



PARENT TRUST
FOR WASHINGTON CHILDREN



Strong Families Begin At Home

Child & Teen Services Newsletter

Summer 2010

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FAMILY HELP LINE
1-800-932-HOPE

Parent Trust's statewide, toll-free phone number provides callers with a greater understanding and awareness of child development, guidance and resources.

If you have any comments, or suggestions for future articles, please contact:

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ONE FAMILY, ONE BOOK: A COMMON READING PROGRAM

The library of congress states on their website, "What if everyone read the same book and then joined all those readers in talking about it? That's the idea behind One Book. A state or city chooses a book and encourages everyone in that area to read the book and discuss it."

There are many examples of common reading programs throughout the world. Did you know that the very first such program was started in 1998 in Seattle by Nancy Pearl and Seattle Public Library's Washington Center for the Book? Her program was called "If All Seattle Read the Same Book."

Well--what if everyone in one family read the same book and then joined together to talk about it? That is the theme of our summer Child & Teen Services newsletter. In this edition you will find book suggestions for different age readers. Books you can read to young ones and books that older children and parents can read on their own and then talk about.

The goal of this Summer Newsletter is to promote literacy and family communication. Even if your children are away from home, you can still choose a family book that will offer points of discussion when you do connect.

The newsletter contains 3 book recommendations, with ideas for activities that you can do together related to the theme of the book. In fact, we recommend that you connect with each other through these activities, rather than a formal "book discussion group." Just because it's reading, doesn't mean it has to feel like school for the older kids. On the contrary, it should feel like summer reading fun and play.

Each book+activity combo is for a different age range. And you don't have to stop at just one if you have voracious readers. There are lots of great books (with reviews) on our Parent Trust website. You can visit www.parenttrust.org/parent-trust-reads for more suggestions.

So let's get reading!

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PARENT TRUST READS: Goodnight Moon

Written by Margaret Wise Brown
 Illustrated by Clement Hurd
 For ages infant-3 years old

An end of the day story for the very young, *Goodnight Moon* is suggestive of a bedtime ritual. Naming all the things in the "great, green room" and then saying goodnight to them, a little bunny gets ready for sleep. The story is full of fun, brightly colored illustrations of the bunny's room, and at the end of the story the drawings are darkened by nightfall. Little Bunny is ready for sleep.

PARENT TRUST CONNECTS WITH Goodnight Moon



Bedtime rituals help parents and their children re-connect at the end of a busy day. *Goodnight Moon* is a perfect story/ritual combination for very young children. As you read through the book, you and your child can point to the pictures of all the things the little bunny is saying goodnight to. This is also an early learning activity, as it helps with language and communication development!

However many books you agree to read at bedtime, let *Goodnight Moon* always be the very last one. This will help create and maintain the ritual, and also act as a transition for your young child; starting the book helps them adjust to the coming goodnight and time for sleep. Reading the last page in a hushed voice is a perfect lead-in to the goodnight kiss and lights out.

Expanding the ritual: you can create a daytime activity from *Goodnight Moon* too. Maybe you and your young child can decide on ten things in the bedroom to say goodnight to!

PARENT TRUST READS: Corduroy's Hike

By Alison Inches

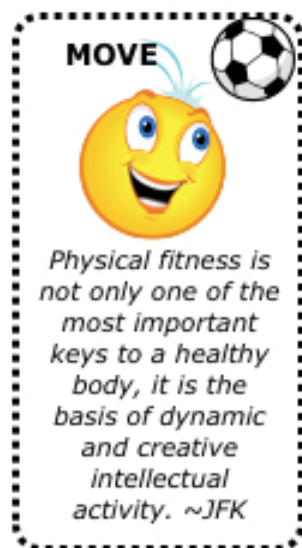
Illustrated by Allan Eitzen

Based on the characters created by Don Freeman

Easy Reader: Ages 4-7

Lisa, her friend Susan and their class go on a hike. Corduroy, Lisa's stuffed bear, wants to be part of the trip so he sneaks into Lisa's backpack. Lisa finds Corduroy when they start out walking, but figures he'll be safe tucked inside. But Corduroy just has to peek outside and when he does, he falls out! Will Lisa find him again? Simple black ink and watercolor illustrations help bring this very simple story alive. All ends well for Corduroy-wet and tumbled a bit but reunited with Lisa in the end.

PARENT TRUST MOVES WITH Corduroy's Hike



Using *Corduroy's Hike* as the springboard to adventure, plan some hikes or neighborhood walks with your easy-reader!

Corduroy, Lisa and the schoolchildren visit lots of interesting places while they are hiking. You might want to even create a checklist of things to see when out hiking, copying all the things you see on the pages of the book. You don't have to accomplish all on one trip--you can extend this activity through the summer. For example, some things you may want to try to find or experience while hiking:

- A wooden bridge
- A stream
- A frog (look close--there is one!)
- A dragonfly
- A rabbit
- A fir tree

Your child may even want to pack a small stuffed animal in their backpack, just like in the story.

Washington Trails Association provides a wonderful guide about hiking with children. In addition to providing tips and recommended hikes, they also offer guidelines on how long children of specific ages can hike. A good place to start is their tips for hiking page: <http://www.wta.org/kids/children/how-to/tips-for-hiking-with-kids>

PARENT TRUST READS: The Seven Wonders of Sassafras Springs

By Betty G. Birney
illustrated by Matt Phelan
Chapter book: ages 8-12 years old

I was immediately captivated by the cover illustration on the book--a simple drawing of a boy and his dog, the boy looking off in the distance. Happily, the first sentence of the book captured that same feel: "Sometimes extraordinary things begin in ordinary places."

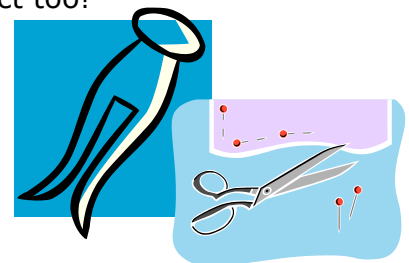
Reminiscent of Wizard of Oz and "Phantom Tollbooth", our hero, Eben, is an 11 year old boy who is bored, bored, bored. His little farming town is so small it doesn't even warrant a spot on the map. One summer evening as he lazes on the porch with his dad and aunt, Eben flips through a book about the Seven Wonders of the World, dreaming of visiting these foreign lands.

Set in 1923, there isn't much in Sassafras Springs that inspires wonder. Eben is in a complaining mood, so his dad challenges him to find Seven Wonders in Sassafras Springs. The payoff? If Eben can find seven wonders in seven days, he gets a train ticket to go visit relatives in Colorado. By himself! His dad tells him, "I just think there's no use searching the world for Wonders when you can't see the marvels right under your own nose."

And so the adventure begins. Each day after working in the fields, Eben sets out to find Seven Man Made Wonders in Sassafras Springs. Read the story to find out if he gets his trip to Colorado!

PARENT TRUST CREATES WITH The Seven Wonders of Sassafras Springs

One of the Wonders that Eben learns about is Aunt Pretty's Clothespin People collection. You can make clothespin people as a craft project too! Instructions are on the next page...



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CREATE WITH The Seven Wonders of Sassafras Springs...continued.



Materials needed:

- wooden clothespins with round tops
- fabric scraps or felt
- pipe cleaners
- scissors
- glue
- fine tipped markers--permanent works best.
- yarn-optional

Draw faces onto the head of the clothespin. Wrap pipe cleaner around middle of pin to make two arms.

Using fabric scraps, you can make shirts and pants and hats and scarves and anything else you can think of. No sewing necessary--just wrap the fabric around the pin and pipe cleaner and glue in place. If you want, you can use yarn to make hair!

Note: if you don't have fabric scraps, use colored markers to draw clothes onto the pin. Not sure where to get clothespins or want to see some examples? Check out: http://www.mahardrygoods.com/item.php?item_id=1009

ADDITIONAL RESOURCES

Beyond the Book Project

<http://www.beyondthebookproject.org/>

Seattle Reads: Seattle Public Library

http://www.spl.org/default.asp?pageID=audience_current_seattlereads

Common Book: University of Washington

<http://www.washington.edu/uua/commonbook/>

Everybody Reads

<http://www.everybody-reads.org/node/1>

Common book for Asotin, Lapwai, Pullman, Moscow, Colfax and Palouse counties.

Read.gov : Common book programs throughout Washington state.

<http://www.read.gov/resources/state.php>

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BONUS ARTICLE! PARENT TRUST EATS WITH Corduroy's Hike



In Corduroy's Hike, Lisa has packed a peanut butter sandwich and juice. If your child is able to eat peanut butter, exploring this fun food could be a great way to expand on the story and learn some nutrition too. Learn a little about peanut butter, and then pack a picnic lunch for a hike!

According to the American Peanut Council, the ancient south american indians were the first to make and eat peanut butter. In 1890, a physician in St. Louis was known to crush peanuts into a paste--the crushed peanuts were for his older patients with bad teeth. This paste gained a wider audience at the 1893 Chicago World's Fair, and in 1903 a man named Ambrose W.. Straub of St. Louis patented a machine to make peanut butter.

Peanut Butter is a good source of protein, niacin and manganese. If made without added ingredients (just peanuts!), it is also low in cholesterol and sodium. Eaten in moderation-a serving size is 2 Tbs.-it has a reasonable amount of saturated fat and no trans fat.

It is also easy to make if you have a food processor. 1 cup of raw or roasted, unsalted peanuts, 1 tsp. peanut oil (or any oil that doesn't have strong flavor/odor) and maybe a pinch of salt. You can buy shelled peanuts to make it easier--or buy ones with the shell on and add shelling to the activity. Put peanuts in the food processor, add the oil and salt. Start the processor. Check it before too long--it takes less time if you like it chunky, more if you want it smooth. If you don't have a food processor, some stores have grinders in their bulk sections that you can use. If you can't find a grinder, you can still have fun making sandwiches together.

If peanuts aren't your thing, maybe try other nuts. You can make almond, walnut, or cashew butter. You can also make pumpkin seed butter (although I've read that you should really look over your seeds carefully--one bad seed can ruin a whole batch. remove any discolored seeds because this could indicate that they are rancid.) Or, if nuts are no good for your family, any sandwich will do for a hike!



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