



# Mid-Cape CFCE

## Coordinated Family and Community Engagement Families United Network (FUN) Newsletter

### A Message from Mary

Wow, what a winter! I think we have all had our fair share and are due for a sensational spring, so we have some super spring inspired programs developed to get you out of the house and into some spring learning activities.

I wanted to inform you of some changes and events that are happening. First, the Mid Cape CFCE grant that supports the activities offered through the FUN Program was subject to 9C budget cuts from the Governor last month in the amount of \$11,600. This was a significant cut to our budget and translates to some program changes including eliminating some groups/programs/initiatives and relying on fundraising supplies, donations and volunteers like never before. While we are stable and strong for the rest of this fiscal year through June 30<sup>th</sup>, the new state fiscal budget process is underway and there are no guarantees for funding into the next fiscal year starting July 1, 2015. I will do my best to update you on the state budget process and how your family's voice can be heard to maintain the program services that meet your family's needs and the needs of families in our communities. Another change you may see is some changes in fee-based programs. This is to raise funds to help offset the cost of providing groups while still offering a discount to families who would otherwise pay more to take them on their own. We say goodbye to Miss Stacy and her daughter Scarlet who have volunteered their time to run the Baby Mover and Groover group. They are moving to a warmer climate for a job relocation (I think the snow sealed the deal). Lastly, we rely on community partners to help support the work we do with families and we want to thank all the local restaurants who have stepped up in a big way to support the Cooking With Kids: Multicultural Cooking groups with delicious food and talents to make this happen (please see the full list in the thank you portion of the newsletter). There are so many people to thank this session and I urge you to take a look at how it truly takes a village to support a village (in this case the Mid-Cape communities of Barnstable, Dennis and Yarmouth). We couldn't do it without all of you- families and community partners! **Let's celebrate together at the FUN Program 15 year birthday party!** See details in the program portion of the newsletter.

We strive to ensure that the programs we offer meet the needs of families, support parents as their child's first teacher, offer resources that support families and build on their strengths. We are constantly assessing and making changes and adaptations as needed. We appreciate your continued participation, involvement and input into the program. We will be asking families to participate in a short evaluation at the start and end of each session of groups and will be providing both paper copies as well as an online option to get your valuable input.

Don't keep the FUN Program a secret- share it with everyone you know or encounter in the community.

Have a sunny and super spring! Mary

[mwilson@cccdp.org](mailto:mwilson@cccdp.org)

508-775-6240 ext. 512

If you would like to no longer receive emails from the FUN Program, please contact Mary Wilson and ask to be removed from the email list.

"Like" us on Facebook! <https://www.facebook.com/cccdp>

**The Mid-Cape  
CFCE serves  
families in the  
Towns of  
Barnstable,  
Dennis, and  
Yarmouth through  
the FUN Program  
of Cape Cod Child  
Development.**

**MA DEPT OF EEC**

**Volume 14, Issue 4  
Spring 2015**

**Upcoming Events  
March/April-June  
2015**

**Parent/Child Play &  
Learn Groups**  
Registration for the  
Spring Session  
**March 16-20, 2015**  
Call: (508) 775-6240  
ext. 512 to register.





**Mid-Cape CFCE Council  
Meetings:**  
**May 11th-6:30-7:30pm**  
Meeting held at Cape Cod  
Child Development, Hyannis  
**Childcare will be provided  
upon request. Parents and  
community members  
needed!** Please contact  
Mary for more information.  
Mary Wilson:  
508-775-6240x512

Shirley L. Smith:  
Dennis-Yarmouth  
(508)778-7988

Jody Almonte:  
Dennis-Yarmouth  
(508) 778-7989

# Spring 2015 Parent/Child Play & Learn Groups

All Families United Network Programs are funded by a grant through the MA Dept of Early Education and Care

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Playgroup</b> EI Building 9:30-11am With Miss Bambi and Miss Barbara</p>	<p><b>Music &amp; Movement**</b> Osterville Library 10:00-11:00 8 weeks With Miss Jill **fee-based group</p>	<p><b>Sol, Solecito Playgroup</b> EI Building 10:00-11:30 am With Miss Gaby</p> <p><b>EarthArt: Let's Get Creative</b> Centerville Library 1-2pm For 4 years and up With Miss Gaby and Miss Emily</p>	<p><b>Baby Movers &amp; Groovers Playgroup</b> Osterville Library 11:00 am-12:00pm With T/B/A For infants and new walkers</p> <p><b>Family Yoga</b> Centerville Library 1-2pm For 4 years and up With Miss Gaby and Miss Jess</p>	<p><b>Gymport Playgroup**</b> 9:30-10:30am With Miss Gaby **fee-based group</p> 
<p><b>Preschoolers Unplugged</b> ME Small 10-11:30am With Miss Sue and Miss Gaby</p>	<p><b>Baby Music</b> 11:15-12:00 Osterville Library (Free) 8-weeks With Miss Jill</p>	<p><b>Cooking with Kids</b> 4- 5pm With Miss Gaby and Chef Dylan KAM Appliance Store, Hyannis</p>	<p>To learn more about the Brain Building in Progress Initiative, log onto: <a href="http://www.brainbuildinginprogress.org">http://www.brainbuildinginprogress.org</a></p>	<p><b>Little Scientists</b> EI Bldg. 10-11:30am With Miss Amy</p> 
<p><b>Play, Learn &amp; Grow Movement Group**</b> Flax Pond Rec Center 9-10am With Miss Lori (starts 4/13)**fee based group</p>	<p><b>Long Pasture Discovery Playgroup**</b> Long Pasture 1-2pm With Miss Gaby For 4yrs.+ **fee-based group</p>	<p><b>Sensational Spring Playgroup</b> Northside Methodist Church 10:00-11:30am With Miss Samantha</p> 	<p>To learn more about the CELL Literacy Program, log onto: <a href="http://www.earlyliteracylearning.org">http://www.earlyliteracylearning.org</a></p> 	<p><b>Getting Ready for Kindergarten</b> Cotuit Center for the Arts 9:30-11am With Miss Barbara</p> <p><i>For children entering Kindergarten in Fall 2015</i></p> <p><i>Starts 4/10</i></p>

**See fees for each of the fee-based fundraisers with each description.  
All fee-based groups require registration forms and fees sent into the office prior to the start of the session. See attached form**

*Sliding Scale and Scholarships available to qualified families.*

*All Programs are subject to change due to funding. Registration Required*

- **Registration for the Spring Session will begin on March 16th.** (voice mail will be returned in the order that it is received)
- Spring programs begin March 30<sup>th</sup> and run through June 19<sup>th</sup> (unless specified in the description)  
Closures: 4/20-4/24 (School Vacation Week) and 5/25 (Memorial Day)-group specific closures may apply  
\*\*\* Please note that families who were on the waitlist during the winter session will have priority for groups.

**All Families United Network Programs are funded by a grant through the MA Dept. of Early Education and Care. Some programs also funded through the MA Children's Trust Fund, community collaboration and fundraising**

**To register for Play & Learn Groups and programs, call Mary at: (508) 775-6240 ext. 512**



## Spring Family Programs & Events

*All Programs are subject to change due to funding and registration*

**Monday Playgroup:** Mondays at the EI Building from 9:30am-11:00am. Join Miss Bambi and Miss Barbara for some exploration of toys, sensory materials, stories, songs, a snack, outdoor play (weather permitting) and creative crafts designed for learning. Appropriate for Birth to 5 years. FREE. Registration required.

**Play, Learn & Grow Movement Group:** (Starts 4/13) Mondays at Flax Pond Recreation Center from 9am-10am. Join Miss Lori for some great movement activities that encourage healthy development. Appropriate for walkers through 5 years. This is a fundraiser for the FUN Program. \$50 per family. Registration required

**Preschoolers Unplugged:** Mondays from 10-11:30am at ME Small Elementary School. Join Miss Sue and Miss Gaby for some creative activities designed to stimulate the brains of young children and share your knowledge about how you handle the influx of media in your family, share ideas on the play value of different toys, favorite toys when you were young and favorite toys of your children. Interpretive services for Spanish speaking families will be available. Appropriate for Birth to 5 years. FREE. Registration required.

**Long Pasture Wildlife Playgroup-**Tuesdays from 1-2pm at Long Pasture Wildlife Sanctuary, Barnstable. This program is created especially for the older preschool child and their family who are looking for a fun learning experience around natural science. We will have a Long Pasture Naturalist guide us through fun activities and themed learning with the support of Miss Gaby. Appropriate for ages 4 and up (siblings welcome). This is a fundraiser for the FUN Program. \$50 per family. Registration required

**Music & Movement-** (8-week classes 10-11:00) Tuesdays at the Osterville Library. Join Miss Jill for a musical morning using fun songs and instruments/props. Appropriate for all ages. This is a fundraiser for the FUN Program. Fee: \$75 per family. Registration required.

**Baby Music-** Tuesdays 11:15am-12:00pm at the Osterville Library. Join Miss Jill for a musical morning using fun songs and instruments/props. Appropriate for pre-walking babies. This program is FREE. Registration required.

**Sol, Solecito (Sun, Little Sun) Play & Learn Group:** (starts 1/14) For ages Birth to 5 years, Wednesdays from 10:00-11:30 am with Miss Gaby at the Early Intervention Building in Hyannis. Give your child an opportunity to play and learn Spanish in a fun and creative way. FREE. Registration required.

**Sensational Spring FUN Playgroup:** Wednesdays from 10-11:30- Northside Methodist Church, 701 Airline Road, Brewster. Join Miss Samantha for some sensational spring inspired activities for young children, a story, snack and outdoor play (weather permitting). Appropriate for children ages Birth to 6 years. FREE. Registration required.

**EarthArt: Let's Get Creative:** Wednesdays from 1-2pm-Centerville Library. (skips 4/22 and 4/29) Appropriate for ages 4 and up (siblings welcome). Join Miss Gaby and Miss Emily for an art class which encourages young children to ask questions and explore creativity, to think outside the box, and inspire them to think for themselves. A class where their ideas reign! FREE. Registration required.

**Cooking With Kids** -Wednesdays from 4-5:00pm KAM Appliance store/cooking kitchen, 201 Yarmouth Road, Hyannis. Join Miss Gaby and Chef Dylan from the Rendezvous Café as they provide a fun cooking experience for you and your child. All participants then bring home something yummy for dinner at the end of each class. Ways to eat healthy family friendly meals on a budget will be shared. Each week will feature delicious treats even picky eaters will enjoy. FREE. Registration required.

**Baby Movers & Groovers Playgroup:** Thursdays from 11am-12pm Osterville Library. Facilitator: TBA. Meet new parents, make friends and help your baby learn and grow. Appropriate for babies that are crawlers and new walkers. FREE. Registration required.

**Family Yoga:** Thursdays from 1-2pm-Centerville Library. (skips 4/23 and 4/30) Join Miss Gaby and Miss Jess for a yoga program designed for children ages 4-5 years and their family. Classes gives children a tool that they can use throughout their lives to help maintain health and decrease stress through body awareness, breathing techniques, and being mindful. This program is FREE. Registration required.

**Little Scientists**-Fridays from 10-11:30am at the Early Intervention Building. Spend Friday mornings with Miss Amy delving into the natural world with exciting experiments and sensory play along with some to-be-announced field trips when the snow finally melts. Young children are natural explorers and will learn basic science concepts in a low-pressure and high fun group. Appropriate for children ages Birth to 5 years. This program is FREE. Registration required.

**Friday Gymport** (Hyannis) from 9:30-10:30am. Open Gym time. Appropriate for walkers through 7 years along with a story at the end of each session. This is a fundraiser for the FUN Program. Fee: \$50 per family. Registration required.

**Getting Ready For Kindergarten:** For families and children entering Barnstable Kindergarten Sept 2014. Fridays, 9:30-11:00-(starting April 10) Cotuit Center for the Arts .The first day of kindergarten is hard for parents, who can't believe their child is growing up so fast. For the child, however, it can be an exciting transition. We invite you join us in activities designed to prepare you and your child to have a smooth transition to Kindergarten and school success. Siblings are welcome. FREE. Registration through the FUN office required.

**Story & Science with Kim Torres** -Appropriate for Birth -8 yrs. FREE. Registration required.

- **March 28 "Exciting Eggs"** -Hyannis Library 10-11am: Eggs are not just for birds. Discover why eggs are important, and what animals start out life in an egg.
- **April 25 "Pirates"**- South Yarmouth Library 10-11am: What was a pirate's life really like? Learn lots of neat stuff about pirates through many projects and activities.
- **May 23 "Fantastic Flowers"**- Dennis Library 10-11am: The April showers brought May flowers. This program is all about beautiful flowers.
- **June 27 "Interesting Insects"** -Hyannis Library 10-11am: The incredible world of insects is explored. Even though they may be pesky at times, learn why we need them in this program.

**Parenting Journey for Fathers**-Twelve Wednesdays Starting 4/15, from 6-8pm at Faith Assembly of God Church, Hyannis (154 Bearses Way). This positive, strengths- based program offers a unique combination of education and support to explore the roots of your parenting practices. This is a FREE Program that includes: Child Care, Nutritious Meals, Group Participation, and Ongoing Support. Limited to 12 Dads. To reserve your seat, contact Paul at 774-271-7976 or [paul@parentingwithpaulmelville.com](mailto:paul@parentingwithpaulmelville.com) . This FREE program is being offered through a grant from the Cape & Islands United Way and with the support of Cape Cod Child Development.

**Father-Baby Pizza Party-Next one is March 26th** Every other month from 6-8pm at Cape Cod Hospital. Dads and other important male caregivers with their babies can join Paul Melville (CC Neighborhood Support Coalition) and Ann Macdonald (Childbirth Educator/Cape Cod Hospital) for some pizza and a great topical speaker. FREE. Registration required. Call Ann Macdonald at 508-862-5123 to register and for additional dates.

**Single Parenting Groups**-A non-therapeutic group for single parents to come together to share their strengths and challenges. Dinner and childcare provided. Once a month: (4/16, 5/21, and 6/18/15) from 5:15-6:45 pm at the Early Intervention Building, Hyannis. Free. Registration required. **This program is supported through Family Continuity and Not Your Average Joes**

**Birthday Party for the FUN Program: 15 years of FUN-From High Chairs to High School:** The FUN Program is 15 years old and we are having a birthday celebration and inviting everyone who has ever participated in the FUN Program over the last 15 years to join us on June 13<sup>th</sup> from 10am-11am at the West Barnstable Community Center for birthday cake, activities and an opportunity to share your family's experience with the Department of Early Education and Care, local legislators, and community partners and businesses that have made these programs possible throughout the last 15 years. FREE and no registration required.

**Get Ready For Kindergarten Celebration!** For families whose children are entering Kindergarten in September 2015 in the Barnstable Public and Dennis - Yarmouth Public School Systems **Saturday, May 30<sup>th</sup> 10am-12pm at the Cotuit Center for the Arts, 4404 Falmouth Rd, Cotuit, MA 02635** Activities and information to support Getting Ready for Kindergarten for families, a special musical performance and an ice cream social. FREE. Registration Required

**To register for parent/child events and programs, call Mary (508) 775-6240 x512**

**Family Program Registration Form/Fee-Based Fundraising Groups- Spring 2015**  
*Note: You must call prior to sending in this form to make sure there is space in the group*

Yes, I'd like to register for the group below (please check):

- Monday **Play, Learn & Grow** 9:00-10:00 Price: \$50 each family (starts 4/13)
- Tuesday **Music** 10:00-11:00 Price: \$75 each family
- Tuesday **Long Pasture** 1:00pm-2:00pm Price: \$50 each family
- Friday **Gymport** 9:30-10:30 Price: \$50 each family

I would like to make a donation on behalf of my family to Cape Cod Child Development's FUN Program  
Amount I wish to donate \_\_\_\_\_

Program Price: \_\_\_\_\_

Number of Children: \_\_\_\_\_

Number of Adults \_\_\_\_\_

Total Program Cost: \_\_\_\_\_

Check enclosed  Cash  Credit Card (check below)

Credit card:  VISA  Master Card

Name on card:

Billing address:

Credit card #: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

**Please make checks payable to:**

Cape Cod Child Development—FUN Program

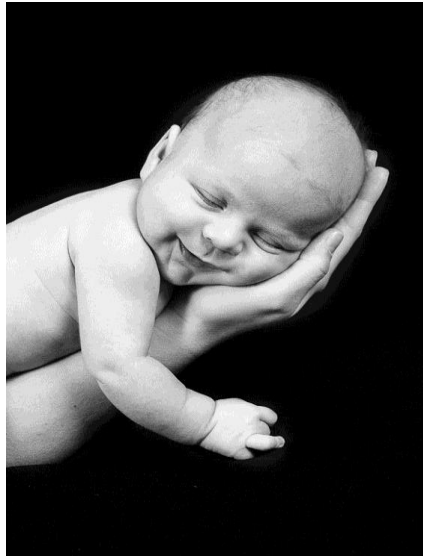
83 Pearl Street, Hyannis, MA 02601

Any questions, please call:

Mary Wilson

508-775-6240x512

Code: 440-3404



**MotherWoman Support Group**  
**Circle of Moms: A free support group**  
For pregnant and postpartum women

**A structured, guided group for moms where women can share without judgment, interruption and unwanted advice**

**Talk with other moms about:**

- the adjustment to motherhood at all levels
- balancing day-to-day self and baby care
- the range of feelings from depression, anxiety & overwhelm to love & joy

**MotherWoman Groups are:**

- safe, confidential spaces, where moms can speak the truth about motherhood
- a place to feel heard, understood, nurtured and validated
- facilitated by trained MotherWoman leaders, who bring warmth, compassion, and experience to the group: Mary Wilson/Coordinator Families United Network Program of Cape Cod Child Development and Mary Wright/Psychiatric Nurse Practitioner

Snacks, childcare and limited transportation available.

Sponsored by the Mid-Cape CFCE: Families United Network (FUN) Program of Cape Cod Child Development through a grant from the MA Department of Early Education and Care, the Northside Methodist Church, the Cape & Islands Maternal Depression Task Force and donations.

Thursdays, 10:00AM–12:00PM

Enrollment is ongoing- Registration Required  
Northside Methodist Church, 701 Airline Road, Brewster/Dennis line

FOR MORE INFORMATION AND TO REGISTER:  
**508-775-6240x512**

Additional People and Organizations we would like to thank for all their support over the Winter Session:

## Thank you! It takes a village...

**To all the Families** that made financial donations for participating in the groups and who donated snacks and supplies for the Parent/Child play & learn groups, **Acapulco's Restaurant, Not Your Average Joes Restaurant, The Rendezvous Café, Bangkok Kitchen/Thai Restaurant, Chipotle, British Beer Company Restaurant, and Colombo's Restaurant** for their generous donation of food for the Cooking With Kids: Multicultural Cooking program, **A Baby Center** for hosting the Multicultural Cooking with Kids program, **Kohl's of Hyannis** for their awesome staff support (5 staff people) on the day of the Frozen Fundraiser, **Joe Whelan** for his donation of the Frozen Disney on Ice tickets used for the Frozen Fundraiser, **The Hyannis Public Library, Dennis Public Library, South Yarmouth Library, Osterville Library**- for hosting playgroups and parent-child events over the winter session, **Long Pasture Wildlife Center** for hosting a wonderful group at a discounted rate, **Mairead Kelly** for volunteering to support the Long Pasture group with Sign Language for the families who participated, **Cape Cod Neighborhood Support Coalition**- for their support funding the facilitator of the Single Parent Support Group, **Not Your Average Joe's** in Hyannis- for providing dinner to the Single Parenting group, **Northside Methodist Church**-for hosting the playgroups and the MotherWoman Support Groups, **Stacy Catena**-for volunteering to run the winter Baby Movers and Groovers playgroup (we will miss her), the **YMCA**-for hosting the Maternal Depression Task Force meetings, **Randy Hoskinson and Karen Scichilone** for their unwavering support as Co-Chairs on the Mid Cape CFCE council, **ME Small Elementary School and Carole Eichner**-for hosting the Mid Cape CFCE meetings, and **Gymport**-for offering their space for a discounted rate.



## Spring Family Excursions

- Visit a local library- [www.clamsnet.org](http://www.clamsnet.org) (libraries also have passes for many local attractions)
- Long Pasture Wildlife Sanctuary, Mass Audubon Society-345 Bone Hill Road, Cummaquid 508-362-7475
- Heritage Museum, Sandwich/Hidden Hollow Discovery Area for children- <http://heritagemuseumsandgardens.org/hidden-hollow/>
- Cape Cod Museum of Natural History/Brewster-508-896-3867
- Green Briar Nature Center, Sandwich-508-888-6870
- Cape Cod Children's Museum-Mashpee-508-539-8788
- Barnes & Noble Story Hour-Fridays at 7:00pm in the Cape Cod Mall
- Coonamessett Farms/East Falmouth-508-563-2560
- Waquoit Bay Estuary Reserve-508-457-0495
- National Marine Life Center of Buzzard's Bay-508-743-9888



## FUN Program Wish List

The following support would be most appreciated:

- **Parents interested in learning more about becoming a playgroup facilitator**
- **People who can help with posting flyers, spreading the word about programs**
- **Parents to participate in the Mid-Cape CFCE Council meetings (quarterly meetings that help direct the grant activities)**
- **Financial donations**-Should you care to make a financial donation to the FUN Program, please make checks payable to:

Cape Cod Child Development, Attention Mary Wilson, 83 Pearl Street, Hyannis, MA 02601

(We will use your donation to help support the programs that we currently offer by providing childcare, food and transportation to families who need it in order to participate in our parenting classes and for supplies we may need for the play and learn groups that are not covered by the grant funding we receive.)

\*All donations to our program are tax deductible according to current tax guidelines

### **More News!**

- **Cape Cod Neighborhood Support Coalition** offers free and confidential information and referral service for families on the Cape and Islands, including parent education and support. Go to [www.capecoalition.com](http://www.capecoalition.com) for more information or for the most current listing of Parent Education and Support activities, log onto: <http://capecoalition.com/calendar/>
- Are you a parent experiencing stress around raising your children? Parenting is one of the hardest jobs there is! Please know that there is someone available to help 24 hours a day. Call the **24 Hour Parental Stress Line** at **1-800-882-1250** and someone can help.
- The **Mid Cape Family Resource Guide** is now online! Log onto: <http://cccdp.org/children/wp-content/uploads/2014/01/Mid-Cape-Family-Resource-Guide-2014-updated.pdf>  
It is a valuable resource for community programs/agencies that support families. A new 2015/2016 version will be added as soon as the revision is complete.
- Welcome **Anne Colwell** as the new CEO of Cape Cod Child Development! She will be getting to know all the programs of CCCD and will likely meet some FUN Program families along the way. Feel free to share your experiences with the FUN Program with her.

### **Financial workshops:**

- **Homebuyer Education**
- **Creating a Budget**
- **Rebuilding Your Credit**
- **Home Forever**

Learn how you can participate in these programs by contacting Cheryl at 508-771-5400x287



FREE SEAT CHECKS BY APPOINTMENT

## Michelle LaRowe Conover

Certified Child Passenger Safety Technician

CERT ID #721553

CapeCodCarSeatTech.com

(508)341-4109

MichelleLaRowe@gmail.com

### **The FUN Program now offers Free Developmental Screenings For children between 1 month and 5 years old.**

Babies and children grow & change so quickly! Young children are learning every day.

**Do you have questions about how your child is doing?**

**Do you wonder if there are ways you can help your child's development?**

Our staff will work with you to:

- Determine if your child is learning and gaining skills well
- Share ideas to help you be your child's first teacher.
- Connect with programs and resources if you and your child need extra help.

Call the FUN Program of Cape Cod Child Development and ask to speak with

**Mary Wilson/Coordinator at 508-775-6240 x512**

**New Social Media Policy involving Photography in Playgroups: We are respectfully asking families, when taking photographs of their children in playgroups and parent-child events, to include only your own child in the photograph. Families are also asked, when including photos of their child on their personal social media site such as Facebook, not to mention Cape Cod Child Development, the FUN Program or the Mid - Cape CFCE in any tags or postings. Cape Cod Child Development is prohibited in displaying any photographs of children on their website or other social media sites. It is also prohibited to display any photographs of children and/or their family in any written media, such as a newsletter, without written parental permission. This policy is in alignment with the policy of the MA Department of Early Education and Care, our grant funder and licensor for the Agency. Thank you for your consideration.**

# Science for Toddlers and Preschoolers

Young children are the ultimate scientists. Everything they do is an effort to understand their world. Help by sports casting their efforts: "You dropped that and it fell!" "When you mix these things together, they look different" " You noticed the moon looks different tonight than it did last week, the moon looks different to us every night!" As they start asking questions, research together or explain what you know. They do not need sit down instruction to learn from these activities!

## Record and Predict

A fun idea for science learning is for families to keep science journal. Before you begin an activity, ask children to predict what will happen. Record their prediction and then the results. This builds important critical thinking skills. Make it as simple as a notebook with the date, prediction and result or spice it up with pictures, methods, materials, etc.

## Fun with Baking Soda and Vinegar

### \*Fizzy Drips

Make a layer of baking soda on a plate. Help a child drip vinegar onto the baking soda with an eyedropper or straw.

### \*Volcano

Fill a cup halfway with vinegar and have your child scoop vinegar in. Make sure you cover the surface you're working on, it will erupt like a volcano!

### \*Blow up a Ballon

Fill up a bottle 1/2 way with vinegar. Wrap 2 tablespoons of baking soda in 1 ply of toilet paper and push it into the bottle. Quickly pull the ballon over the neck of the bottle and watch it blow up!

## Fun with Surface Tension

### \*The Penny Project

Drip water drop by drop onto a penny laying flat. Count how many drops it holds. You'll be surprised by what you see!

### \*Pepper Race

Fill a baking or pan with water. Sprinkle pepper on the surface. Drop a small drop of dish soap into the middle of the pepper and watch it scatter!

### \*Homemade Bubbles

Mix 1 cup of warm water, 2 tablespoons of dish or laundry soap, 1 tablespoon of glycerin (optional) and 1 teaspoon of sugar(optional).GENTLY stir until combined. Use old bubble wands, paper towel tubes or string to blow the longest lasting bubbles ever!

## More Inspiration

- \* Make Ooblek -Mix 2 parts cornstarch to 1 part water in a large container and have a truly unique sensory experience while learning about mixtures.
- \* Sunspots- Learn about the power of the sun by decorating a piece of colored construction paper topped with household objects out in direct sunlight for a few hours. The sun will bleach the exposed paper, leaving clear outlines of the objects.
- \* Plant a seed- Sunflowers, snap peas and beans are all fast growers with great results. You can start them in a clear plastic bag with a paper towel taped to a sunny window. When the first root sprouts, transfer to soil. Herbs do well inside and also have tasty results.
- \* Cook- All cooking is science! See the back of this sheet for a tasty, healthy and kid-friendly recipe.
- \* Object race- Gather some small objects of various weights (a crayon, a sheet of paper, a water bottle- full and/or empty, etc.). Drop them from varying heights and predict which lands first.
- \* Make a tornado in a bottle- All you need is a clear jar or bottle with a top, enough water to fill it and a squeeze of dish soap. Close it up and shake for your own homemade tornado. Add glitter, food coloring, or monopoly houses for added flair.

## Flourless Banana Muffins

You'll need:

- 2 Ripe Bananas (or 1/3 cup of applesauce)
- 2 Eggs
- 1 cup nut or sunflower butter
- 2 tablespoons honey, sugar, or maple syrup
- 1 teaspoon vanilla
- 1/2 teaspoon baking soda
- 1 teaspoon apple cider vinegar (other vinegars work too)

Combine all ingredients in a blender, food processor or with a stick blender. Pour into greased muffin tins. Top with chocolate chips, toasted coconut, extra honey, seeds or nothing at all. Bake in preheated 400 degree oven. 10 minutes for mini muffins, 12 for regular sized. These are moist, spongy delicious and packed with protein.

Literacy and science go hand in hand! Here are some great titles to get you started, available at your local library

- How a Seed Grows- by Helene J. Jordan
- Air is All Around You and What Makes a Magnet- by Franklyn M. Branley
- From Seed to Pumpkin- by Wendy Pfeffer
- The Very Hungry Caterpillar (or anything!) by Eric Carle
- The Big Book of Berenstain Bears' Big Book of Science and Nature- by Stan and Jan Berenstain
- Underground- by Denise Fleming
- What's Out There? A Book about Space- by Lynn Wilson
- The Magic School Bus (the whole series!)- by Joanna Cole
- What Makes A Rainbow?- by Betty Ann Schwartz

Here's some great websites to further your science exploration:

<http://www.playathomemomllc.com/blog>

<http://kidsactivitiesblog.com>

<http://happyhooligans.ca>

<http://www.sciencekids.co.nz>

<http://www.scienceforpreschoolers.com>



Department of  
Early Education and Care

