



Linked to Literacy

The Power of Play

The human body was made to move, so it's never too early to get toddlers and preschoolers playing and moving.

Kindergarten Readiness



Language development and playtime go hand in hand for children. Play helps children think symbolically, so they understand that spoken and written words can stand for real objects and experiences. Play also helps children express themselves and put thoughts into words.

Children need playtime, and some of the best kinds of play are unstructured, when children can use their imaginations and create stories about what they're doing.

The Zero to Three website is loaded with fantastic ideas for action-oriented and quiet play activities, for ages 0-36 months, that will increase language skills and thinking skills, and build a child's senses. Find out more by visiting <http://zerothree.org/child-development/grandparents/play-with-me-fun.html>

SOURCE: Every Child Ready to Read brochure, ALSC/PLA, 2011 and the Zero to Three website.

The Bragtown Library
Family Literacy Center -
*Helping children and adults
succeed in school and life.*

Winter 2015

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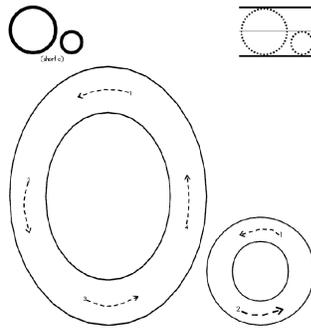
The Daycare Corner



The annual conference for the Children's Services Association will take place on Saturday, February 21, 2015 at Chapel Hill High School. For more information click on ASK on the following website www.childcareservices.org/ps/training/



1



Sight Words Starting With
The Letter O:

Of, on, or, one, out, other, oil, over,
only, our, off, own

English: One

Spanish: Uno (oon-oh)

French: Un (Uh)

Chinese: Yi (yee)

SOURCE: https://www.lakeshorelearning.com/media/images/pdfs/SightWord_List_1-300.pdf

Image SOURCE: <http://www.first-school.ws/t/alpha1/o.html> Book

Activity of the Month



Visit www.notimeforflashcards.com and make activity flashcards! Gather index cards or cardstock, or simply cut an even number of rectangles from a couple sheets of paper. Write down several physical activities twice, and separate into two piles (this way each player gets each action).

Count to three, and perform the written activity! Happy exercising!

Some suggestions for activities:

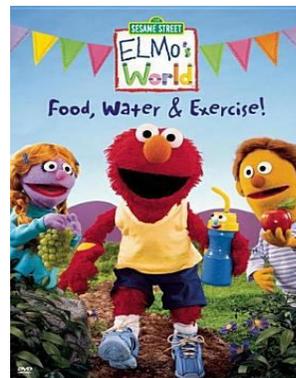
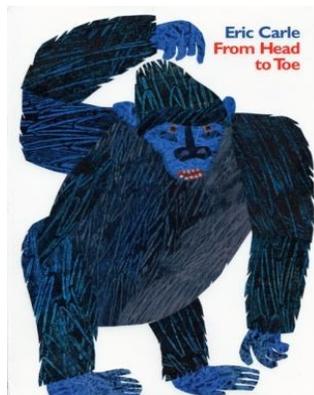
- 1) Kick like a ninja.
- 2) Hop four times.
- 3) Wiggle like a snake.
- 4) Stretch like a giraffe.
- 5) Lie on your tummy, lift your arms, and try to fly like Superman.

Read and Watch

Book

From Head to Toe
by Eric Carle

Encourages the reader to exercise by following movements of various animals, presented in a question/answer format.



DVD

Elmo's World: Food, Water, Exercise

Join Elmo as he explores why food, water and exercise are essential parts of our life. With Elmo, pre-schoolers will learn about foods from around the world, dig into deep water, and stay healthy and strong with exercise.

SOURCE: Durham County Library Catalog

Parents Place



Question: How do I ensure that my child gets 60 minutes of activity every day?

1. Have your child exercise during commercial breaks of their favorite television program.
2. Do a twist on the game "Mother May I" when you are shopping for groceries or needed supplies. Instead play, "Shopper May I?" Have your child bunny hop down the aisles, run in place, and more. Your child will get needed exercise, and they will have fun doing it!
3. Have them move like their favorite animal! Encourage your child to walk like a crab, hop like a frog, swing their arms like an elephant, etc.

4. Create an obstacle course in the backyard! Use balls, cones, whatever you may have around the house as markers. If you are extra adventurous, try one indoors for a rainy day!

SOURCE: Carol Baiker McKee's, *Fussbusters On the Go*

To receive a list with more book and DVD title suggestions email

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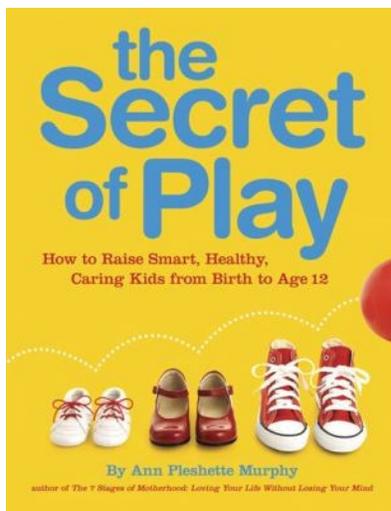
Suggested Books and DVD Titles

Book

The Secret of Play
by Ann Pleshette Murphy

The Secret of Play is a parenting book that celebrates the good stuff — the fun, spontaneity, creativity, and inspiration children bring to our lives every day. It's about them being happy and healthier, more caring, and more creative by understanding and encouraging what they do best: play. Through play, children explore the world around them, develop an understanding of who they are, make exciting discoveries, boost their brain power, strengthen their relationships, and experience the healing power of a shared laugh. *The Secret of Play* provides information about the value of play at each age and stage. Readers will learn which ideas, toys, and games are developmentally appropriate. The age-by-age format makes this a book that parents will want to keep on

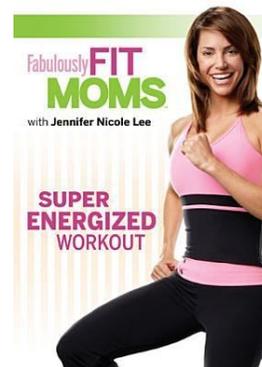
their shelves a long time. Like the best parenting books, it will be one to dip in and out of as kids hit certain markers, a gift with everlasting value.



DVD

Fabulously Fit Moms Super Energized Workout

Presents an exercise routine designed to help today's multi-tasking moms on-the-go. Go from zero to sixty with this exhilarating total body cardio and fat blasting workout. Jennifer's energizing moves will enable you to take on your busy day with a newfound confidence and gusto.





DURHAM COUNTY
Library

encouraging Discovery, connecting the
Community and leading in Literacy

Bragtown Library
Family Literacy Center
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Fax (919) 328-6183

**Bragtown is scheduled to
re-open very, very soon!
Welcome Back!**



February 21, 2015

12:30 pm, Northgate Mall

The Akapoma African Music and Dance
Group presents dance performances
and interactive drumming and dancing.

Participants receive a free book and may enter a
drawing for door prizes.

This is a free event at the
Discovery Nook at Northgate Mall.

For more information
call (919) 560-0172.