: I'm a little teapot) I

I'm a little bunny watch me hop (hop)
Here are my two ears see how they flop (hands become ears)
Here's my cotton tail and here's my nose (one hand to be a tail) I'm all furry from my head to my toes (point from head to toes)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice hand washing with your child: before meals, after meals, after coughing or sneezing or wiping nose, after using the toilet, or coming in from outside.	With long paper strips, have your child practice cutting with single snips. Glue pieces on to a paper after.	Record your child with just audio or video, and have them answer questions like "What's your name?" "How old are you?" and have them sing rhymes, play back!		Fill a bag with different items from the house and small toys. Have them reach in and grab one item and then have them guess by feeling (not peeking) and ask "What is it?"	Have your child help to set the table for a meal. Show them where everything goes. Talk about the names of everything and who sits where.	Make a tape town, mark roads, driveways and parking lots with masking tape. Use boxes to become stores, schools and houses. Add the toys and people!
On an oval shaped paper, have your child color with crayons, make circles, lines, tornados, etc. Then paint over top with a thin layer of paint. Pretty egg!	Sing this month's featured rhymes "See the little funny bunnies" and "I'm a little bunny".	Allow your child to practice jumping. Jump on a mattress placed on the floor, or on cushions. Supervise carefully! Great exercise for strengthening legs.	Make finger-paint (Mix 3 tbsp. sugar, 1/2 cup cornstarch and 2 cups of water in a pot, cook over low heat, divide into smaller portions and add food coloring) Cool and paint!	Have a "purple" day Wear something purple. Mix blue and red food colored water together to make purple. Eat purple grapes. Find something purple.	Make a book with your child. It is a story book, so have your child tell you a story and write it in the book. Try to write in it daily and read at bedtime.	Color eggs with your child. Decorate with wax crayons then dip the eggs into containers filled with vinegar, and food coloring. Let dry.
Have an egg hunt. Hide plastic eggs throughout your house or yard. Give your child a basket and then have them collect. After, count the eggs to see how many they found.	Try playing a board game likes "Snakes and ladders" with your child, help them to count the dots on the dice and the spaces to move.		In an egg carton, color the egg cups with a color that corresponds to a plastic Easter egg. Then have your child match the eggs to the colors in the cups.	Have your child help you sort coins. Place into piles of pennies, dimes, quarters, loonies and twoonies.	Have your child close their eyes, then gently touch a body part. Then ask them to open their eyes and tell which part you touched. Try shoulder, elbow, chin, etc	Sing your child's favorite song with them. Use a musical instrument to jazz it up also!
Target toss. With a ball or a crumbled up paper or rolled up sock, toss at a target or into a bucket or container.	In your conversations or when looking at a book use position words like "in, out, under, on, beside, in front of" etc.	Ask your child "how old are you?" Help them to respond by showing how many fingers, and saying "I am ___!"	Cut a cereal box picture or greeting card into four or five pieces and then have your child put back together.	After your child's bath, give your child some lotion to rub onto different body parts. Talk about how it feels, and how to rub it in , and body parts.	Talk about rhyming words –words that sound the same. See how many words rhyme with "sock". Write them down to show your child what they look like.	With sticks or straws, make the letters of your child's name together. See if they can copy the letters with the stick patterns.