

Let's Talk About Up to the Skies and Down Again

Up to the Skies and Down Again is about a little girl who wants to know if her parents love her.

Stories give children a chance to think and talk about the emotional issues. Often, children think about these things but cannot talk about them. Stories give children the language and a way to talk about the things that worry them.

Stories like this are reassuring and helpful for children, and they are very touching for the parents who read them.



Some ideas for reading the book.

- With your child, look for the kitty in the book.
- This book is about a little girl, but the pictures show a child who could be girl or boy. If you are reading to a boy change the text to he/his.
- The child is getting older as the book progresses. Ask your child how old he thinks the child is in the pictures.

Let's Play With Rhymes

Love Somebody, Yes I Do

Love somebody, yes I do,
Love somebody, yes I do,
Love somebody, yes I do,
Love somebody, but I won't tell who.



Love my Daddy, yes I do...
Love my Mummy, yes I do...
Love my Granny, yes I do...
Love my Grandpa, yes I do...

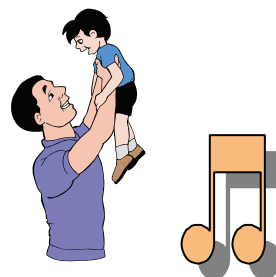


Dance Him Up

Dance her/him up and up and up and up,
Dance her/him up to the sky.
Dance her/him up and up and up and up,
She'll/He'll come down by and by.

She/He is like a lady/gentleman,
She/He is like a queen/king,
She/He is like a lady/gentleman,
The most beautiful you've ever seen!

Repeat first verse.



Note to Parents & Caregivers

Children love picture books that evoke emotional responses. Books that deal with childhood fears reassure children that they are not alone in experiencing such feelings.

Picture books can help children deal with emotional issues.

Let's Create

How Tall Am I?

Choose a wall or door jam, where marking doesn't matter, like the inside of a closet. Every 6 or 12 months measure your family.

To measure, put a ruler straight across the top of your child's head to the door jam or wall and mark the spot. Write the name of the child and the date.



Using a ruler, a meter stick or a measuring tape measure your child's size.

Write that number next to the name and date.

A special measuring stick can be made and taken if the family moves.

It is amazing to see how much a child grows!!

Let's Be Together

At each stage of development children need to be reassured that they are loved.

Children are not able to remember stories of what they were like as a newborn, infant or toddler. Use this book as an introduction to personal stories you can tell your child about himself.



Use the rhyme at the end of the story to reassure your child that you love him today.

*And, do you still love me
Like you loved me then?
Yes, right up to the skies
and then down again.*

Swing your child up and down into your arms as you say the rhyme.

Or, if you are saying the rhyme as you tuck your child into bed, raise your arms up to the skies and then bring them down around your child in a big bear hug.

Help your child understand herself better with stories about her past.



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