

Family Newsletter

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!



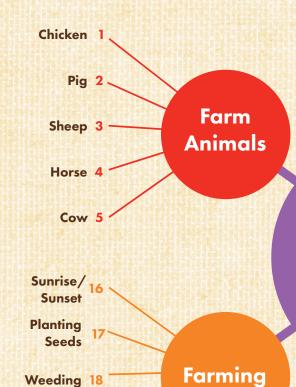
Healthy Eating

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:

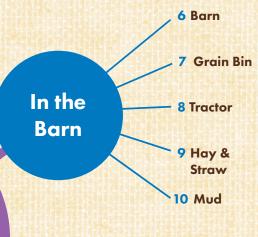
- To help your child learn to balance meals, draw the following diagram on a
 - paper plate and practice at home. Current healthy guidelines recommend half of a plate of fruits and vegetables, a quarter low-fat protein and a quarter whole grains.
- Involve your child in the preparation of food, such 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.

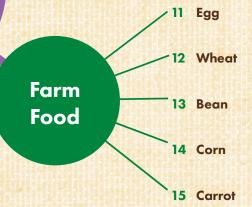




Topics your child will explore this month:

Down on the Farm





Family Activities

RECOMMENDED READS

Harvesting 19

Farmers 20

Market

Cudale 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?

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.

