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**20th Annual Week of  
the Young Child Event**

**Saturday, May 4, 2019  
11am-2pm**

**Buttonwood Park Zoo**



Laying the foundation for life long learning.  
[www.brainbuildinginprogress.org](http://www.brainbuildinginprogress.org)

**Early Childhood Programming Near You!**

Contact Jocelyn Carvalho at [jcarvalho@paceccw.org](mailto:jcarvalho@paceccw.org) for more info.

**Play & Learn Together: New Bedford, Wednesdays 10AM-11:30AM at HayMac Elementary Family Center (May 1, 8, 15, 22, 29) Call 508-979-1927 to register.**

**Play & Learn Together: Acushnet, Mondays 10AM-11AM at Acushnet Public Library (April 22, May 6, and May 20) Contact [mcarlsen@paceccw.org](mailto:mcarlsen@paceccw.org) to register.**

**Play & Learn Together: Lakeville, Wednesdays, 10:30AM-11:30AM at Lakeville Public Library (April 3, 10, 17, 24, May 1, 8). Call 508-999-9930 x 129 to register.**

**Play & Learn Together: Dartmouth, Thursdays in May at 10AM at Southworth Library.**



# Building Blocks II

A newsletter for Acushnet, Berkley, Dartmouth, Dighton, Fairhaven, Freetown, Lakeville, New Bedford, Rehoboth, Seekonk, and Swansea families with children birth-age 8.

## Focusing on Math

**Here are a few ways to add math into your child's day:**

**Bake together!** Doubling recipes requires multiplying; halving a recipe requires dividing; measuring a half or quarter cup gets you working with simple fractions. At a more basic level, kids love counting chocolate chips!

**Build together!** Big or small, any project that involves measuring includes counting, adding, and multiplying. Use Legos, make a clubhouse out of shoeboxes, or build a real treehouse.



Source: [families.naeyc.org](http://families.naeyc.org)

**Measure, count, and record!** Most kids love stopwatches, and watching the seconds tick by gives them the opportunity to practice counting, measure distance and heights. Count jumping jacks, push-ups, or consecutive kicks of a soccer ball.



**April 2019**

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## Earth Day

Earth Day is celebrated every year on April 22. While we do not need to burden our children with the landfill problem, the on-going pollution of our waters, or the poisoning of our soil, it is important to teach gratitude and respect for the earth and all it provides. Children will follow our lead in picking up litter, recycling, and reusing materials and packaging, and avoiding the use of harsh chemicals and toxins in our homes and yards. Encourage your children to turn off the water while they are brushing their teeth. Show them how to turn off lights when they are not in a room. Every little bit helps!

Source: [kidshealth.org](http://kidshealth.org)

## Everyone Can Be a Storyteller

Storytelling helps preschoolers learn new words and prepare to become readers and writers. Invite your child to tell stories to you and other family members.



**Share what happened on an errand.** Any daily event can become a story if a child wants to tell it. A trip to the market can become a search and find for the tortillas for tonight's dinner.

**Plan for and describe important events.** Meeting new neighbors or going to the dentist can be great topics for a story. After explaining what might happen, invite your child to turn it into a story. Later he can change the story to include what actually happened. A story can help your child know what to expect and recall how brave he was.

Source: families.naeyc.org

## When Young Children Lie

It worries us when young children lie. We are conditioned to think lying is fundamentally wrong and wonder: *What if it never ends?* But, young children think about the world differently than we do. Children under five do not have a firm grasp on right and wrong, or reality versus fantasy. Unlike older children, kids this young do



Source: zerotothree.org

not understand that telling lies is wrong. When a child lies to avoid consequences, it might be because they fear your reaction. When we stay calm as we hold a child accountable, it communicates love and support as well as rules and limits. This teaches children to trust us and to tell the truth.

## Concerned about Development?

If you are concerned about your child's development, don't wait. Acting early can make a real difference! If your child is not meeting the milestones for her age or if you are concerned about how she plays, learns, acts, or moves, talk with her pediatrician and share your concerns. Visit [www.cdc.gov/milestones](http://www.cdc.gov/milestones) to find a milestone

checklist to track your child's development. The doctor may have you complete a formal checklist or questionnaire about how your child plays, learns, acts, speaks, and moves. This is called a developmental screening. It is used to figure out how to best help your child.



Source: www.cdc.gov

## Infant Activities

**Fill and Empty:** Place 12 plastic eggs in a basket. Set the basket and an empty egg carton on the floor. Let your baby put the eggs into the cups of the carton and then empty them back into the basket. Talk about the colors of the eggs as your child plays.

**Outdoor Explorer:** Give your baby opportunities to crawl through the grass. Talk about its color and how it smells. **Do not** allow your baby to crawl through grass that has been treated with chemicals.

**People Watching:** Provide opportunities for your child to watch other children at play. Go to the park and describe what you see.



Source: zerotothree.org

## Toddler Activities

**Egg Rolling:** Encourage your child to roll plastic eggs forward, backward, quickly, and slowly across the floor. Observe how the eggs roll together. Then, encourage your toddler to be an egg and roll across the floor.

**Windy Movement:** Tape crepe paper streamers to your child's arms. Have her pretend to be the wind as she moves around the room. Encourage her to dip, sway, and twirl. Practice these movements outside on a sunny day.

**Counting Hops:** As your toddler learns how to hop on one foot, count the number of hops he can take. Show him how excited you are as he learns to take more and more hops. Ask him to hop one time. If he can, ask him to hop two times. Count the number of hops together as he moves.

## Preschool/School-Age Activities

**Cloud Spotting:** This activity is great for car rides, standing in a line, or going for a walk. Encourage your child to look up. What shapes are the clouds making? Does she see a dragon? A car? A castle? Talk about your observations in detail together.



**Spring Smells and Sounds:** Head outdoors. How many smells and sounds of spring can you identify? Start at ground level and then move up to the bushes and flowers. Finally, focus on the branches of trees and the sky.