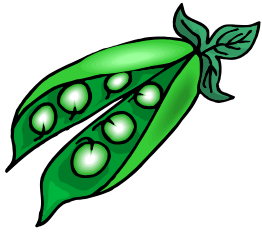




Sweet Pea!



I Eat My Peas

(Clap hands in rhythm with poem.)

I eat my peas, Sonny.
I've done it all my life.
I know it may seem funny,
But I catch them with my knife.

Parents are children's first teachers.

Rhymes and activities that allow a child to move are fun for the child. They also help activate a child's brain differently from when a child is sitting still. Brain development can be strengthened by activities that include movement.

Early Years Literacy



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In My Garden

(A finger rhyme. Use names of people your child knows.)



In my garden, under the sun,
Grew some carrots. Sam picked **1**

In my garden under skies so blue,
Grew some carrots. Jake picked **2**

In my garden near an big oak tree,
Grew some carrots. Jenny picked **3**

In my garden near the back door,
Grew some carrots. Cory picked **4**

In my garden near a beehive,
Grew some carrots. Emma picked **5**
We took those carrots, washed the bunch.
Then sat down and ate them for lunch!

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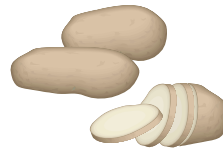
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Potato Stamps

Cut potato in half. Dip in paint and stamp on paper. Cut a square, a star or letter shape in the sliced edge of the potato.

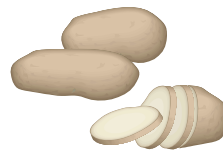


Your child may enjoy making prints with the first letter of his or her name.

Nutrition Tip: Offer juice only at snack time and no more than 1 cup of juice a day. Kids can fill up on juice, leaving little room for nutritious food they need to grow. Offer milk at mealtimes. Offer water between meals and snacks.

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