

SEPTEMBER 2021 • VOL. 7

EARLY LITERACY SPOTLIGHT



Get Moving!

MOVEMENT PLAYS A VITAL ROLE IN DEVELOPING EARLY LITERACY.

Getting those wiggles out is important for building up core muscle strength and gross-motor skills, that are of course needed for healthy physical development. But in addition, movement incorporates several essential types of play!

Dramatic Play is a fun way to develop background knowledge through role playing different situations: restaurant, doctor's office, school, car repair shop, library, etc. **Imaginative Play** involves acting out or extending stories, using props or toys to represent the characters.

The 5 Practices

1) Sing

2) Talk

3) Read

4) Write

5) Play



Note about movement: Be prepared for **unconventional storytimes!** It's normal for babies' and toddlers' attention to wander during stories. It's okay if your toddler is active while you are reading. It's also fine to skip pages, paraphrase, or stop reading a book before you've finished!



Simple Movement Ideas to Try at Home

- **Have an indoor parade:** Dress up in as many colors of the rainbow as you can find. Then put on your favorite marching music (try "We Are the Dinosaurs" by Laurie Berkner), and march around your home!
- **Make a seesaw:** Two people link both hands and sit on the floor. Take turns as one of you pushes and the other (gently!) pulls. Talk about push/pull forces: Which direction do you move in and why?
- **Board books are great for babies' tummy time:** Prop the book up in front, which gives your baby a focal point.

If You're Wearing Red Today (Tune: Mary Had a Little Lamb)

**If you're wearing red today, red today,
red today
If you're wearing red today,
stand up and shout "Hooray!"**

Repeat with as many colors as your child is wearing.
Try singing this song in the morning as they get dressed!

The Children's Museum of Manhattan has fun, original music & movement videos:

<http://cmom.org/all-the-way-to-k-and-beyond-sing-and-move/>

Books to Get Kids Moving

THE FOLLOWING ARE ALL AVAILABLE AT RADNOR LIBRARY:

- **Head, Shoulders, Knees and Toes** by Skye Silver
- **If You're Happy and You Know It!** by Jane Cabrera
- **Pete the Cat: The Wheels on the Bus** by James Dean
- **Strong Puppy (Yoga Tots)** by Tessa Strickland
- **Hands to Heart** by Alex Bauermeister
- **Baby Dance** by Ann Taylor
- **Move!** by Lolly and YoYo
- **Alphabet Fun: Making Letters with Your Body!** by Isabel Thomas

**A MOVING CHILD IS A
LEARNING CHILD.**

**A CHILD NEEDS TO
MOVE HER BODY TO
PREPARE HER BRAIN
FOR LEARNING!**

-GILL CONNELL



SEPTEMBER 2021

Daily literacy-building activities to share with your child.

SUNDAY

5 COUNTING

Lace Cheerios onto a piece of yarn and then count them.



12 READING

Have a friends book club. Each friend brings a book for a story time.

19 WRITING

Use cooked pieces of spaghetti to make shapes and letters.



26 PLAYING

Sing "Scarecrow, Scarecrow" and do all the movements. (Words are on the back.)

MONDAY

6 READING

Read a book or find information about insects that are active in late summer, like crickets or cicadas. Talk about how you can hear them at night.



13 WRITING

Pop bubble wrap or play with squirt toys to develop muscles needed for writing.

20 PLAYING

Go on a scavenger hunt today. Look for things that start with the "p" sound, like a plate, a pan, and a pen.

27 TALKING

Use family photos to tell different stories. Encourage your child to tell a story.

TUESDAY

7 WRITING

Write your to-do list together. Have your child check off each as it is completed.



14 PLAYING

Tape a sheet of contact paper to the wall, sticky side out. See which toys stick and which toys do not.

21 TALKING

Take turn telling each other simple stories.

28 SINGING

Recite a nursery rhyme like "Hickory Dickory Dock." (Words are on the back.)

WEDNESDAY

1 WRITING

Label things today.
Chair. Shoe. Door.
Tell your child what the labels say.

8 PLAYING

Play alphabet search today. Take turns picking a letter and searching for it throughout the day.

15 TALKING

Make silly sounds today. Encourage your child to imitate you.



22 SINGING

Recite a nursery rhyme like "Humpty Dumpty." (Words are on the back.)

29 COUNTING

Time how long it takes to walk one block. Show your child the time at the beginning and at the end.

THURSDAY

2 PLAYING

Blow bubbles—this strengthens muscles needed for speech.



9 TALKING

Talk about something your child hasn't experienced and explain what happens.

16 SINGING

Sing "Now it's bath time, now it's bath time, yes, it is" to the tune of "Frere Jacques."

23 COUNTING

Use blocks to measure how long something is. How many blocks long is your arm, your foot, etc.?

30 READING

Relate the story in a book to your child's experiences. "Remember when you saw a red car?"

FRIDAY

3 TALKING

Discuss opposites. Show examples of big and small. Light and dark. Night and day.

10 SINGING

How many ways can you move to the music? Play a favorite song and clap, march, spin, and tap.

17 COUNTING

Take a walk and count how many birds or squirrels you see.

24 READING

Before you start reading a book look at the cover together and ask your child what they think will happen in the book. Discuss.

SATURDAY

4 SINGING

Clap your hands to the beat of a favorite song.



11 COUNTING

Count how many red cars you see today. Tally up at the end of the day.

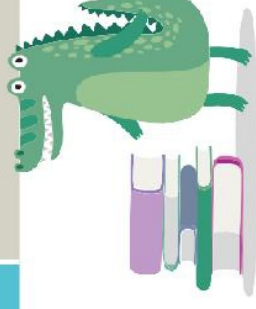
18 READING

Visit the library and help your child select books to check out.



25 WRITING

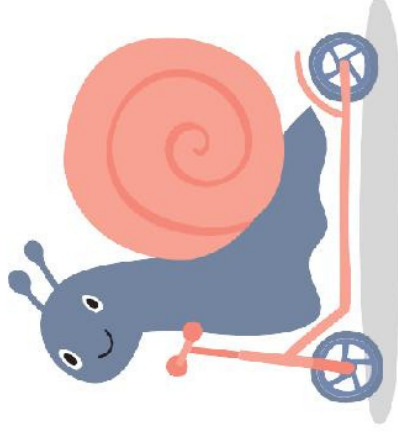
Write your child's first name. Talk about the first letter of their name. Make the sound and say words that begin with the letter.



Playing to Learn New Words

Play and have fun with words:

- Read a book with lots of made-up words like "How Do You Wokka-Wokka?" by Elizabeth Bluemle. Many books by Dr. Seuss also are excellent for this purpose. Try making up more words to go with the story.
- Silly poems are fun and can teach new vocabulary.
- Kids love riddles and jokes, which often use a "play on words." Laugh along as you talk about the answer to the riddle or joke.
- Having fun with words helps your child become more conscious of words and happy to keep learning.



HUMPTY DUMPTY

Humpty Dumpty sat on a wall.

Humpty Dumpty had a great fall.

All the king's horses and all the king's men

Could not put Humpty together again.

HICKORY DICKORY DOCK

Hickory Dickory Dock,

The mouse ran up the clock.

The clock struck one

And down he run.

Hickory Dickory Dock

Tick Tock!

SCARECROW, SCARECROW

Sing to the tune of "Twinkle, Twinkle, Little Star"

Scarecrow, scarecrow, turn around,

Scarecrow, scarecrow, touch the ground.

Stand up tall and blink your eyes.

Raise your hands up to the sky.

Scarecrow, scarecrow, touch your toes.

Scarecrow, scarecrow, tap your nose.

Swing your arms so very slow,

Now real fast to scare the crows.

Raise your head, jump up and down.

Now sit down without a sound.

Books to Read this Month

Check out these books at the library. If they are not available, ask the librarian for a recommendation.

FOR READERS AGES 0-3

Lola at the Library

by Anna McQuinn

The Little Red Cat Who Ran Away and Learned his ABCs the Hard Way

by Patrick McDonnell



FOR READERS AGES 3+

Now

by Antoinette Portis

Let's Scare Bear

by Yuko Katakawa



Milestones Matter

Track your child's developmental milestones and try brain building tips to add learning to everyday moments!

Track Your Child's Development

Track how your child plays, learns, speaks, acts, and moves with CDC's *Milestone Tracker* app—and share all progress and any concerns with their doctor during well-child visits.

www.cdc.gov/MilestoneTracker



BY 2 MONTHS:

Smiles at you



BY 6 MONTHS:

Laughs with you



BY 12 MONTHS:

Plays games with you, like "peek-a-boo"



BY 18 MONTHS:

Points to show you something interesting



Learn the Signs.
Act Early.



Centers for Disease
Control and Prevention

www.cdc.gov/ActEarly

1-800-CDC-INFO

**Do you have concerns about how your child plays, learns, speaks, acts or moves?
Visit www.cdc.gov/concerned and talk with your child's doctor.**

CDC does not endorse private products, services, or enterprises. Vroom Tips are not a diagnostic tool.

Brain Building Tip:
Suggested Age: 0–2 years

We're surrounded by words that are ready for reading. Try reading signs aloud to your child and talk to them about what they mean. It doesn't matter if it's a book, magazine, or billboard – it all counts! Reading to your child, anywhere and everywhere, helps them develop a rich, diverse vocabulary. Find more tips at vroom.org.

Powered by
vroom.

MILESTONES MATTER: LET'S TALK ABOUT THEM!

MILESTONES AT 4 MONTHS



- ☒ Begins to babble
- ☒ Responds to affection

MILESTONES AT 6 MONTHS



- ☒ Likes to play with others
- ☒ Responds to own name

MILESTONES AT 9 MONTHS



- ☒ Has favorite toys
- ☒ Understands "no"

MILESTONES AT 1 YEAR



- ☒ Tries to say words you say
- ☒ Waves "bye-bye"

MILESTONES AT 2 YEARS



- ☒ Begins to run
- ☒ Begins to sort shapes, colors

MILESTONES AT 3 YEARS



- ☒ Knows name and age
- ☒ Climbs and runs well

Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).

Learn the Signs. Act Early.

Developed in partnership by the University of Missouri and the US Department of Health and Human Services, Centers for Disease Control and Prevention.

