



T'is The Season

Little Jack Horner

Little Jack Horner
 Sat in a corner
 Eating his Christmas pie.
 He stuck in his thumb
 And pulled out a plum
 And said, "What a good boy am I."



▶ Parents are children's first teachers.

Holiday times can be filled with both excitement and stress. Children become confident when parents focus on a child's good intentions. A child who is able to say "What a good boy (girl) am I" is more willing to try new things, including learning to read.

Early Years Literacy



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Ten Little Reindeer

(Sung to "Ten Little Indians")

1 little, 2 little, 3 little reindeer,
4 little, 5 little, 6 little reindeer,
7 little, 8 little, 9 little reindeer,
Pulling Santa's sleigh.

Show the number of reindeer by wiggling your fingers as you sing.

Sing this rhyme while your child dips a reindeer cookie cutter in paint and stamps sheets of paper to make Christmas wrap.

Maple Toast Cups with Baked Eggs

6 slices bread, crust removed

2 tbsp maple syrup

1 cup chopped ham or 3 slices cooked, crumbled bacon

6 eggs

Lightly butter 6 muffin cups. Flatten bread with rolling pin and press into muffin cups. Brush bread with maple syrup. Divide ham or bacon between cups. Break an egg



into each cup. Add pepper to taste. Bake at 400° F 15-18 minutes or until eggs are set. Run a knife around edge of muffin cups to loosen bread.

Nutrition Tip: A new food may not be eaten the first time. Wait and try again in a few days or weeks. Offer a new food with a food that your child is familiar with.



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