

Peace Love Learning

WEEK OF
THE YOUNG
CHILD



READ & EAT

MANY CLASSIC CHILDREN'S STORIES LEND THEMSELVES TO COOKING WITH CHILDREN. HERE ARE EXAMPLES:

GOLDBLOCKS AND THE THREE BEARS

The story of the Three Bears is a predictable story and one easily sequenced by young children due to the repetition (Papa Bear's big items, Mama Bear's middle sized things and Baby Bear's tiny things). Sequencing is a skill that is needed in daily life, as well as in reading and math comprehension. And of course this story begs for a porridge meal (oatmeal, cream of wheat, etc.) Children will, of course, want their "Just right," just like Goldilocks.

GREEN EGGS AND HAM, BY: DR. SEUSS

Add a little green food coloring into scrambled eggs for your child after reading the book together. If your picky eater doesn't like the look of green eggs, ask him "Would you eat them in the boat? Would you eat them with a goat?" He may reply, "I do not like green eggs and ham. I do not like them, Sam I Am." Who can deny Dr. Seuss as the king of rhyme? Learning to rhyme is a skill needed before children learn to read. Many adults remember the rhymes from Dr. Seuss books and making time to rhyme with children is a fun way to learn this skill.

PANCAKES, PANCAKES, BY: ERIC CARLE

This book illustrates the old fashion way to make pancakes, beginning with graining the flour. Follow the author's lead and take the time to make pancakes from scratch with your child. (You don't need a mix - pancakes require just a few ingredients.) Foster writing and math skills by creating a pictorial version of your own pancake recipe with your child, making simple drawings to depict the ingredients. For example, you can say: "We used two eggs. Can you make a drawing that shows how many eggs we need for this recipe?"

You and your children will build relationships, engage your senses, and develop literacy skills by reading and cooking together.



KINDERBERRY HILL
CHILD DEVELOPMENT CENTERS