An early learning collaboration by:

Start a love of reading, one book at a time!

Healthy Bodies, Healthy Minds
January 2020

I Will Never NOT EVER Eat a Tomato
Lauren Child

How Did That Get in My Lunchbox?
Christine Butterworth

Little Yoga: A Toddler's First Book of Yoga
Rebecca Whitford

The Busy Body Book: A Kid's Guide to Fitness
Lizzy Rockwell

Let's Go NUTS: Seeds We Eat
April Pulley Sayre

Leo Gets a Checkup
Anna Mcquinn

Have fun!
If your child is not enjoying the book you're reading, pick another one! Reading with a young child is mostly about building positive experiences with books, not finishing every book you start. Find a book everyone enjoys!

Monthly Activity
Help your child develop healthy habits that will benefit both their body and mind for a lifetime.

Move & Learn

1. Following Patterns: Turn on some music and take turns creating dances with repeating patterns. Adjust the difficulty level according to your child's age. Try including jumps, hops and wiggles. (Ex: jump, jump, wiggle, jump, jump, wiggle.)

2. Stretching to the ABC's: Draw a letter on paper, call out its name and show it to your child. Ask your child to use his/her body to twist and bend to form the letter.
   - Challenge older children to think of different words that begin with the given letter while they bend.

3. Count & Move: Invite children to move their bodies in a certain way, a specific number of times (i.e. hop 5 times; spin 2 times).
   - For younger children, have them count on their fingers as they follow the directions.
   - For older children, you can try using addition (i.e. hop 4 plus 2 times; spin 1 plus 2 times).

This activity is inspired by "Move & Learn" from Sesame Street in Communities. sesamestreetincommunities.org/activities/move-learn/

Monthly Family Reading Tip
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