

# EEP Family Connect

Food! Glorious Food! Thanksgiving Fun!  
November, 2016



Thanksgiving being right around the corner, three things come to mind, family, friends and food. That's why we're emphasizing all of them during our Food/Thanksgiving theme. Hope you will, too! So, while we're busily talking about foods *in the classroom*, you can be talking about the foods you're eating for dinner, what you're packing in your child's snack or what's inside the refrigerator *at home*. Talk about what you're doing with foods (e.g. beating the eggs, peeling potatoes). Talk about their qualities as you experience them together (e.g. a crunchy apple, a sour grape, yummy, yucky). When you're shopping together, talk about the items as your child puts them in the cart... "You love these red apples! They're called Red Delicious apples. Delicious means yummy!" We're also learning about friends at school. Friends play. Friends share. And friends help each other. The more you talk together about foods, friends and Thanksgiving, the closer you'll get and you'll help us better connect our worlds.

Enjoy *connecting* together... and Happy Thanksgiving!!!



## Talk with me!

Here are some words I am learning over the next two weeks. If you happen to see any of these in books, or in stores or when we're out and about, point them out to me! Remember, even though I might be younger, I can still learn the other words too!

### Developmentally Younger

- 🍁 Turkey (the food)
- 🍁 Refrigerator
- 🍁 (Grocery) store
- 🍁 Cart
- 🍁 Eating\_\_\_\_\_
- 🍁 Drinking
- 🍁 A lot
- 🍁 A little bit
- 🍁 Hungry
- 🍁 Yummy
- 🍁 Yucky!
- 🍁 Friend
- 🍁 Going shopping
- 🍁 Cooking
- 🍁 Hot! (oven, stove)
- 🍁 Cold (some foods, refrigerator)
- 🍁 Says, "Please", "Thank you"  
(with reminders if needed)

### Developmentally Older

- 🍁 Fruit and not a fruit
- 🍁 Pear
- 🍁 Peas
- 🍁 Orange
- 🍁 Potatoes
- 🍁 Salad (put lots of good things together)
- 🍁 Pie
- 🍁 Stove, Oven (hot!)
- 🍁 Delicious
- 🍁 Stem, seeds, skin
- 🍁 Being polite (say, "Please", "Thank you", "No thank you" and "Pass the \_\_\_\_\_please")
- 🍁 GO and WHOA foods! More later about this!
- 🍁 Breakfast
- 🍁 Dinner
- 🍁 Thanksgiving
- 🍁 Thanksgiving foods
- 🍁 Celebrate (it's a special time, you have a party/dinner)
- 🍁 Carving the turkey (means to cut the turkey)
- 🍁 Empty, full



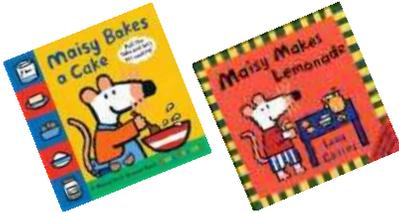
# Read with me!

Books are a wonderful way for me to learn. I Can look at the pictures with you and you can show me things on the pages. Sometimes the stories are too long for me to listen to but if you TELL me what's going on, I can probably listen for longer. I also will benefit from hearing the words over and over and over... Here are some of the books we'll be reading:

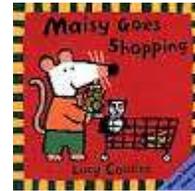
*The Very Hungry Caterpillar*  
By Eric Carle



(This is just the best preschool book about food! Follow the caterpillar as he munches his way through all kinds of yummy foods!)

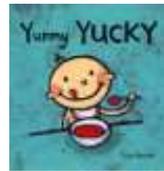


*Maisy Goes Shopping*  
By Lucy Cousins



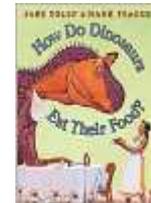
(This is a great book for discovering the process from the grocery store, to the fridge and right to our tummies. Some other cute Maisy books for this theme are *Maisy Bakes a Cake* (only available used) and *Maisy Makes Lemonade*.)

*Yummy, Yucky*  
By Leslie Patricelli



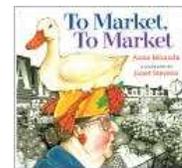
(A funny book: "Apple pie is yummy. Mud pie is yucky." This one is particularly fun for developmentally younger children but everyone will get a giggle out of it! We love many of the other Patricelli books, too, and think you and your little one will also! )

*How Do Dinosaurs Eat Their Food*  
By Jane Yolen & Mark Teague



(A cute one that's filled with humor and "a mischievous look at table manners... sure to bring laughter to even the most polite little dinosaurs." Families, this might be the one for talking about table manners with your developmentally older child.)

*To Market To Market*  
By Anne Miranda



(Another funny one. It's the rhyme revised... remember "To market, to market to buy a fat pig..." A great review of the animals from our last farm theme with trips to the market and cooking hot soup. Yummy!)



## Play with me!

When you play with me, I love it. When I get your full attention, I feel really special. We can build something, go somewhere, make something or just play around with the toys I have. No matter what, I'll be learning about all kinds of things. Remember, just being with YOU makes it really fun. Let's play!

- 👉 I love to help you in the kitchen. Even if it's just stirring something or dumping something in the bowl. I could put the top of the sandwich with the bottom, or cut my fruit with a plastic knife. I will probably need a lot of help because I'm little, but it's great fun for me to learn to help you... then we can eat what we made!
- 👉 I like going to the grocery store for quick trips. I especially like it when I have my own list that shows what we're getting. You can draw a little picture next to the word to help me remember. If you put me in charge, I'll feel so big!
- 👉 Let's make something delicious and easy for Thanksgiving like a fruit salad maybe? If you get me a stool, a cutting board and a plastic knife, I'd love to help you! Then, we can tell everyone I helped make it!
- 👉 Let's get dipping! I might like to try and dip some vegetables (broccoli, carrots, cucumber, sugar snap peas) into some yummy Ranch dressing. I might even like to dip my fruit chunks into some fruity yogurt. Dipping is fun!
- 👉 The next time you go to the store, pick up some dry cereal that has holes in it. The healthier the better! We can string it onto a string and make it into a necklace or bracelet. I might really enjoy nibbling on it, too!
- 👉 The next time you cut an apple, try cutting it in half through the middle instead of the top. When you open it we can discover the little star inside! I'd love to have you tell me about parts (stem, seeds, skin). Some are yummy and some are yucky to eat! We might have a laugh about eating the yucky ones!
- 👉 Play dough is lots of fun. We can buy it or make it. (A recipe is attached.) It's so fun to make cakes, cookies, pizza, carrots, or make a pumpkin pie and cut it into slices with a plastic knife. Maybe we can use some plastic plates or plastic lids as plates. For making spaghetti, how about using a garlic press?
- 👉 I love to do art projects at home with you. Maybe we could make a pizza, just a pretend one. We could glue on different things like yarn or cotton balls or just about anything. If we make face on our pizza, it could be just like in the song Aiken Drum!



## Sing with me!

Singing little songs with me may seem silly, but it's good for me to hear the words over and over. I might even sing along with you or add a little word here or there. Try singing when you hold me, or when I'm in the tub at night or how about in the car when we're going places? Here are some of the songs/chants we'll be singing:

### "If All of the Raindrops"

*(Try YouTube for the tune – we changed the words to include healthier foods! )*

If all of raindrops were apples, pears and peaches  
Oh, what a rain that would be!  
Standing outside with my mouth open wide,  
Ah (open mouth and look toward sky)  
If all of raindrops were apples, pears and peaches  
Oh, what a rain that would be!  
(use other foods, too!)

### "Peanut Butter and Jelly"

*(Try YouTube for the tune)*

First you take the peanuts and you dig 'em and you dig 'em and you dig 'em, dig 'em, dig 'em  
*(hands together like you are shoveling peanuts from the ground with a shovel)*

Peanut—peanut butter *(both hands in the air to your left side with hands shaking)* and jelly!  
*(move hands down to your right side and shake them)*

Peanut—peanut butter *(both hands in the air to your left side with hands shaking)* and jelly!  
*(move hands down to your right side and shake them)*

Then you take the peanuts and you smash 'em and you smash 'em and you smash 'em, smash 'em, smash 'em  
*(smash hands together)*

Peanut—peanut butter and jelly! Peanut—peanut butter and jelly!

Then you take the berries and you pick 'em and you pick 'em and you pick 'em, pick 'em, pick 'em  
*(pretend to pluck berries from a bush with your fingers)*

Peanut—peanut butter and jelly! Peanut—peanut butter and jelly!

Then you take the berries and you smash 'em and you smash 'em and you smash 'em, smash 'em, smash 'em  
*(smash hands together)*

Peanut—peanut butter and jelly! Peanut—peanut butter and jelly!

Then you take the bread and you spread it and you spread it and you spread it, spread, it spread it  
*(hold one palm out and brush it with the other like you are spreading something on it)*

Peanut—peanut butter and jelly! Peanut—peanut butter and jelly!

Then you take the sandwich and you eat it and you eat it and you eat it, eat it, eat it  
*(both hands, palms together motioning to your mouth to "eat it")*

Peanut—peanut butter and jelly! Peanut—peanut butter and jelly!  
*(keep your mouth shut and puff out your cheeks like it is full)*

### "Thanksgiving Dinner"

*(Sung to: "Frere Jacques")*

We eat \_\_\_\_\_, we eat \_\_\_\_\_.

Oh-so good! Oh-so good! Always on Thanksgiving. Always on Thanksgiving.

Yum-yum-yum. Yum-yum-yum.

*(See if your little one can name a food to fill in, or add your own favorite foods you eat at Thanksgiving!)*



## Pull me close...

I'm little but I have lots of feelings. Sometimes I cry because I'm tired and I don't even know why. Sometimes I laugh and feel giggly and it's good to hear you laugh and tell me you feel happy too. But sometimes when I'm mad I need you to help me know what that's called. Pull me close and tell me. There might even be times when you're mad about something I've done. Noticing that and telling me how you feel helps me to understand that we ALL have feelings and that all feelings are okay.

- ♥ Thanksgiving is a time for our family and friends to get together. Our house will be fuller than usual which means I'm going to feel excited! Sometimes, when I'm excited, I'm not so good at regulating my emotions. (Mom and Dad, I bet you're pretty busy and excited, too. Hope you'll get a chance to take a little break). When I'm excited, I don't follow the rules very well! And when I don't follow the rules (which will surely happen), would you remind me with something like, "You're excited. I can tell. It's exciting to have our family here. Remember to use a quiet voice to ask. Say, 'I'd like a little more juice.' Good for you!" That would help me learn to follow the rules a lot better even when I'm excited.
- ♥ Maybe I'll have a chance to play with my cousins or other kids this holiday. If you can, help me remember what we're learning about friends at school.

*Friends play together!*

*Friends help each other!*

*Friends share!*

- ♥ Sometimes, playing with family or friends is so hard. They want turns. I want turns. Please have a timer ready! Then when we both want a turn, talk about how hard it is to share sometimes and set the timer for a minute or two for us. That will help us learn to take turns. We might like to help with the timer besides. That would be lots of fun. That will help me learn to "regulate" my body when I have to wait a little for a turn. And sharing is what good friends do!



## Make Perfect Play Dough

By Justine Freeman

Kids love to play with play dough. It is a fun activity that effectively builds fine motor skills and encourages imagination. I have tried different play dough recipes, and I finally came up with one that makes the “perfect play dough.” It’s so quick and easy that your kids can help you make it!

### Things You'll Need:

- 1 Cup water
- 1 tbsp. oil
- food coloring
- 1/2 Cup salt
- 1 Cup flour
- 1 tsp. Cream of tartar



Step 1: Combine the water, oil, and food coloring in a saucepan. Bring these ingredients to a boil.



Step 2: Remove pan from heat and stir in the salt, flour, and cream of tartar. The dough will look lumpy and have uneven coloring.



Step 3: Place the dough onto a cutting board and let it cool for 10 minutes. Be careful, it is very hot.



Step 4: Knead the dough until the lumps are gone and the color is even. If you want a young child to participate in making the dough, have them help you with this step!



Step 5: Now the dough is ready to be played with. Give it to your kids and let them be creative