



Everyday and Everyway Talking about... February



Valentine's Day and our "People Who Help Us" theme are both in February. It's a good time to both think about those who help us, starting with mum and dad, and to celebrate family by thinking about those you love. Children can learn many things by celebrating these two themes.

Try these activities, songs, books and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



Activities



Valentine's Day

- Talk about what this day means. Talk about how we send cards to tell people we love them.
- Talk about all the people your child loves. Make a list of the people that you will send a card.
- Let your child pick out the cards to send. Let him write his name on the card.
- Let your child make his own Valentine cards. Help him cut out hearts and write notes on them. He or she can draw or paint a picture to send them as a gift.
- Make heart-shaped sugar cookies together. Your child can use the cookie cutter and can help put icing and decorations on them.

People Who Help Us

Encourage your child to tell you about all the visitors to the Nursery this month such as the Nurse, the Vet, the Dentist, the Policeman, the Fireman etc. Talk to your child about the visit to the Bus & Train Station. Help them to recall everything they did and were able to see there.



Out and About

- As you walk outside help your child to recognise people who help in the Community such as Police, Ambulance Drivers, shop assistants and so on.
- Look out for signs that indicate people who help us, such as the green cross of a chemist. Also, help your child to recognise people who deliver the post and newspapers, and vehicles for carrying food.



Songs and Rhymes

Want to learn more songs and rhymes and rhymes?

Look for a parent-child music class in your area.

10 Little Hearts (Author unknown)

1 little, 2 little, 3 little red heart
4 little, 5 little, 6 little red hearts
7 little, 8 little, 9 little red hearts
10 little wiggling red hearts
(count your fingers as you sing and wiggle them when you get to the end)

Miss Polly had a Dolly

Miss Polly had a dolly who was sick, sick, sick
So she phoned for the Doctor to come quick, quick, quick
The Doctor came with his bag and his hat
And he knocked on the door with a rat-a-tat-tat
He looked at the dolly and he shook his head
And he said "Miss Polly put her straight to bed"
He wrote on a paper for a pill, pill, pill
I'll be back in the morning with my bill, bill, bill.

Who Helps Us?

(Tune Polly Put the Kettle On)
Farmers grow the good we eat (x3)
They help every day.
Thank you farmers for our food (x3)
They help ev'ry day.
Doctors help to make us well (x3)
They help ev'ry day.
Thank you doctor now I'm well (x3)
They help ev'ry day.

Singing is a great way for children to learn new words. Don't forget to make up actions for songs.

If You're Happy and you know it

If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it
And you really want to show it
If you're happy and you know it, clap your hands.
(change it up and add other actions like stomp your feet, nod your head, jump up and down or hug a friend)

Drawing, colouring cutting and making crafts help children learn skills they later need for writing

Books

There is a great selection of books available on this theme. Visit the local library or have a browse through the nursery library box. We recommend . . .

The Jolly Postman by Janet & Allan Ahlberg
Funnybones by Janet & Allan Ahlberg
Mrs Jollipop by Dick King-Smith
Fireman Sam & Postman Pat series

The children enjoy information books too such as . . .

My Visit to the Dentist by D Bentley
Jobs People Do by Christopher Maynard
A Day in the Life of series by Carol Watson
(titles cover an ambulance team, baker, dentist, doctor, farmer, fire-fighter, hairdresser, police officer, postman, refuse collector and teacher)

Soft Sugar Cookies

(as a special treat)

Materials needed: 1 cup butter, 1½ cups sugar, 2 eggs, 1 teaspoon vanilla flavouring, 1 teaspoon almond flavouring, ⅔ cup milk, 4 cups flour, 2½ teaspoons baking powder, 1 teaspoon salt

Instructions

Cream together butter and sugar until light and fluffy.

Mix in eggs, vanilla and almond flavouring.

Add milk and mix well.

Sift together flour, baking powder and salt. Gradually add flour mixture and mix well. Refrigerate overnight. Roll dough to desired thickness and cut with favourite cookie cutters. Bake in a 180° oven for 8-10 minutes. Let cool and decorate with your favourite icing.

Crafts

Heart Wreath

Materials needed: red and pink card, paper plate, scissors, glue

Instructions

Cut a circle out of the middle of the paper plate so it leaves a ring about 2-3 inches wide.

Cut out a lot of red and pink hearts large enough to cover the plate.

Write the name of someone or something that your child likes on each of the hearts. Glue hearts on the paper plate covering the entire plate ring.