



Wings

A Weekly Newsletter for Families

September: Week 3
Family Fun

“Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one.” – Jane Howard

Favorite Children’s Books of a Few Famous People!

In honor of Literacy Month, here are the favorite children’s books from some well-known people.

- President Barack Obama – “Where the Wild Things Are,” Maurice Sendak
- Actress Scarlett Johansson – The Fantastic Mr. Fox, Roald Dahl
- Actor Ed Asner – “Ferdinand the Bull,” Munro Leaf
- Actress Halle Berry – “The Three Bears,” The Brothers Grimm
- Senator Hillary Clinton – “Goodnight Moon,” Margaret Wise Brown
- Musician Gloria Estefan – “Charlotte’s Web,” E.B. White
- Actor Morgan Freeman – “Liza Lou and the Yeller Belly Swamp,” Mercer Mayer
- Actor Danny Glover – “Curious George,” Margret and H.A. Rey
- Actor James Earl Jones – “The Cat in the Hat,” Dr. Seuss
- Actress Lucy Liu – “The Giving Tree,” Shel Silverstein
- Actor Will Smith – Dr. Seuss books
- Actor Michael Douglas – “Oh, the Places You’ll Go,” Dr. Seuss
- Musician Faith Hill – “Green Eggs and Ham,” Dr. Seuss



•• INFANT Inspiration

Got Kids? Let Them Help with the New Baby

What can your kids do to help you take care of your infant? Plenty! First, let your kids know what they are allowed to do with the baby – and what they can only do when a grown-up is around. For example, only grown-ups can bathe the baby.

Older kids can hold or bottle feed the baby, change the baby’s diaper, help mom or dad dress the baby, and read books to the baby.

In addition to directly caring for the baby, kids can be a big helper around the house. They can get stuff mom and dad need for the baby, like diapers, pacifiers and towels. They can fold baby clothes and feed the pets. And one of the best gifts of all to a busy mom is for kids to keep their rooms picked up!

•• TODDLER Tales

Let’s Get Physical!

At 2 to 3 years of age, children are very physically active – walking, learning to run and jump, climbing, kicking a ball and pulling things. Their coordination is improving, and they’ll soon be able to pedal a tricycle. With their short attention span, they may move from one activity to the next – almost minute by minute!

Staying physically active is important for kids. Encourage them to play with siblings or kids their own age, inside and outside, instead of doing screen time. Make family time as active as possible.

When you go for a walk with your toddler, don’t automatically site your toddler in the stroller. Let them walk beside you for a while. Also, find out how much time kids spend watching TV at child care. Make sure they get plenty of active – and safe – playtime throughout the day.

•• PRESCHOOL Power

Expand Your Preschooler’s Musical Horizons

Hearing music, singing songs and moving to the beat help brain development. Research shows that kids who are actively involved in music – that is, play it or sing it regularly – do better in reading and math when they start school, can focus and control their bodies better, and play better with others.

So put on some music and sing, move and dance with your child! Make the musical experience more visual with movement and props – like moving a scarf up and down with the pitch of the music. Bang on pots, shake rice in a plastic container or make other “instruments” out of household items. Sing or listen to music in the car, while you’re doing chores and at bedtime. Enroll your child in a preschool music class at a community center or church.

Find out if your preschool gives kids chances to sing, play simple instruments, move to music and create music. Ask the teacher what songs they sing regularly so you can sing them at home.

Take your child to live musical performances, especially those designed for preschoolers. Museums, libraries and local parks are a good bet for getting your preschooler moving to the music.

