

How to Stay Safe

This month in THE GREAT BODY SHOP, your child learned about safety. The unit was accompanied by the song “15 Ways to Stay Out of Trouble.”

- Lesson 1:** Safety Rules—Safety Helpers
- Lesson 2:** Safety at Home
- Lesson 3:** Safety at Play
- Lesson 4:** Safety in the Community

On the Cover

With your child, look at the picture on the front cover. Make sure that your child understands that some things, like matches or lighters, are not toys. Help your child to color the circle/slash sign, on the poster that Willie is holding, a bright red. Be sure your child knows that this sign means “NO.” If your child finds matches or a lighter, he/she should tell an adult immediately.

Caution in the Car

At a crash of 30 mph, a child without a seatbelt would feel the same force as if he or she fell from a three-story building. Make sure all children are buckled with the appropriate booster seat in the back seat of the car! Learn about your state’s booster seat laws here: safeseats4kids.aaa.com/state-laws/

Make sure car and booster seats are installed correctly: <https://bit.ly/2M2NEEJ>

Fire Alarm

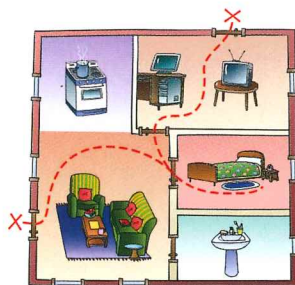
In school, children learned that smoke goes up, so we must go down to the ground when in a smoky building. For that reason, we should crawl, not run, to get out of a smoke-filled room. We also practiced the “stop, drop, and roll” steps to put out the fire on clothes that catch fire.

At-Home Fire Drills

Plan two different ways to get out of each room.

Tell your children not to try to find you, but to get outside right away! Pick a spot for the whole family to meet once you are outside the house.

Make sure your children know that they can’t hide from a fire. Children tend to think a fire won’t “find” them if they hide.



Safety Course

Here’s a fun way to teach your children bike safety. Set up a course in a driveway or empty parking lot. Have children practice riding; show them how to cross a “street;” go over proper hand signals. Inspect bikes for reflectors and headlights; make sure your children wear helmets.

Water Watch

Remember, a young child can drown in just two inches of water. Children can drown if they accidentally fall in the tub. Never leave a young child alone in the bathtub, even for a minute. Tell your child not to get out of the tub alone. Put a rubber mat or strips in the tub. Drape a towel over the side of the tub; it’s less slippery than the wet porcelain.

Review family safety rules for playing in or around water. Children should never be in a pool alone, even if they have had swimming lessons. If you have to leave the area, assign another adult to supervise. Drowning can happen quickly!

Read All About It

Officer Buckle and Gloria

by Peggy Rathmann

A classic Caldecott Medal award book.

See How They Go: Emergency Vehicles

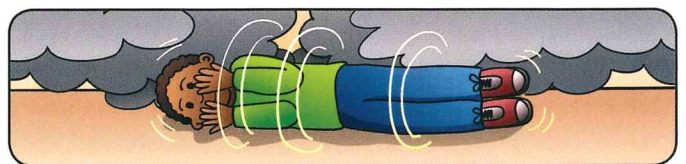
by DK Publishing

Introduces ambulances, rescue helicopters, and other vehicles that help save lives in emergencies.

Word Wise

Ask your child to find these words in the Student Issue. Write them on paper and post them around the house. Practice reading these sight words daily. Mix them up to create sentences.

stay a safe will I helper do



The Five Senses

This month in school, your child learned about the five senses. The unit was accompanied by the song, "Just One Tongue."

Lesson 1: What Are the Senses?

Lesson 2: Our Senses Help Us Learn

Lesson 3: Let's Use Our Senses

Lesson 4: Problems with the Senses

On the Cover

Look at the picture on the cover. Talk about how the five senses tell us about the world. Explain that two senses work together to help us taste. We can't taste our food as well if we can't smell it. For that reason, it's harder to taste food when we have a cold and our noses are stuffy.

At the Dinner Table

At dinner tonight, why not talk about the senses? Remember the words in the song, "My senses work just great when my food is on my plate." Ask your child to describe what the food tastes like (salty, sweet, etc.). What do the foods smell like? Which foods are hot and which are cold?

Word Wise

Can you find these words in the Student Issue? Read the words as a family.

skin—covers your body and has nerves to help you feel and touch

ears—the body part that helps you hear

eyes—the body part that helps you see

tongue—the body part that helps you taste

nose—the body part that helps you smell

What Would It Be Like?

Children learned to appreciate hearing and seeing by imagining what it would be like if they didn't have these senses. It is important for children to try to understand what it feels like for those who are visually or hearing impaired.

Explain that everyone needs friends. Talk about different ways of showing friendship to someone who can't see or can't hear. How might we play with a friend who is blind? What are some things a friend who is deaf might like to do?

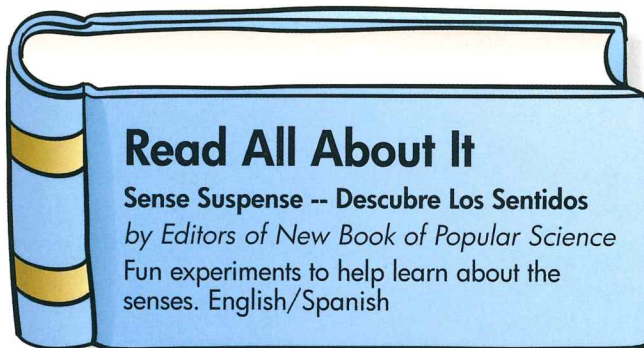
Eye and Ear Safety

Tell your child: When you get something in your eye, don't rub it. Rubbing might scratch the eye. Ask an adult to help you wash it out with water. (You can also have your child pull the top eyelid over the bottom one and blink.)

Never put cotton swabs or anything else deep into the ear. To wash ears, use a washcloth and wash only the outside part of the ear.

Some children wear earplugs when they go swimming. The ear plugs keep extra water out of the ears, and prevent earaches. (Not all children need earplugs. Your doctor may recommend them if your child gets a lot of ear infections.)

When you and your child use headphones, make sure the volume is at a low, safe level. Listening to loud music can permanently hurt hearing.



Word check: What does the word "respectful" mean?



Good Food

This month in THE GREAT BODY SHOP, your child learned about healthful foods. To go along with the unit, the song “A Party in Cool Dude’s Tummy” was played.

Lesson 1: Food Needs for Life

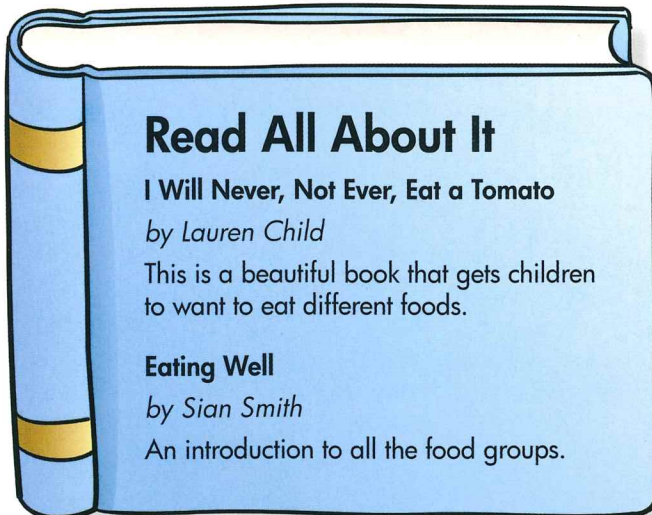
Lesson 2: Healthful or Less Healthful

Lesson 3: Good Food Comes in Many Forms

Lesson 4: Before We Eat—Food Handling

Practice Choosing Healthful Foods!

Talk about the healthy foods your family enjoys. Fill your plate with them to match the plate on page 3.



Study after study has shown that kids who don't eat breakfast don't do as well in school. Breakfast will give your child energy to learn and play all day. Fussy eaters will be more interested in breakfast if they're allowed to choose what they eat. Remember, good food is good for you at any time of day. A burrito or a tuna sandwich can be a healthful choice for breakfast.

Cool Dude's Super Duper Breakfast Sandwich

To make Cool Dude's favorite breakfast, you will need:

- a piece of whole wheat bread, or ½ English muffin
- one slice of cheese
- ¼ apple, sliced very thin

Toast the bread or muffin. Cover with apple slices. Place cheese on top. Put under the broiler until the cheese melts. (Let it cool a bit before eating!) Adult supervision required!!

Good Foods Can Be Fun Foods

- Serve cut-up vegetables with a low or non-fat salad dressing dip. Try cut-up fruit with a fat-free vanilla yogurt dip.
- Make peanut butter and banana (instead of jelly) sandwiches on whole wheat bread.
- Let your child make his or her own frozen fruit juice pops. (They're lower in sugar and cheaper than "store bought," too.)
- Make "Crunchy Munchies" with your child by mixing two different unsweetened cereals, raisins, sunflower seeds, and/or nuts.
- Have a party. Each child can bring a different ethnic food.

What's Cooking? USDA Mixing Bowl—Hundreds of easy, cheap recipes to cook with your child. (Website is available in both English and Spanish):

whatscooking.fns.usda.gov

Word Wise

Practice finding these words.

- | | | |
|--------------|---------------|---------------|
| food | fish | apple |
| plate | eating | bread |
| good | like | please |

The Family Team

This month, THE GREAT BODY SHOP was all about families.

Lesson 1: What Is a Family?

Lesson 2: See How Families Grow and Change

Lesson 3: Family Rules and Jobs

Lesson 4: Families and the Community

Talking About Families

Talk to your child about the families pictured on the front cover and about how they are different. How are they alike? How are they the same or different from your family? Talk about the families that you know. How many members do they have? Name a job that each member does.

Learning Responsibility

Children feel proud when they master a job. It teaches them responsibility. The secret? Make the job simple enough for them to handle.

- Be careful not to use general phrases such as “clean your room.” Instead, break the job down into smaller steps. For example, you might say, “Please put all your toys in the toy box.” Once that is done, tell him or her to “put all your dirty clothes in the hamper.”
- Be sure to praise a job well done.
- Let your children choose some of their jobs. While each child can be responsible for his/her room, children can rotate jobs such as taking out the garbage or setting the table.
- To help children remember to do their jobs, make a chart and mark the completed jobs with a star.



Changing All the Time

It's often hard for children to adjust to changes in the family. Yet families change all the time—babies are born, pets die, mothers return to work, families move, parents divorce, etc. You can help make changes easier for your child by talking about the situation.

ASK your child to tell you how he/she feels about the change. Explain that change is normal, but certain things never change, such as the love between a parent and child.

LOOK at pictures of your child as a baby. Talk about his/her struggles to walk, talk, hold a spoon, etc. Talk about how your child has changed.

HELP your child to feel part of a change by including him or her in making decisions. If you are moving, for example, take your child along to help pick out a house. Or let your child help decorate his or her new room. If you get a new job, bring your child to your new workplace. Have your child choose a picture of himself or herself for you to keep at work.

Word Wise

Talk about the meaning of each word. Find the words in the Student Issue.

family	community	rules
different	team	special

Read All About It

Me and My Family Tree

by Joan Sweeney and Annette Cable

Using a family tree, a young girl explains how her brother, parents, grandparents, aunts, uncles, and cousins are related to her. Wonderful pictures with a place to make a family tree.

The Very Helpful Father

by Sally Huss

How important are fathers? Find out in this fun picture book.

My Body Is Special

This month, THE GREAT BODY SHOP was about the fact that every person is special. Listen to the song "My Body Is Special" on the GREAT BODY SHOP CD.

Lesson 1: All Bodies Are Different

Lesson 2: I Am Special

Lesson 3: Taking Care of My Body

Lesson 4: Safe Touches, Unsafe Touches

On the Cover

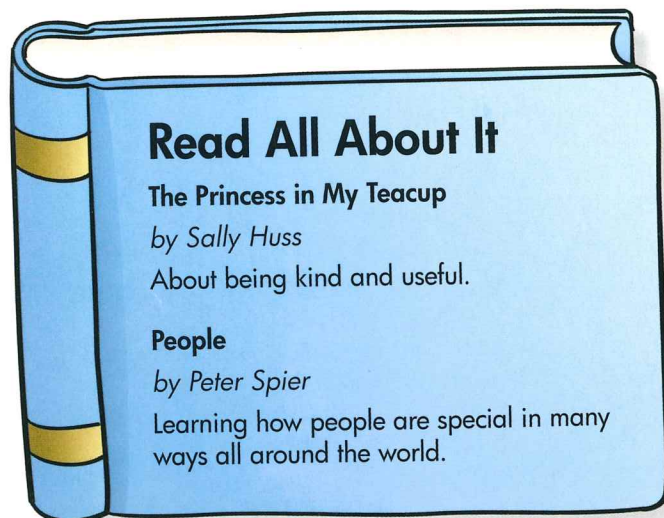
With your child, talk about the picture on the cover. Can your child identify the three GREAT BODY SHOP kids? (Betsy, Suzy, and Tito)

Ask your child to tell you some of the ways they are different from each other. How are they the same? Remind your children that they are very special. One way to show that is to help them to take care of their bodies and keep them healthy.

Listening

You build your child's self-esteem when you show you are interested in what he/she has to say. Be an active listener; that is, show your child you are listening. Here are some suggestions.

- Ask specific questions. "Tell me about the best part of your day." "Who are your favorite friends at school?" "Why are they special to you?" Open-ended questions will get the conversation started.
- Now and then, look up from whatever you're doing so you can meet your child's eyes.
- Comments such as "Then what happened?" or "I am sure you were mad!" show you are listening.



"Private" Means It's Just for Me!

An important part of this unit concerns the concept of safe, unsafe, and confusing touches. Children learned that things that are "private" are just for them. They also learned the difference between touches that feel good—like a hug or kiss from someone they love—and others that make them feel upset or frightened. Children were taught to tell someone they trust if they are touched in a way that makes them feel bad, unsafe, or uncomfortable.

Reinforce this lesson by using the word "private" at home so that your child is sure to understand it. For example, you might say: Private body parts are covered by a bathing suit or underwear.

Talk about when saying "No" to an adult keeps them safe. Make sure your child knows that you will love him or her always, even when bad things happen.

Tell your child that there is always someone who can help him or her with a problem and that we shouldn't keep problems inside of us. Have your child name three trusted adults.

Word Wise

Talk to your child about each of these vocabulary words. Have fun making up sentences using each word.

special—valuable, one of a kind, unique

respect—to show kindness, and treat others with good manners

private—something just for you, not for sharing

trust—to count on someone to do the right thing

daily habits—doing the same things every day

Learning to help around the house gives children a sense of responsibility. Ask your child to draw a picture of his or her job in the family. Talk about why the job is important. Tell your child about your job, too.

Every Day, Play!

This month, THE GREAT BODY SHOP was about the importance of play and exercise. This unit was accompanied by the song “Let’s Play, Every Day” found in THE GREAT BODY SHOP Family Portal.

Lesson 1: Everyday Play

Lesson 2: How We Play

Lesson 3: Play Is Exercise, Too!

Lesson 4: Learning the Rules of Safe Play

On the Cover

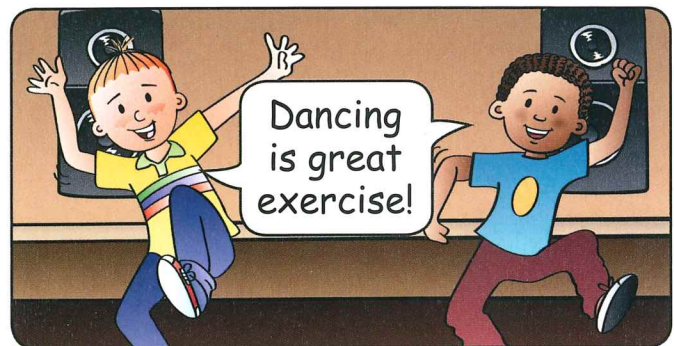
- With your child, look at Cool Dude and Hamisi on the cover. What is each doing? Are they getting exercise?
- Note the protective equipment Cool Dude wears. Ask your child to tell you why it’s important to wear a helmet when skateboarding or riding a bike. Why are knee, elbow, and wrist pads important, too?
- Talk about the line in the song: “We make strong muscles and we make strong bones when we play at school or play at home.”
- Help your child to identify the different kinds of balls and equipment surrounding Jessica on the bottom of this page. How would he or she play with these? (Answers, clockwise from top: jump rope, wiffle ball, kickball, tennis ball, football, frisbee, basketball, baseball, soccer ball)
- With your child, discover other ways you can exercise together.

Stop the Music!

Here’s a fun way for your child and his or her friends to get some exercise. You’ll need one or two of your child’s favorite songs, or you can play the songs located in THE GREAT BODY SHOP Family Portal.

Play the music and have everyone dance or run in place. One by one, have players take turns being the leader who turns the music off for a 20-second period. The leader must then think of something for everyone to do while the music is off (jumping jacks, marching around the room, running up the staircase, or turning circles, for example). When everyone has performed the task, the leader quickly puts the music back on and everyone dances until a new leader turns off the music again.

Children are exposed to media earlier and more often than ever before. Children who are watching TV, gaming, or using portable devices like tablets or parents’ cell phones are not exercising. They are more likely to be overweight. Encourage your child to play actively.



Read All About It

Dancing Solo

by Jake Maddox

Sarah is the best dancer in her class. As she prepares for a recital she is challenged and must decide what to do.

Softball Surprise

by Jake Maddox

This is the story about a girl who loves softball, and must decide what to do about winning or playing with her friends.

Word Wise

Help your child find these words in the Student Issue and circle them. Then read the sentence without the **Wise Word** allowing your child to read it. Practice using the words at home to reinforce key concepts and skills learned in this unit.

play exercise safe strong

