

Some Poems for keeps!!!

There's something in my pocket,
Belongs across my face,
I keep it very close at hand,
In a most convenient place.

I'm sure you'll never guess it,
If you guess a long, long while,
So I'll take it out and put it on,
It's a little learner smile.

I always eat peas with honey,
I've done it all of my life,
They do taste kind of funny
But it keeps them on the knife.
Anon

Celery, raw,
Develops the jaw
But celery, stewed,
Is more quietly chewed.
Ogden Nash

Oh, what a busy morning
I've been playing with the dough,
And with a little help
Upon a card I learnt to sew.
I helped my friend "Nurse Sarah"
To perform an operation,
Then I fixed the train track together
For my train and built a station.

I popped inside the "Wendy House"
To make a cup of tea
And stood beside the cooker
Making lunch for "twenty three"
I completed three whole jigsaws
And played a new board game
And had a turn on all the bikes
The slides and climbing frame.

I handed round the biscuits
At milk and biscuit time,
Then I listened to a story
And sang some nursery rhymes.
But now the mornings over
And the mummies are all waiting
I hope my mummy doesn't say
"I wish you'd done a painting".

QUOTATION

Life affords no greater responsibility, no greater privilege, than raising the next generation. E. Everett Koop

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'the best thing you can give
your child is time'

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• NEWS & INFORMATION •

With Winter now behind us and bugs hopefully banished forever we can look forward to longer and warmer days. Spring is in the air and we need to plan for summer out in the garden and wide open spaces. Once the sun has taken hold we can visit the many parks and open spaces in Aylesbury. Walking each day is important especially for small children. Once mobile getting exercise is an essential part of each day. Children love to run and play in wide open spaces, chase a ball and enjoy rides in the different play parks.

How many times have you visited the Park in the last month?

Some of the favourite parks are close by and those that we would recommend are Vale Park, Alfred Rose Park, Cleveland Field, Bedgrove Park and a car ride away is Eskdale Road Park. Each Estate has its own open space and some have interesting and safe areas to walk. Let's get out there and use them. Parents with small children need to actively encourage the use of open spaces as an essential part of each child's development. Currently it is reported that children get too little exercise so let's change the statistics. With plenty of exercise children are more likely to be hungry at mealtimes, less fussy about what they will eat and generally will be tired and ready for bed at a reasonable hour.

We are the models.

Children copy everything so get out there with the ball and enjoy the space. Changing our own lifestyle will have a positive knock-on effect. Noticing how our children are influenced by our choices is a good start.

Enjoy some fun in the sun.

Quote

Keep your face to the sunshine and you cannot see the shadow. Helen Keller

• Giving parents & children the opportunities to learn •

Brain Games

Did you know that by the time your child is three years old, her brain has formed 1,000 trillion connections - about twice as many as adults have? Some brain cells, called neurons, have already been hard-wired to other cells before birth. They control your baby's heartbeat, breathing and reflexes, and regulate other functions essential to survival. The rest of the brain connections are waiting to be 'hooked up'.

How does the brain know which connections to keep? This is where early experience comes into play. Through repetition, brain connections become permanent. Conversely, a connection that is not used at all or often enough is unlikely to survive. For example, a child who is rarely spoken to or read to in the early years may have difficulty mastering language skills later on. A child immersed in language from birth is likely to learn to speak very well. The very simple first games that follow will help to develop the brain capacity of your baby or toddler. They are the building blocks of future learning - and they are fun too!

In and Out!

Early experiences shape the way circuits are made in the brain. Understanding spatial concepts like in, out, behind, under and over is important for brain development. Playing games that encourage an understanding of space will benefit your child in future years. Try inside and outside with your 9 to 12 month old.

- Take a large paper bag or box and put a favourite toy inside.
- Help your baby find the toy and take it out.
- Put it back in again and keep playing the game over and over.

Squeaky voices!

Because young children pay close attention to the high-pitched, singsong speech known as 'parentese', they will learn the importance of words. The word 'parentese' means to speak and to sing to your child in a high-pitched voice. Try this with your 12 to 15 month old.

- Practise singing some of your favourite songs like 'Do You Know the Muffin Man?' in a 'parentese' voice.
- Hold your child close to you and sing the song two ways - first, the normal way and second, the 'parentese' way.
- Your toddler will pay particular attention the second time you sing the song.

Touch me!

Babies need touching experiences to 'grow' their brains and their bodies. They are as critical as the nutrients and vitamins you give her. Your 6 to 9 month old baby will particularly enjoy responding to your touch and your voice.

- Make up rhymes as you hold your baby's hand and let her touch different parts of your body. i.e. fingers, nose, head and toes.
- Here are some ideas: 'One, two, touch my shoe. Yellow, red, touch my head. Dippity dips, touch my lips. Apples, pear, touch my hair'.
- Each time you say the body part, put your child's hand on that part.
Reverse the game and touch your baby with your hand as you say the rhyme.

Peekaboo!

Peekaboo games teach babies of 6 to 9 months that objects that disappear will come back again. A strong, secure connection with your child will help him withstand the ordinary stresses of everyday life. Any form of peekaboo is a great favourite with young children.

- Sit your baby on the floor, take a towel and put it over your face.
- Say the word 'peekaboo' as you take the towel off and reveal your face to your baby. This usually results in gales of laughter and the more you play it, the funnier it becomes.
- Try putting the towel on your baby's head and see if he will pull it off. Remember to say 'peekaboo' each time you take off the towel.



Birth Congratulations!

To Ornella and Tony a baby boy, Matteo
a brother for Mia-Rosa



To Andrea and Keith a baby girl, Rosie
a sister for Rohan and Barnaby.

To Lara and Steve a baby girl, a sister for Jovi

To Jane a baby girl, Phoebe a sister for Joshua

Food for Thought

Acknowledging that Jamie Oliver has raised important issues about diet, parents must now ensure that children are fed correctly from weaning. Small children only eat what adults provide. Parents of children under 5 have special responsibilities to assist in the necessary process of change. Prevention is always better than cure, or at least desirable.

Quote

You may not be responsible for your heritage but you are responsible for your future.