

FUNMATION

June 2011

FunMation is a publication of fun activities & information for families with young children published by Kids Incorporated of the Big Bend

issue 9



Calendar Update

- June 23rd, 4:30 p.m.—Parkway transition Ceremonies
- June 24th—Parkway water play days
- June 30th—PEHS closes for summer vacation.

Here Comes

Here comes summer,
Here comes summer,
Chirping robin, budding rose.
Here comes summer,
Here comes summer,
Gentle showers, summer clothes.
Here comes summer,
Here comes summer -
Whoosh - shiver - there it goes.

by Shel Silverstein

Ingredients for a Memorable Summer:

- 1 tablespoon: family bike ride
 - 2 Cups: pajama & popcorn movie night.
 - 1 pint: board game night.
 - 3 cups: fort building
 - 1 teaspoon: shadow puppet shows
 - A sprinkle of homemade lemonade
 - 1 heaping handful of sidewalk chalk (see recipe on page 3!)
 - 5 cups: cooking/baking together
 - 4 pints: arts/crafts/coloring.
 - 5 quarts: fresh watermelon
 - 1 teaspoon: day at the park
 - 3 tablespoons: family picnic
 - 3 gallons: bed time story
- Instructions: Mix all ingredients together over the span of summer break and enjoy!

School's out, Summer's in!

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Ice Cream In A Bag



What you'll need:

- 1 tablespoon sugar
- 1/2 cup milk or half & half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes

How to make it:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.

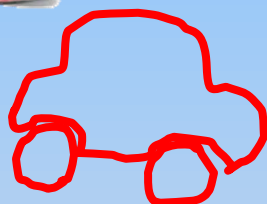
Wipe off the top of the small bag, then open it carefully.

Enjoy!

Tips:

A 1/2 cup milk will make about 1 scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more than that -- a large amount might be too big for kids to pick-up because the ice itself is heavy.

Family Activities



Kids
Inc

Homemade Chalk

What you'll need:

- Aluminum foil if you are using a toilet paper tube (or petroleum jelly if you're using an ice cube tray)
- Disposable plastic container
- Plaster of Paris
- Toilet tissue tube (or an ice cube tray to create smaller chunks for younger hands)
- Duct tape
- Liquid tempera paint
- Water
- Spoon

How to make it:

1. Cover one end of the toilet paper tube with duct tape. Loosely roll an 8- by-4 1/2-inch piece of aluminum foil and slip it into the tube so that it lines the inside, fitting snugly. (Or coat the inside of the ice cube tray with petroleum jelly.)
2. Set tube upright (duct tape side down) on protected surface.
3. In a disposable plastic container, help your child mix 1 cup plaster of Paris with 1/2 cup water. Stir slowly and thoroughly until plaster is dissolved, about 1 minute.
4. Immediately add 2 tablespoons paint (or more for brighter chalk color, but be careful it can stain). Mix thoroughly.
5. Spoon into the tube (or ice cube tray). Tap gently so mixture settles to the bottom.
6. Let dry overnight before using.

6 RECIPES

For Parents (& kids too!)

Marmalade Chicken



What You'll Need:

- 1 bottle (8 ounces) of Russian salad dressing. (ex. Wishbone— not the creamy kind)
- 1 package dry onion soup mix
- 1 jar (10 ounces) marmalade or apricot preserves
- 1 package of chicken pieces, cut-up fryer is good, about 3 pounds

How to make it:

1. Preheat oven to 350°.
2. Wash the chicken and pat dry. Place in baking pan in a single layer.
3. Combine all remaining ingredients in a bowl and mix well. Pour the sauce all over the chicken. (If you are cooking a smaller amount of chicken, you can save the extra sauce in the refrigerator for a few weeks.
4. Bake chicken covered with aluminum foil at 350° for 50 minutes.
5. Uncover the chicken, spoon the sauce over the top of the chicken, and continue to bake for another 30 minutes.

Makes enough for 6 people.

Creamy Asparagus & Carrots



What You'll Need:

- 3/4 pound fresh asparagus, washed and cut into 1-inch chunks
- 2 medium-sized carrots, sliced
- 1 teaspoon flour
- Salt and pepper to taste
- 1 (3 ounce) package cream cheese, room temperature
- 2 tablespoons sliced almonds, toasted (optional)
- Few dashes ground nutmeg

How to make it:

1. Cook asparagus chunks and carrot slices in a covered saucepan in 1/2 cup boiling water for about 5 minutes.
2. Drain, saving 1/3 cup of the cooking liquid. Put the 1/3 cup liquid back into the saucepan.
3. In a separate bowl, mix the cream cheese, flour, and nutmeg together. Add to saucepan containing the liquid. Stir over low heat until cheese melts and sauce is bubbly. Stir in vegetables and heat through. Garnish with almonds.

Makes enough for 6 people.

Just For Dads

Importance of the Father/ Child Bond

by Ron Huxley

One of the most magical moments of my life was being at the birth of my child. I wouldn't have missed it for the world. I remember watching him squirm and cry as he met the world. I remember how he paused to listen to my voice as I whispered my love for him and commitment to him. To this day, spending time with my kids continues to be one of my favorite activities. To not spend time with my children is unfathomable.

For many fathers, this isn't the case. They sit in hospital waiting rooms, clapping each other on the back and congratulating one another on a job well done, while their child enters the world without their father next to them. The day after the delivery and every day after are filled with missed opportunities to bond with their child and influence the directions they will take in life. They rationalize that they are sacrificing for their family by working long hours and justify their emotional distance as modeling how to survive in the "cold, cruel world." Food on the table and a roof over head is nice but nothing makes up for loving, nurturing relationships with one's father.

How do fathers build this bond? What barriers stand in the way? And, what are some practical tools to help fathers strengthen their children intellectually, emotionally, spiritually, and physically? To help me answer these questions, I asked for advice from dads who have a close bond with their children. How do I

know they have a close bond? I asked their wives!

How do you bond with your child?

In response to this question, all of the fathers answered alike. They stated that the best way to bond was simply to spend time with a child. What you do is not as important as doing something.

They divided activities up into four main areas: Physical, Intellectual, Social, and Spiritual. A balance of these four areas would result in a child having a happier, healthier life. Physical activities are the most familiar to fathers and include working around the house together, sharing a hobby, coaching an athletic team, exercising together, and going places together. Intellectual activities focus on being involved in a child's academics, participating in school related activities, encouraging hard work, and modeling yourself as their primary teacher of life. Social activities centered on talking with children, sharing feelings and thoughts, demonstrating appropriate affection and manners, and getting to know your child's friends. Spiritual activities are used the least by dads but have the most power to influence a child. These activities incorporate reading spiritual stories together, going to church or the synagogue, praying with children, establishing rules and order, being consistent and available, and exploring the mysteries of nature.

What is difference between the father/child bond and the mother/child bond?

It was quickly apparent from

the surveys that dads have a different approach or style to bonding than moms. Dads have a more rough and tumble approach to physical interaction or may spend time in more physical activities such as play or working on a project together. Competition was also seen more in father/child bonding and was considered healthy if used in small doses and with sensitivity to a child's temperament and abilities. Sportsmanship, but not necessarily sports activities, was regarded as an essential ingredient in the development of a child's characters. While the approach may differ, the need for bonding with mom and dad is equally significant. One dad joked that other than a couple of biological differences (e.g., giving birth or breastfeeding) he couldn't see one as more important than the other.

What barriers prevent fathers from achieving a bond with their child?

All of the fathers agreed that work and the mismanagement of time were the biggest robbers of relationships with children. No one discounted a father's responsibility to provide for his family, but all of them maintained that a healthy balance is needed between work and family. They felt that society makes it easy to use one's career as an escape. Social influences tend to value the bond a child has with mom to be more important than with dad. But none of the dads questioned felt this barrier to be insurmountable.

Eliminating barriers in society begins in the home. Dads must demonstrate that being

involved in the home is important to them before society will start treating dads as important to the home. Dads need to take the initiative to change a diaper, clean up after dinner, give the kids their bath, and do the laundry. The collective effect of these "small" acts will ripple out into society to create "bigger" change.

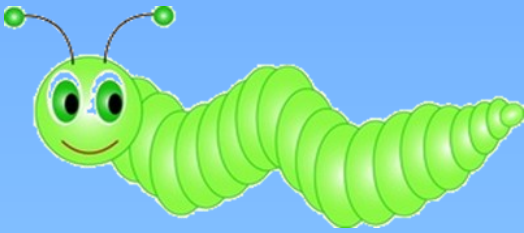
Can a father bond with a child if they did not have a father growing up?

The entire group affirmed that not having a father would make it more difficult but not impossible to bond with a child. According to one dad, bonding is more of an innate need or spiritual drive, than simply a learned behavior. Therefore, fatherless fathers are not doomed to repeat their own childhood experiences. Another dad suggested "getting excited" by the little things that make a child excited or happy. Getting down on the child's level, regressing to those early moments in life when you were a child, and sharing simple pleasures with your child will foster the bonding missed the first time around.

In summary, it is clear that the bond between a father and a child is an important one. Barriers, such as social values and absent fathers make bonding with children difficult but not impossible. Children need the unique style of bonding that fathers can provide and fathers can build that bond by spending time engaging in physical, intellectual, social, and spiritual activities.

RYME TO DO TOGETHER

A Caterpillar Crawled



A caterpillar crawled,
(*creep fingers up one arm*)
To the top of the tree.
"I think I'll take a nap," says he.
(*place one hand over opposite fist*)
So under a leaf he began to creep
To spin his cocoon,
And he fell asleep.

"Wake up, wake up, little sleepyhead,
(*shake fist with other hand*)
Wake up, it's time to get out of bed."
So he opened his eyes that sunny day.
(*spread fingers, hook thumbs*)
Lo! He was a butterfly, and flew away.
(*flap hands as wings and fly away*)

All Winter long he slept in his bed,
'Til summer came along one day and
said,

BOOKS BOOKS BOOKS!

The Best Books of the Summer

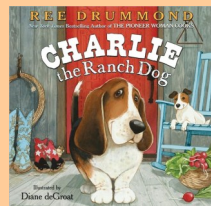
Lady Bug Girl at the Beach

by David Soman , Jacky Davis



Charlie the Ranch Dog

by Ree Drummond , Diane Degroat



Goodnight, Goodnight, Construction Site

by Sherri Duskey Rinker ,
Tom Lichtenheld



Our Early Head Start Centers

Brandon's Place at Lincoln
438 W. Brevard St.
Tallahassee, FL 32301

Budd Bell Early Learning Center
306 Laura Lee Ave.
Tallahassee, FL 32301

Bright Beginnings
1344 SW. Grand St
Greenville, FL 32331

Jefferson County Early Head Start
395 E. Washington St.,
Monticello, FL 32344

Bright Days
250 NW. Hayne St
Madison, FL 32340

Parkway Early Head Start
1410 E. Indian Head Drive
Tallahassee, FL 32301

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