

# Family Newsletter



## THIS MONTH'S THEME

## Down on the Farm

This month, your child will learn all about life Down on the Farm! Your child will get to know chickens, pigs, sheep, horses and more. They will have fun practicing the sounds the animals make and learning about the food they eat. Your child will explore the different jobs that farmers do, like planting and harvesting crops, feeding and rounding up the animals and driving a tractor to plow the fields. They will even plant their own seeds and watch them grow! Discuss your child's creative process when they bring home an array of barnyard art projects. It is an action-packed month of animals, farming, food and fun that your child is sure to remember!



Look for the daily notes about your child's art projects!

### Today I designed a pet cow.

First I got to decide how my cow should look. I chose how to decorate it, using my fingerprints. It was fun to add wiggle eyes! Then I attached two clothespins for legs. When my cow was finished, I pretended to be a cow for it to live.



### Today I made a pig nose.

I made a wearable pig's nose using yarn and a cup. I colored the pink cup then attached the yarn. When I was done, I pretended I to be a pig and used my "nose" to move objects.



ASK ME: What did you enjoy about this art project? What did you root around for when you pretended to be a pig?

## Healthy Eating

**Children need positive food experiences to build a healthy relationship with food and food choices.** Work together with your child to find a healthy recipe and make the dish together. Remind them of the importance of selecting foods from each food group. Acknowledge them throughout the meal as you notice your child making thoughtful and healthy food choices.

### TRY THIS:

- To help your child learn to balance meals, draw the following diagram on a paper plate and practice at home. Current healthy guidelines recommend half of a plate of fruits and vegetables, a quarter low-fat protein and a quarter whole grains.
- Involve your child in the preparation of food, such as creating a shopping list together and finding those items in the grocery store.
- Encourage your child to help you with preparing and cooking food such as cracking an egg, measuring out ingredients, rolling out dough and stirring ingredients in a bowl.
- Cooking is a great time to teach about food safety. Remind your child to wash their hands before and after preparing food and to wash vegetables and fruit before eating.
- Keep mealtime conversations light and positive. Encourage your child to talk about their day. This helps to develop more communication between family members.







## RECOMMENDED READS

# Cuddle Up WITH A GOOD BOOK

***The Rusty, Trusty Tractor***  
by Joy Cowley

***Click, Clack, Quackity-Quack***  
by Doreen Cronin

***The Flea's Sneeze***  
by Lynn Downey

***Farmer Duck***  
by Martin Waddell

***Rosie's Walk***  
by Pat Hutchins

***The Farm Alphabet Book***  
by Jane Miller



## Farmer

*(To the tune of "This Old Man")*

For added fun, change the word "man" to match your child and other family members. After the song, discuss together what kinds of animals or crops you would like to farm.

**This old man, he had a farm.  
He raised sheep, and cows,  
and pigs.  
With a great big tractor  
And a big red barn,  
Don't you think  
you'd like to farm?**



## Family Activities

### Food Fun

The next time you make your shopping list, let your child help. Use free ads from local supermarkets to cut out the items you need to shop for and make a visual list your child can follow. After making the shopping list, count together the items that a farmer helped supply. Make a thank-you card for local farmers and thank them for helping provide food and drink for others to enjoy.

