



Welcome



Baby



"creating healthy communities"



United Way of Utah County

August 2008

A Newsletter for "Welcome Baby" and "Parents as Teachers" Families



Mathematics in the Home

Your home is a great place for you to begin to explore and "talk" mathematics with your child. Incorporating math activities and language into familiar daily routines will show your child how math works in his everyday life and provide him with a safe environment in which to take risks by trying new things.

Rhyme and Sing Preschool

Young children love to hear, sing and say nursery rhymes and songs. Counting rhymes and songs can be both enjoyable for them and introduce them to basic mathematics concepts, such as number names and number sequence.

What You Need

- Book of nursery rhymes or songs
- Feather

What to Do

Teach your child to the following counting rhyme.

Four Little Ducks

Four little ducks that I once knew,
 Fat ducks, skinny ducks, they were, too.
 But one little duck with a feather on her back,
 She ruled the others with a quack! quack! quack!
 Down to the river they all would go,
 1, 2, 3, 4, all in a row.
 But one little duck with a feather on her back,
 She ruled the others with a quack! quack! quack!

Say the rhyme with your child several times. When she can say the rhyme all the way through, have other family members join you. Give your child a feather and have her lead everyone around the room as you all sing.

For the following rhyme, show your child how to perform the actions.

Five Little Speckled Frogs

Five little speckled frogs (*hold up five fingers*)
 Sitting on a speckled log (*sit on your heels*)
 Eating some most delicious bugs (*pretend to eat*)
 Yum! Yum!
 One jumped into the pool (*jump*)
 Where it was nice and cool (*cross arms over chest and shiver*)
 Now there are four little speckled frogs. (*hold up four fingers*)
 Burr-ump! (*Continue until no frogs are left.*)

After saying the rhyme, ask your child to hold up the correct number of fingers to show how many frogs are in the rhyme at the beginning. Then have her hold up the correct number of fingers and count to five with you as you say each numeral.

Teach your child any counting rhymes and songs that were your personal favorites when you were a child, or have your child ask her grandparents what rhymes they knew when they were children. Other counting rhymes, songs and games that you may want to teach your child include "One, Two, Buckle My Shoe," "This Old Man," "Ten in a Bed (Roll Over)" and "One for the Money."

Number Hunt Preschool

By counting, using number names and learning to recognize differences in number values, children build a foundation for the development of number sense and mathematical reasoning.

What You Need

- 3 plastic eggs that come apart (or similar containers)
- Buttons
- Plastic netting

What to Do

In pieces of netting, loosely wrap different numbers of buttons and place one bag of buttons in each egg. With your child out of the room, hide the eggs. Call your child into the room and tell her that you've hidden three eggs

and that you want her to find them. As she finds each egg, have her count aloud—“1,” “2,” “3.” When she’s found all the eggs, have her open each one and take out the bag of buttons (but not open it). Ask her to count how many buttons are in each bag.

**Sometimes younger children don't understand that counting means naming numbers in a specific order. This simple point should be reinforced often.

Sort It Out Preschool-Kindergarten

Sorting and matching activities introduce young children to many mathematical operations, including classification and measurement.



What You Need

- Pairs of socks of different sizes and colors
- Laundry

What to Do

When you're sorting and folding clean laundry, have your child join you and do such things as the following:

- Hold up a pair of matching socks that belong to her and say, for example, "These socks go together because each sock is red and each one fits the same size foot—yours!"
- Pick up another sock and ask your child to look through the pile for the sock that matches it. When she chooses a sock, have her tell you how she knows that it's the right one.
- Continue holding up socks until your child has paired them all. If she mispairs any socks, gently correct her by asking her to tell the color of each sock and to put the socks together to see if they are the same size.
- After you've done this activity several times, let your child choose the socks for you to pair. (Occasionally choose a wrong sock to give her the chance to help you correct your mistake!)

Have your child help you sort the laundry to be washed. Ask her, for example, to put all the blue things together, all the whites, all the towels and so forth. You might also have her count as she sorts. How many towels are there?

How many shirts? Try saying, "I count five shirts. Is that right?" Then have your child count aloud the number of shirts. From time to time, give an incorrect number so that she can count the items one by one and show you that you've made a mistake.

**Children need to see that grown-ups also make math mistakes occasionally and that they identify their mistakes and find ways to correct them.

Taken from:

U.S. Department of Education, Office of Communications and Outreach, *Helping Your Child Learn Mathematics*, Washington, D.C., 2005.

Health Tip—WNV

West Nile virus (WNV) is carried long distances by infected birds. It is spread locally by mosquitoes that bite these birds and then bite humans. There are many things parents can do to prevent the likelihood that their children will be bitten by mosquitoes. First, keep them indoors at dawn and dusk, because this is the time when bugs are most active. During the heat of the day, mosquitoes are much less active. Second, have kids wear long-sleeved shirts and long pants while outdoors. Babies can be protected from mosquitoes by covering their carrier in mosquito netting or thin fabric. Third, apply mosquito repellent to exposed skin and clothing when outside. While adults should use DEET at 30-35% concentration, children (2 mos-12 yrs) should use less than 10 %, and infants less than two months old should not use DEET at all. Finally, eliminate standing water around the house on a weekly basis (e.g. ponds, ditches, rain gutters, flower pots, garden equipment, wading pools, tire swings, birdbaths), so that mosquito eggs do not have time to hatch. In the end, the likelihood of contracting WNV is slim, but these are some effective prevention measures to reduce an risks for you and your children.

Taken from:

Children's health-at home and back to school. Retrieved on July 28, 2008, from <http://www.fightthebitecolorado.com/children.htm>
Utah Department of Health, Office of Epidemiology. (2003). *West Nile Virus FAQ*.

CALENDAR OF EVENTS

- **Ready to Learn**—Aug. 20th, Utah County Health Dept., 12-1 p.m., receive a complimentary book, & RSVP at 422-1807.
- **Car Seat Safety Class**—Aug. 12th at 10 a.m. & Aug. 25th at 4:30 p.m., Utah County Health Dept, Rm. #2700.
- **Spanish Parent Group**—Aug. 28th , Topic: “Infant Massage”, Utah County Health Department, Rm. #2501, 6 –7 p.m.
- **Explore the Born Learning Trail** at Bicentennial Park in Provo. Bicentennial Park is located on S. State Street and 1440 South, just south of Provo cemetery. There are signs and stencils to provide interactive play along the trail.