



Play to Grow

A quarterly newsletter for parents with children age 0-5



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Rural CAP Parents As Teachers Program

Did you know...studies show that the love and nurturing we give our infants does more than create a strong bond between parent and child. Loving our babies actually helps their brains develop. The Seward Parents As Teachers program or PAT believes that parents are a child's first and best teacher and that the early years lay the foundation for a child's success in school and later life. Parents As Teachers is designed to provide information, support, and encouragement to parents to help their children develop optimally during their crucial early years of life. They provide personal visits to families during pregnancy and with children from birth to age 3, or age 5 in selected communities. Families are supported by a certified Family Visitor trained in a

research-based curriculum called *Born to Learn*. Family Visitors provide information to families on brain development and how young children grow and develop. They also provide fun learning activities that families can do in the home. By understanding what to expect during each stage of development, parents can easily capture the teachable moments in every day life to enhance their child's language and social development, intellectual growth, and motor skills.

Services provided by Parents As Teachers include:

- Bi-monthly home visits
- Personalized activities and parenting information
- Developmental screenings

- Health Screenings
- Group socialization opportunities for parents and their children
- Resources and referrals to other community agencies as appropriate



For more information or to request an enrollment application contact the Seward Parents As Teachers Family Visitor at 224-4445 or email at sewarpat@ruralcap.com

Drawing Textures

We all love to admire the beautiful scribbles our children make with paper and crayons. Even more so drawing and coloring can offer a wonderful learning opportunity for your child. The next time your child wants to color, sit down with them and try this activity called:

Drawing Textures

Supplies you will need:

- Scissors (with crafty edges if you have them)
- Construction paper
- White copy/print paper
- Crayons

Use your crafty scissors and cut up some construction paper in pieces or strips. Then put them all under a piece of white paper and let your child rub a large crayon sideways over the paper. You'll see all the edges of the paper underneath appear. Then take about 5 or 6 crayons and tape them together. Let your child use the group of crayons to draw over what she just made. Talk about how the lines and shading look different. Talk about the colors and curves of the lines you see. As an extra project, you can collect flat objects from around the house or outside such as leaves, flowers, or any textured paper you may have, and place

underneath the paper while your child shades.

Tips/suggestions:

- Let your toddler chose the color of crayons they want to bundle
- Ask your toddler what color of paper they want to use
- Send the beautiful work of art to a friend or relative to brighten his/her day!
- Make one along with your child and send it to a friend or relative of yours from you!

Upcoming Play and Chat Dates:

September	4
<i>Labor Day Weekend NO Play & Chat</i>	
September	8
September	18
September	22
October	16
October	20
October	30

There will be no Play & Chat October 6, due to staff being out for meetings and vacation.



Downstairs at the Seward Community Library
238 5th Ave, Seward, AK

A free program for all members of the Seward community with children from birth through 5 years of age.



The Future of Play and Chat

Play and Chat is a community program that continually changes to meet the needs of the families who participate. As our children grow and move on to different activities, younger children take their place and we need to be sure we are still providing a quality program for our families. At each Play and Chat, How Was It forms (which are used for evaluation and planning of future play groups),

are passes out to parents. If you have questions, comments, or suggestions of any sort, please feel free to share them with our Play and Chat Coordinator by writing them down. Remember, Play and Chat is your program and you can have as much influence on the group as you like! We are always looking for parents to share their expertise with other parents, so if you would like to host a Play and

Chat speaker session or lead a group activity, funding is available to provide supplies. Or if you are interested in hearing from someone in the community, we will try our best to bring them to our program! We want to thank all our families who continue to support our program and all the community members who volunteer their time and resources to Play and Chat.

I Am Your Child Parenting Series

New research in brain development tells us of the vital importance of the first years of life. New parents have a wonderful opportunity to help their child reach their full potential by being prepared and educated on the important issues early childhood brings. SeaView Community Services Infant Learning Program will be offering the series I Am Your Child for parents with young children and soon to be parents. This six week course will be held once a week (Thursday nights) beginning in September. The cost will be \$10.00 per couple. Child care (by donation) and light snacks will be provided. Some of the topics covered in the series will include:

- Nutrition during pregnancy
- Bonding and attachment
- Communication
- Self-Awareness
- Discipline
- Sleep/Bedtime
- Establishing a routine
- Childproofing
- Car seat safety
- Setting effective limits
- Literacy
- Quality child care
- And much more!

Class Schedule:

- September 9 5:30-7:00 PM
- September 16 5:30-7:00 PM
- September 23 5:30-7:00 PM
- September 30 5:30-7:00 PM
- October 14 5:30-7:00 PM
- October 21 5:30-7:00 PM

If you are interesting in signing up for the course, please contact the Infant Learning Program at 224-5257 by September 7, 2010.



I Am Your Child Parenting Series is being offered through SeaView Community Services Infant Learning Program beginning in September



The Infant Learning Program hosts a huge lending library full of resource books for parents...for FREE!

Lending Library Featured Books

Siblings Without Rivalry by Adele Faber and Elaine Mazlish has been revised and updated after more than 10 years of feedback from parents. This book guides the way to family peace and tranquility with humor and compassion for both parents and children. Illustrated, action-orientated, and easy to understand, it's packed with sensitive yet sensible ways to turn quarreling siblings and frustrated parents into an open, communicative family.

Positive Discipline for Preschoolers by Jane Nelson, Cheryl Erwin, and Roslyn Ann Duffy is now completely updated to report the latest research in child development and learning. *Positive Discipline for Preschoolers* will teach you how to use kind and firm methods to raise a child who is responsible, respectful, and resourceful.

Healthy Sleep Habits, Happy Child by Dr. Marc Weissbluth offers a step-by-step program for a good night's sleep. Rest and a good

night's sleep are essential to every young person's physical and emotional development, and the sooner these can be achieved, the better for children and their parents. With proven strategies that you can use immediately, this book puts that longed-for goal within your reach and enables you to bless your child with healthy sleep habits that will last a lifetime.



Healthy Fall Recipes

You know Fall is here when you begin to feel that chill in the air, but you also know it's here when your produce department becomes stocked with pumpkins, squash, apples and different root crops. When these delicious food are in season, there's no better time to prepare super nutrient packed meals for your family. Young children love to help in the kitchen so get them involved from the very beginning by allowing them to pick out produce items in the grocery store. Involving them in the cooking process will also raise your chances of them actually eating the healthy foods you are preparing! Here is a variety of great Fall recipes for you to try at home with your children.



Baked Squash Bowls

1 acorn or butternut squash
 2 Tablespoons applesauce
 Handful of raisins
 Cinnamon (as you prefer)
 Ginger (as you prefer)
 Nutmeg (as you prefer)
 Cut squash in half and scoop out seeds. Wipe insides with butter or olive oil and add raisins. Add 2 inches of water to baking pan and place halves face up with shell down in pan. Bake in a 400 degree oven for 40 minutes or until "shells/skins" pucker and halves feel soft. Serve as is in shell or scoop out meat and mash then serve. This recipe is a sweeter way to introduce squash; for a heartier version of Baked Squash Bowls you can try:

Stuffed Acorn Squash

2 acorn squash
 1 tsp olive oil
 1 medium tart apple, peeled, cored, and diced
 1/2 small onion, finely chopped
 1/2 celery stalk, diced
 1/2 tsp dried thyme
 1/2 tsp oregano
 1/2 dried sage

2 cups cooked whole-grain rice
 1/2 cups dried apricots, chopped
 1/4 cup raisins or dried cranberries
 1/4 cup apple cider (or juice)
 Cut each squash lengthwise in half and scoop out seeds. Place squash halves, cut side down, in baking dish with 1-2 inches of water. Bake for 45 minutes or until "shell/skin" puckers and is soft. Let cool. In medium skillet, sauté apples, onion, celery for 2-3 minutes. Sprinkle seasonings and stir in cooked rice, apricots and raisins. Add apple cider and cook until it is almost evaporated. Place cooled squash on large nonstick cookie sheet. Spoon stuffing into squash cavities and bake for an additional 20 minutes.

Creamy Pumpkin Soup

16 oz pumpkin (canned or fresh pureed)
 13.75 oz chicken broth
 1 large onion
 2 carrots (wheels or diced)
 2 cups half and half or evaporated milk
 1/2 cup sour cream
 1/8 tsp pepper
 1 tsp cinnamon

Dash of nutmeg
 1/2 tsp baking soda
 1/3 tsp salt

In a large pot add chicken broth, onions, carrot, baking soda, salt and pepper. Simmer uncovered for ten to fifteen minutes until carrots are soft. Optional: put vegetables and broth into a food processor or blender and blend until smooth. Return to pot. Add pumpkin and half and half. Simmer uncovered for 10 minutes. Pour into soup bowls and top with sour cream.. Or if you really want to get your child to try this soup, buy a couple of baby pumpkins and hollow them out to use for serving bowls!



These recipes as well as many other healthy food ideas can be found on the website
wholesometoddlerfood.com

Autumn Indoors

Teach your toddler about the season of Autumn and how the leaves come down! This activity comes from the great website toddlertoddler.com. You can print out a template of leaves that goes with the activity or freehand autumn leaves of your own! Once you have a sheet or two of leaves, let your child color them red, orange, and yellow and then cut them out using child safety scissors. Let

your child throw them up into the air and watch them fall down. Better yet, put them in a bucket and hold them high in the air, then dump the leaves out so your toddler can try to catch them!

Tips/suggestions:

- Count the leaves as you pick them up!
- Send a bunch of leaves in an

envelope to a special relative in the south that doesn't get to see the fall colors.

- Print several sheets of leaves so you can have a pile of them to jump into!
- Decorate your home with all the beautiful leaves you and your child have created together.

Autumn is a
 second spring
 when every
 leaf is a
 flower
 -Albert Camus



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We love hearing from you! Please
send your comments, feedback,
or tips to
prevention@seaviewseward.org



Imagination Library

It sounds almost too simple to be true, but by reading regularly with your children during their early years you are giving them the biggest boost toward success that they will ever get.

Dolly Parton's Imagination Library will help you read with your child. Every child will have books of their very own, at no cost to you, thanks to The Dollywood Foundation. Books in Seward and Moose Pass are being funded by grants from many generous donors. Each month a new, carefully selected book will be mailed to your child. Your child can look forward to new and exciting reading adventures from Dolly

Parton's Imagination Library until they turn five years old as long as they remain a resident of the Seward/Moose Pass area. The Imagination Library is a **FREE** gift to our children! All we have to do is read to them.

Who is eligible?

Children up to and including age 4 in the Seward and Moose Pass area.

How do I get started?

1. Be a legal resident of the Seward and Moose Pass area.
2. Submit an official registration form, filled out by the parent or guardian of child.

(Form must be approved and on file with the Seward/Moose Pass Imagination Library)

3. Notify the Seward/Moose Pass Imagination Library anytime your address changes.
4. Read with your child!

When will my child receive books?

If you register before the 9th day of the month, books will begin arriving in your mail box at the end of the following month and will continue until your child turns five years old.

Down! Down!

Down, down!
Yellow and Brown
The leaves are falling
Over the town.

September is a time
Of beginning for all,
Beginning of school
Beginning of Fall.

The sunflower children
Nod to the sun.
Summer is over,
Fall has begun!

The leaves are falling
One by one.
Summer is over
School is begun.

Off to school
We go together
In September's
Sunny weather

"Come, little leaves," said the wind one day,
"Come o'er the meadows with me and play:
Put on your dresses of red and gold-
For summer is gone and the days grow cold."



How can I help?

We need volunteers to help at enrollment events, to help with Post Office relations, and to spread the word. Call 224-8680. Donations can be sent to:
Seward/Moose Pass Imagination Library c/o Seward PTSA
P.O. Box 409
Seward, AK 99664

Questions? Call Lidia Petersen at 224-8680 or email sewardimaginationlibrary@gmail.com