



child care
resources
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tip|sheet 

Ideas and information about child development and early education for parents, professionals and the community-at-large.

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To access these Tip Sheets, please visit www.childcareresourcesinc.org or call Child Care Search at 704-348-2181 to speak with a Parent Counselor.

**child care
search**

Resource & Referral Service

Mecklenburg County (704) 348-2181

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On the Home Front with Your School-Age Child

The home offers fun learning opportunities for children of all ages. Children can contribute to the family responsibilities by helping with household chores and family routines. When children are encouraged to help with household tasks such as sweeping, laundry, and simple cooking they learn important skills and feel valuable.

In addition to household chores, a wide variety of learning experiences can take place by using things found around the house. Boxes, cardboard tubes, cartons, containers, pots and pans, paper bags, junk mail, cotton balls, bottle caps, and many other items can be used for learning activities and provide an opportunity for you and your child to spend time together.

Parents are the primary educators of their children and these activities encourage your child to think, observe, and be creative. Most of all, these activities allow you and your child to have fun and spend quality time together. These activities show examples of economical ways to spend time with your child and are the starting point for developing your own favorite games and activities. These activities are recommended for children between the ages of seven and twelve years of age.

A Book About Me

Purpose

- Create something that is directed by the child (e.g., there is no right or wrong way to do this project)
- Develop self-esteem
- Develop communication skills through a different media

Materials

- scrapbook
- magazines
- scissors
- paste or glue
- photos
- collage materials such as tissue paper, wrapping paper, string, yarn, and any "found objects" that appeal to you

Directions

Start at the beginning of your scrapbook and write your name, birthdate, address and any other important things about yourself. Favorite foods, clothes, names of good friends, favorite music, books, or movies are some examples. On each page add pictures, photos, drawings, writings, and items that reflect who you are and who you want to be. Remember to include the date each time you find something you want to paste in the scrapbook. Sometimes tickets and postcards are fun to include. Include things that help you remember what a good time you had and all the people, places, pets, etc. that you care about.



On the Home Front with Your School-Age Child (con't)

Tornado in a Bottle

Purpose

- Promote interest in science and weather
- Develop observational skills

Materials

- two clear plastic large soda bottles
- water
- duct tape
- food coloring (optional)
- glitter (optional)

Directions

Fill one of the bottles three quarters full with water. If you like add a couple drops of food coloring or glitter to add more interest. Place the other bottle so that it sits on top of the first bottle with the openings together. Wind the duct tape tightly around the necks of the bottles so that no water can leak out. Securely balance the bottle on top of the other bottom bottle. Now hold the bottles with two hands and swirl the water around. Turn the bottles upside down and watch what happens. Ask your child questions about what is happening to the water. This activity is fun if children show an interest in the weather and can lead to other water or weather related activities.

Picture Mosaic

Purpose

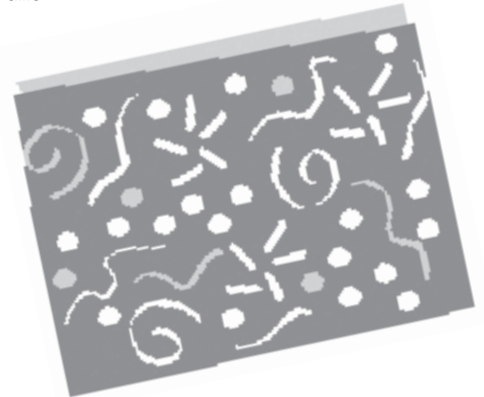
- To promote creativity
- To develop fine motor skills

Materials

- colored paper
- black paper
- contact paper (optional)
- glue
- scissors

Directions

Cut or tear the colored paper into small squares or circles no larger than 1 inch by 1 inch. Glue the shapes onto the black paper creating a pattern or picture. Try to cover the entire black paper with tiny squares. The activity can be varied by changing the size and types of paper that is used. Two sheets of contact paper can be used to eliminate the need for glue. The contact paper creates a transparent mosaic and can be placed on the window.



Shake-Ups

Purpose

- To develop simple cooking skills
- To develop good nutritional habits
- To develop cognitive skills (i.e., math, science, and decision making)

Ingredients for Milkshake

2 cups low-fat milk
3 scoops vanilla ice cream
1 cup fresh fruit

Ingredients for Yogurt shake

1 cup fruit flavored yogurt
1 cup favorite juice
1 cup ice cubes

Directions

Place ingredients in a blender on medium-high speed for 2 to 3 minutes until smooth. Variations can include adding fruit such as bananas, berries, kiwi, etc. Children may want to set up a shake stand and sell to the children in the neighborhood.