



Fun in the Sun!

When a Robin Cocks Her Head

When a robin cocks her head
Sideways in a flower bed,
(Tilt head to one side.)

She can hear the tiny sound
Of a worm beneath the
ground.

(Make crawling movements with finger.)



▶ Parents are children's first teachers.

It is easier to hear the sounds of nature in the summer. Listen to and talk about the sounds you hear outside, such as rain, birds, insects, cars and trains. Ask which sounds are loud, soft, high or low and which ones your child likes best. Knowing how to listen carefully helps your child learn to read.

Early Years Literacy



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Summer Snack Ideas

- Fruit dipped in yogurt
- Bread sticks and hummus
- Pita triangles and tuna salad
- Grapes and chunks of cheese
- Melon wedges and rice crackers
- Mini pizzas (on English Muffins)
- Hard-boiled egg and melba toast
- Whole grain cereal with bananas
- Peanut butter or cheese and crackers
- Sliced meat wrapped around cheese sticks



Something About Me

There's something about me
that I'm knowing.
There's something about me
that isn't showing.
I'm growing!



Nutrition Tip – Offer foods from 2 of the 4 food groups for snacks, 3 times per day. Children benefit from scheduled meals and snacks.

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