

# Upgrading for Parents with Preschoolers

## Children's Program Plan

The Family

**Word of the Day: "Family"**

### Art or Special Activity

- Drawing: Draw a picture of your family.
- Make Finger-Paint Hand Prints: Children dip hands into paint and gently press hand onto paper. Or simply, trace around child's hand with a pencil. Families take prints home and make one for each member of their family.

### Books

- *Mommy and Me*, by Neil Ricklin
- *Dancing*, by Denys Cazet
- *All Together*, by Fahlman, Henderson
- *Love is a Family*, by Roma Dowling
- *A Chair For Mother*, by Vera B. Williams
- *One Hundred is a Family*, by Pam Munoz Ryan
- *Me and My Sister*, by Mercer Mayer
- *Something Good*, by Robert Munsch
- *Tell Me Again About The Night I Was Born*, by Jamie Lee Curtis

### Pre-Literacy Skills

- Visual Discrimination (Matching Game): Whose Baby Am I? Match the baby animals to their mothers.
- Conversational Skills: Discuss families – large ones, small ones, single parent, etc. Who is in your family?

### Poems

- "Families," by E. A. Wardle
- "Little Pictures," by Arnold Lobel
- "These Are Grandma's Spectacles"
- "My Sister Laura"
- "This is the Baby"
- "What is the Matter With Baby Jane?" A.A. Milne
- "Father, Mother and Uncle John"

### Gross Motor Skills

- Pretend Play: Play House. Use everyday household props, such as brooms, clothes, kitchen items, purses, shoes, bathroom items and children's toys.

### Songs

- "The More We Are Together," by Raffi
- "Mama's Little Baby Loves Shortening Bread"
- "Hush Little Baby ... Daddy's gonna buy..."
- "Coma-Looka-See"
- "People at My House" (Sesame Street song, "People in My Neighbourhood")
- "I Love You, You Love Me (...happy family)"

### Numeracy Skills

- Discuss "big / medium / small" and relate to "Mommy / Daddy / Baby." Play with three different size toys, (cars, animals or blocks). Ask children which one they think would be the Mommy, (the Daddy? the child?)

### Parent/Child Time

Circle Time: Parents join children for circle time. Start with a name song to introduce everybody. Incorporate songs, poems and books from above. Ask children about their families. Show multicultural pictures of different kinds of families (single-parent families, large families, mixed races families, etc.)

## **Families** by E.A. Wardle

Families are big,  
Families are small.  
Some families have  
No kids at all.

Uncle, aunt,  
Sister or brother,  
All get together  
And hug one another.

Families are loving,  
Families are caring.  
The best part of all is  
Families are for sharing.

## **Little Pictures**

Little pictures,  
Hang above me.  
Pictures of the folks,  
Who love me.  
Mom and Dad,  
And Uncle Jack,  
They love me.  
And I love them back.

## **These Are Grandma's Spectacles**

These are Grandma's spectacles,  
This is Grandma's hat.  
This is the way she folds her hands,  
And lays them in her lap.

## **My Sister Laura**

My sister Laura's bigger than me  
And lifts me up quite easily.  
I can't lift her, I've tried and tried;  
She must have something heavy inside.

## **This is a Baby**

This is a baby ready for a nap.  
*(Hold up one finger)*

Lay him down in his mother's lap.  
*(Place in palm of other hand)*  
Cover him up so he won't peep.  
*(Wrap other fingers to cover it)*  
Rock him till he's fast asleep.  
*(Rock hands to and fro)*

## **What is the Matter with Baby Jane?** by A.A. Milne

What is the matter with Mary Jane?  
She's crying with all her might and main,  
And she won't eat her dinner – rice pudding again.  
What is the matter with Mary Jane?

What is the matter with Mary Jane?  
I've promised her dolls and a daisy-chain,  
And a book about animals – all in vain.  
What is the matter with Mary Jane?

What is the matter with Mary Jane?  
She's perfectly well, and she hasn't a pain;  
But, look at her, now she's beginning again!  
What is the matter with Mary Jane?

What is the matter with Mary Jane?  
I've promised her sweets and a ride in a train,  
And I've begged her to stop for a bit and explain.  
What is the matter with Mary Jane?

What is the matter with Mary Jane?  
She's perfectly well and hasn't a pain,  
And it's lovely rice pudding for dinner again.

## **Father, Mother and Uncle John**

Father and Mother and Uncle John,  
Went to town, one by one.  
*(Bounce your child on your knee)*  
Father fell off,  
*(Tip child to one side)*  
Mother fell off,  
*(Tip child to other side)*  
But Uncle John went on and on and on...  
*(Put child back to center and bounce again)*

## **Hush Little Baby**

Hush little baby, don't say a word,  
Daddy's gonna buy you a mockingbird.  
If that mockingbird won't sing,  
Daddy's gonna buy you a diamond ring.  
If that diamond ring turns brass,  
Daddy's gonna buy you a looking glass.  
If that looking glass gets broke,  
Daddy's gonna buy you a billy goat.  
If that billy goat won't pull,  
Daddy's gonna buy you a cart and bull.  
If that cart and bull turn over,  
Daddy's gonna buy you a dog named Rover.  
If that dog named Rover won't bark,  
Daddy's gonna buy you a horse and cart.  
If that horse and cart fall down,  
You'll still be the sweetest baby in town.

## **Come-a-Look-a-See**

Come-a-look-a-see,  
Here's my mama.  
*(Hold up thumb)*

Come-a-look-a-see,  
Here's my papa.  
*(Hold up 1st finger)*  
Come-a-look-a-see,  
My brother tall.  
*(Hold up middle finger)*

Sister, baby,  
*(Hold up ring and pinky finger)*

Mmmmmmm,  
*(Kiss joined fingers)*

We love them all!  
*(Wiggle all fingers)*

## **People At My House** *by Paul Fralick (to the tune of "People in My Neighbourhood" from Sesame Street)*

Who are the people at my house,  
At my house, at my house?  
Who are the people at my house,  
The people that I see each day?

.....is a person at my house (fill in child's name)  
At my house, at my house,  
.....is a person at my house,  
A person that I see each day.

## **I Love You, You Love Me**

*as sung by Barney*

I love you.  
You love me.  
We're a happy family.  
With a great big hug and a kiss from me to you,  
Won't you say you love me too!

I love you.  
You love me.  
We're best friends as friends should be.  
With a great big hug and a kiss from me to you,  
Won't you say you love me too!