

# SONGS AND FINGERPLAYS

## Splashing's So Much Fun

(Tune: "Ten Little Indians")  
 One big, two big, three big splashes,  
 Soaking even my eyelashes!  
 I like making water splashes;  
 Splashing's so much fun!  
 (sing verse loudly, then softly)



## I'm Going on Vacation

(Tune: "Sing a Song of Sixpence")  
 I'm getting out my suitcase  
 And packing it with clothes.  
 I'm getting all dressed up,  
 From my head to my toes.  
 I'm getting out my ticket  
 And putting on my hat.  
 I'm going on vacation!



## Fish Alive

One, two, three, four, five.  
 Once I caught a fish alive.  
 Six, seven, eight, nine, ten.  
 Then I let it go again.  
 Why did you let it go?  
 Because it bit my finger so.  
 Which finger did it bite?  
 This little finger on my



## Oh, Watermelon

(Tune: "O Christmas Tree")  
 Oh, watermelon, big and green,  
 You are the biggest that I've seen!  
 Oh, watermelon, big and green,  
 You are the biggest that I've seen!  
 Underneath the green and white,  
 You're juicy red. Let's take a bite!  
 Oh, watermelon, fun to eat,  
 You are my favorite summer treat!

## Teddy Bear, Teddy Bear

Teddy bear, Teddy bear,  
 touch your nose.  
 Teddy bear, Teddy bear,  
 Touch your toes.  
 Teddy bear, Teddy bear,  
 Touch your chin,  
 Teddy bear, Teddy bear,  
 Spin and spin!



## Pop, Pop, Popsicle

(Tune: "Row Your Boat")  
 Pop, pop, Popsicle -  
 A yummy frozen treat!  
 Cherry, lemon, orange, grape!  
 Cool and fun to eat!



## The Sun Is Out

(Tune: "Farmer in the Dell")  
 The sun is out today.  
 The sun is out today.  
 Oh, my, how warm it feels.  
 The sun is out today.

\*\*\*\*\*  
 \* The curve of a parent's smile can set \*  
 \* a lot of things straight! \*  
 \* \*\*\*\*\*



**PARENT TIP: JUST BY LISTENING** from Susan Wondolowski, M.A, Behavior Specialist  
 Whether your child is 3 years old or 18 years old, when you listen to your child's "side of the story" or opinion, especially during a disagreement, you just may be conveying a lot of good things to him or her. First, by using your time to listen, you're sending the message "I value you." - always a good thing! You're also modeling respect for others. In addition, you're modeling self-control. It's not easy (even for 2 adults!) in a disagreement to stop trying to make your point and listen to the other guy's point without interrupting! It can also be easier to accept not getting your way, as long as you've "been heard". You're also helping your child learn healthy communication skills- e.g. turn-taking in talking. Similarly, you're helping with your child's cognitive development (thinking skills). In order to tell you "their side", they have to practice putting their thoughts together, as well as find the words to express them. Finally, you're helping them learn to negotiate and to stand up for themselves. You don't have to agree with them - just listen :)

## BOREDOM BUSTERS!

### Ways Children Can Beat the Blahs!!



1. Visit a friend
2. Draw
3. Make a robot
4. Make a jigsaw puzzle
5. Make a kite
6. Roll down a hill
7. Dance
8. Bake cookies
9. Write a story or poem
10. Jump rope
11. Watch bugs
12. Make fruit cubes
13. Plant a box with seeds
14. Listen to music
15. Make up songs
16. Make a paper chain
17. Make a fort w/sheets
18. Do cartwheels

## Song For the Seashore

(Tune: "Do Your Ears Hang Low")  
 Feel sand in my toes.  
 Smell the ocean with my nose  
 See the children splash and play.  
 On a hot summer day.  
 Hear the ocean waves go ROAR  
 As they crash into the shore.  
 Taste the salty sea.



## The Ocean

(Tune: "Frere Jacques")  
 I see big whales; I see big whales,  
 In the sea, in the sea.  
 Swimming, diving, blowing,  
 Swimming, diving, blowing,  
 In the waves, in the waves.  
 Ask your child to make up verses about other ocean crea-

**WE ARE IN NEED OF PLASTIC GROCERY BAGS. THANK YOU!**

## OPTIONAL LUNCH MILK/JUICE MONEY

If you would like Breezy Knoll to serve milk/juice to your child at lunchtime, please enclose 25 cents for each day of the month your child will receive milk/juice. Please place money in an envelope and drop in tuition mailbox. Thank you.

Child's Name \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

Milk/juice money enclosed for month of (please circle):

Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec





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## AUGUST 2011

### TODDLER NEWS



The Toddlers are enjoying the summer! We've had fun cooling off while playing in the water tables and running through the sprinklers. We've created some great art work and enjoyed special cool treats!

During the month, we will continue to enjoy our favorite activities outdoors, and playing in the sandbox and in water tables. Thank you for remembering to provide extra diapers. We will enjoy every minute of the summer!

### DATES TO REMEMBER

- |               |                                      |
|---------------|--------------------------------------|
| Mon, Aug. 8   | Victory Day<br>BK CLOSED             |
| Thur, Aug. 25 | Last day SA summer camp              |
| Fri, Aug. 26  | BK CLOSED to prepare for school year |
| Mon, Aug. 29  | First day of BK Kindergarten         |
| Mon, Sept. 5  | Labor Day<br>BK CLOSED               |



### PRESCHOOL FUN

It's hard to believe, but the summer is almost over! We hope you are able to enjoy some "lazy, hazy days" with your families. During the month of August, we will continue to enjoy warm, sunny days outside splashing in the water tables or sliding down the water slide. The children will continue to explore the topic of the beach as they enjoy the Dramatic Play area! Have you noticed the wonderful sea creatures they have made? The children are also enjoying painting on easels and creating some masterpieces. The Music and Movement room is great fun. The instrument of choice seems to be the drum!



### REMINDER

We are now planning for the fall. If you need to change your child's schedule in any way, i.e. add/drop/change a day, please see Jeannette. We still have some flexibility to add and/or change days. Thank you!

### SUN SAFETY TIPS: FACTS ABOUT SUNSCREENS



from the Amer. Acad. of Dermatology  
[www.aad.org/public/News/Derminfo/DInfoSunscreenFAQ.htm](http://www.aad.org/public/News/Derminfo/DInfoSunscreenFAQ.htm)

1. Everyone needs to use sunscreen, regardless of skin type.
2. Sunscreens should be used everyday if you are going to be in the sun for more than 20 minutes.
3. Sunscreens should be applied 15-30 minutes BEFORE going outside. Apply liberally.
4. Don't forget that lips get sunburned too, so apply lip balm that contains sunscreen with an SPF of 15 or higher.
5. Sunscreens should be reapplied every two hours or after swimming or perspiring heavily. Ideally, sunscreens should be water resistant, so they're not easily removed.
6. Unless indicated by an expiration date, the FDA requires that all sunscreens be stable and at their strength for at least three years. However, keep in mind that if you are using the proper amount, a bottle of sunscreen will not last you very long.
7. SPF does not actually increase proportionately with a designated SPF number. In higher SPFs, such as 30, 97 % of sun burning rays are deflected, while an SPF of 15 indicates 93% deflection, and an SPF of 2 equals 50% deflection. Research suggests that high SPF sunscreens are an appropriate choice for very sun-sensitive individuals.
8. Because sunscreens can now chemically absorb UV rays, or deflect them, the term sunblock is no longer used. It's important to find a sunscreen that offers both UVA and UVB (broad spectrum) protection and includes ingredients such as benzophenones, oxybenzone, sulisobenzonate, titanium dioxide, zinc oxide, and avobenzone.
9. Finally, there is no safe way to tan.

### WHY HANDS ON?

I tried to teach my child with books.  
 He gave me only puzzled looks.  
 I tried to teach my child with words.  
 They passed him by, often unheard.  
 Despairingly, I turned aside.  
 How shall I teach this child?" I cried.  
 Into my hand, he put the key.  
 "Come," he said. "Play with me!"

### LEARN THROUGH PLAY

From RIELS Fun Family Activities SCIENCE

#### ICE SCULPTURES:

1. Gather together a variety of food storage containers and milk cartons in different shapes and sizes.
2. Fill your containers and ice cube trays with water. For a real creation, add a few drops of food coloring to each container.
3. Place all the containers in the freezer.
4. Once they freeze, empty the containers and put gloves on your child. Have fun creating ice sculptures.
5. Sprinkle kosher salt on the ice cubes so they will stick together.

On a hot summer day, it's fun to make your creations in a small pool!