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**Resource Centers and Lending Libraries**  
Erie Elementary  
Prophetstown Elementary  
Tampico Elementary  
Wallace Education Center  
Southside School  
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**Administered By**  
Whiteside County Regional  
Superintendent's Office

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*Whiteside County*

# *PARENTS AS TEACHERS*

*1001 West 23rd Street*  
*Sterling, IL 61081*

*Office Phone 625-1495*  
*Library Warm Line 625-6331*

A Whiteside County Regional Office of Education Publication

June 2002

## ***Parent To Parent***

Do you have information you would like to pass on to the families who read this newsletter? If so, ***Parent to Parent*** is an opportunity for you to do so.

Submit your "tip" by the 15th of each month, by one of the following ways:

**E-mail:** rhodes@whitesideroe.org

**Mail:** Pat Rhodes  
1001 West 23rd Street  
Sterling, IL 61081

**Phone:** 815/625-1495

## **From the Coordinator**

Home visits will resume in September so let us know if you have a change of address or phone number during the summer.

If you were unable to return the items you borrowed from the lending libraries before they closed for the summer, please call Pat at 625-1495 to make arrangements for their return.

## **Bring A Friend To The Park**

Do you have a neighbor, friend, or relative who would like to be a part of Parents As Teachers? If so, this summer would be a good time to introduce them to the program by bringing them to one of the park activities.

Each year we have families graduate from our program because their youngest child is entering kindergarten in the fall. This enables the parent educators to enroll new families into the program.

The only requirements for enrollment are that the family lives in Whiteside County and has a child birth to age 5. We also will enroll a family who is expecting a child within 3 months.

Check the enclosed schedule for the dates and locations. You and your friend will each receive a book to take home when you attend.



## Parent/Child Activities for ALL P.A.T. Families

### PARK IT WITH A BOOK

Story and play time for you and your children.

Families attending will receive a copy of the "Book of the Week" to take home.

**All activities will be cancelled if it is raining.**

#### Book of the Week #1 - "Brave Little Bird"

by Scott Beck

**Date:** Wednesday, June 12  
**Time:** 10 - 11 a.m.  
**Place:** Sinnissippi Park - Sterling

**Date:** Thursday, June 13  
**Time:** 10 - 11 a.m.  
**Place:** Heritage Park - Erie



#### Book of the Week #2 - "Bunny's Rainbow Day"

by Monica Wellington

**Date:** Tuesday, June 18  
**Time:** 10 - 11 a.m.  
**Place:** Lions Shelter, Centennial Park - Rock Falls

**Date:** Wednesday, June 19

T H E

# Well-Centered CHILD

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## EASY WAYS TO HAVE FUN WITH YOUR CHILD THIS SUMMER

- 1 Make a rainy day clubhouse out of one or two large appliance boxes. Have your child draw doors and windows for you to cut out. Add pillows and carpet scraps.
- 2 Enjoy family pictures from previous summers.
- 3 Give your child recyclable materials—small boxes, plastic containers, styrofoam, wood scraps—to glue together as three-dimensional sculptures.
- 4 Start a summer time capsule to be sealed at the end of August. Brainstorm ideas for what to include. You might suggest sand from the beach, a postcard from a friend, tickets to a children's museum or baseball game, or a self-portrait.
- 5 Layer sliced strawberries and yogurt in an ice-cream cone for a special snack.
- 6 Have a weekly library day this summer. Make it a special event by stopping in the park afterwards. Have bag on the steps, starting at one and working up to five. Then come back down again.
- 9 Cut sponges into circles, triangles and squares. Your child can dip them into water to make patterns on a sidewalk.
- 10 Value all kinds of artwork. Leave a newly created block or Lego construction up for a day. Sketch a picture of the structure or write down your child's comments about it.
- 11 Have your child empty a backyard wading pool by scooping up buckets of water and pouring them into a sprinkling can. Your child can recycle the water by sprinkling it on plants.
- 12 Brush some slightly diluted white glue on a sheet of dark-colored paper. Blow dandelion seeds at the paper and enjoy the patterns they make.
- 13 A plastic funnel makes a good bubble pipe. Dip the large end into blend as the cubes melt.
- 15 On a rainy day, cut some large irregular shapes from paper grocery bags. Lay them on the floor and go puddle-jumping indoors.
- 16 Show your child how to play hop-scotch.
- 17 Let your child help you wash fresh vegetables for dinner.
- 18 Summer is for picnics. Be sure to take at least one!
- 19 Use water and a small brush to "paint" rocks, shells, twigs, and other items collected from nature. Watch the colors as they change from dry to wet and back again.
- 20 Encourage your child to drink water rather than soda on hot days. Add ice cubes made from fruit juices of various colors.
- 21 Enjoy a windy day together by taping paper streamers to a cardboard tube. Your child will discover that facing into the wind will make the streamers move one way, turning around will

blade of grass up against a leaf to compare them.

- 24 The next time you go for a walk ask your child: What's the tallest plant you see? The shortest one? The widest one? The thinnest?
- 25 Your child can use this summer's rock or seashell collection to create a paperweight. Put a few small, brightly colored pebbles or shells in a babyfood or other small jar. Add water and screw the lid on tightly.
- 26 When you take a walk with your child, use street addresses as a math game. Add or subtract the numbers in addresses as you pass them. As a pattern emerges, ask your child to predict what the next answer will be.
- 27 Want to predict the weather? Look at some dandelions: They close up if it's going to rain soon. They stay open if it's going to be sunny.
- 28 Save the colorful ads that fill your mailbox for rainy day cutting and pasting activities.
- 29 Make a toy boat by cutting the top off an orange juice carton. (Leave an inch or so of the sides.) Turn the carton top upside down in the bathtub or sink.
- 30 Have your child make a fan on a hot day by decorating a sheet of paper with markers or crayons. Fold it accordion-style and gather one end.
- 31 Use a chain link or picket fence for weaving. Supply your child with strips of cloth, paper, yarn, string, crepe paper streamers, etc. See what

kinds of designs he can create. It's fun. You might want to join in!

- 32 Play *Touch the Line*. Have your child draw a chalk line on the sidewalk. Ask, "Can you touch your elbow to the line? Your knee? Hand? Nose? Toe? Thumb?"
- 33 How many ways can you and your child think of to draw outdoors without using crayons and paper? Here are a few ideas to start with: a stone on a sidewalk, a twig on a smooth patch of dirt, fingers in wet sand.
- 34 Stretch out on the floor together and build houses out of a deck of cards.
- 35 Visit a construction site where a foundation is being dug. Talk about the different layers and colors of dirt you see.
- 36 Check out back issues of children's magazines from the library.
- 37 Take a plastic dishpan full of soapy water outside, stick the hose of a bicycle pump in it. Pump and pump. Watch the bubbles pile up.
- 38 Look for reflections of clouds in puddles after a summer rain.
- 39 When life gives you dandelions, make them into a necklace.
- 40 This summer, make it a daily habit to call your child's attention to the sky. Do it early in the morning, on a cloudy afternoon, or as evening approaches. The sky is an ever-changing sight—one we too often take for granted.
- 41 After a rain shower, have your child draw on the sidewalk with chalk. The colors will seem brighter on

wet pavement.

- 42 Make mush-push by mixing two cups of cornstarch and one cup of water. Play with it by running your fingers through it. The mixture is constantly changing from dry to liquid.
- 43 Bring out last October's Halloween costumes for playing dress-up.
- 44 Make a summer bracelet by putting a loose strip of Contac paper around your child's wrist, sticky-side out. He or she can stick leaves, seeds, pebbles, or other nature items to it when you go for a walk.
- 45 Take turns humming familiar songs. The other person tries to guess the title.
- 46 Roll down a grassy hill together.
- 47 Do you remember how to fold a paper airplane, boat or hat? How to whistle through a blade of grass? How to make mud pies? Show your child. Someday he'll do the same for his child and think of you.
- 48 Prepare fresh green beans for dinner. Help your child break them into pieces for cooking. Be sure to taste a few as you work.
- 49 Find out which is hotter on a sunny day. A leaf? The sidewalk? A plastic toy?
- 50 Make a pretend birthday candle by cutting a banana in half and standing it up in a pineapple ring. Put a red cherry on top for the flame.
- 51 Be sure your child hears these important words in the summer (and in the fall, winter and spring):

"I love you!"

# E L Niño Bien CENTRADO

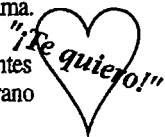
## 51 ACTIVIDADES SENCILLAS PARA DIVERTIRSE CON SU HIJO ESTE VERANO

- 1 Construyan una casita de juegos con una o dos cajas grandes de electrodomésticos. Haga que su hijo dibuje las puertas y ventanas para que usted las corte. Añada almohadas y retales de alfombra.
- 2 Disfrúen viendo fotos de familia de veranos anteriores.
- 3 Dele a su hijo materiales reciclables—cajas pequeñas, contenedores de plástico, poliestireno, sobras de lana—para pegar formando esculturas tridimensionales.
- 4 Empiecen una cápsula del tiempo que sellarán al final de agosto. Piensen de forma creativa qué cosas incluir en la cápsula. Usted podría sugerirle arena de la playa, una postal de un amigo, tickets para ir a un museo de niños o un partido de baseball, o una foto propia.
- 5 Pongan capas de fresas en rodajas y yogur en un cono de helados para un hacer snack especial.
- 6 Este verano, aparten un día a la semana para ir a la biblioteca. Conviértanlo en un evento especial parando después en siguiente escalón y así hasta el quinto. Túrnense tirando el saquito contra los escalones, empezando en el uno y subiendo hasta el cinco. Luego bajen de nuevo.
- 9 Corten esponjas con forma de círculos, triángulos y cuadrados. Su hija puede meterlas en agua y dibujar formas en la acera de la calle.
- 10 Valore cualquier forma de arte. Deje montada una construcción de bloques o Lego recién acabada por uno o dos días. Hagan un dibujo de la estructura o escriban los comentarios de su hijo sobre la misma.
- 11 Haga que su hijo vacíe una alberca pequeña que puedan tener en el jardín sacando el agua con un cubo y arrojándola en una regadera. Su hijo puede reciclar el agua regando las plantas.
- 12 Use un pincel para esparcir goma blanca de pegar, un poco disuelta con agua, en una hoja de papel de color oscuro. Sople unas semillas de diente de león (también se llama amargón) los cubos de hielo. Hagan muchos colores diferentes. Luego, inserte palos de paletas y congele. Su hijo puede pintar en papel con los cubos congelados y observar cómo los colores se mezclan mientras se derriten los cubos.
- 15 En un día lluvioso, corte unas cuantas formas irregulares de bolsas de la compra de papel. Repártalas por el piso y jueguen a pisar charcos dentro de casa.
- 16 Enseñe a su hijo a jugar a la pata coja ("hopscotch").
- 17 Deje que su hijo le ayude a limpiar vegetales frescos para la cena.
- 18 El verano es para hacer picnic. ¡Asegúrese de preparar al menos uno!
- 19 Use agua y un pincel pequeño para "pintar" rocas, conchas, palitos y otras cosas que recojan de la naturaleza. Observen como cambian los colores al pasar de seco a mojado y cuando vuelven a secarse.
- 20 Anime a su hijo a beber agua en lugar de soda en días calurosos. Añádale

- 22** Dibuje con plumones no permanentes de varios colores sobre un filtro de café de papel y haga que su hijo le pase un pincel con agua. Miren como los colores se esparcen y se mezclan.
- 23** ¿Cuántos tonos de verde pueden encontrar afuera? Empiecen sosteniendo una cinta de pasto junto a una hoja para compararlas.
- 24** La próxima vez que salga de paseo con su hijo pregúntele: ¿Cuál es la planta más alta que puedes ver? ¿Y la más baja? ¿Cuál es la más ancha? ¿Y la más estrecha?
- 25** Su hijo puede usar la colección de piedras y conchas de este verano para hacer un pisapapeles. Coloquen unas cuantas piedritas pequeñas y de colores brillantes o unas conchas dentro de un bote pequeño de comida de bebé o similar. Añadan agua y ajusten la tapa firmemente.
- 26** Cuando vaya de paseo con su hijo, use las direcciones de la calle como un juego de matemáticas. Añada o reste los números de las direcciones mientras los pasan. A medida que aparezca una secuencia, pida a su hijo que prediga cuál será la siguiente respuesta.
- 27** ¿Quieren hacer el pronóstico del tiempo? Observen la flor llamada diente de león o amargón: Se cierran si va a llover pronto. Permanecen abiertas si va a estar soleado.
- 28** Guarde la propaganda con muchos colores que llena su buzón para los días lluviosos y úsenlas para cortar y pegar
- 29** Construyan un barquito de juguete cortando la parte superior de un cartón de jugo de naranja. (Deje, aproximadamente, una pulgada a los lados). Voltee el cartón hacia abajo en la bañera o el fregadero.
- 30** Haga que su hijo construya un abanico en un día caluroso decorando una hoja de papel con plumones y

- crayolas. Dóblela como un acordeón y júntela por un extremo.
- 31** Usen una cadena o una valla de jardín para crear diseños. Dele a su hijo tiras de ropa, papel, hilos gruesos (como lana), cuerda, banderines de papel, etc. Vea los diferentes tipos de diseños que puede crear. Es divertido. ¡Quizá quiera acompañarle!
- 32** Jueguen a *Toca la línea*. Haga que su hijo pinte una línea en la acera. Pregunte, "¿Puedes tocar la línea con tu codo? ¿Con la rodilla? ¿La mano? ¿La nariz? ¿La punta del pie? ¿El pulgar?"
- 33** ¿De qué formas pueden imaginarse usted y su hija pintar afuera sin usar crayolas y papel? Para empezar, aquí tiene unas cuantas ideas: usando una piedra en la acera, un palito sobre barro liso, con los dedos en la arena mojada.
- 34** Estírense juntos en el suelo y construyan casas con una baraja de cartas.
- 35** Visiten un lugar en construcción en el que estén excavando para poner los fundamentos. Hablen de las diferentes capas y colores de tierra que ven.
- 36** Saque ejemplares antiguos de revistas de niños de la biblioteca.
- 37** Saque afuera un barreño lleno de agua con jabón y meta dentro el tubo del inflador de una bicicleta. Accione repetidamente el inflador. Observen cómo se amontonan las burbujas.
- 38** Busquen nubes reflejándose en los charcos después de una tormenta de verano.
- 39** Cuando la vida te de dientes de león, conviértelos en un collar.
- 40** Durante este verano, convierta en hábito que su hijo preste atención al cielo. Hágalo temprano en la mañana, en una tarde nublada o al atardecer. El cielo ofrece vistas siempre cambiantes a las que prestamos demasiada poca atención.
- 41** Haga que su hijo pinte en la acera con tiza después de la lluvia. Los colores

- parecen más brillantes sobre el piso mojado.
- 42** Hagan "mush-push" mezclando dos tazas de maicena con una de agua. Jueguen atravesándolo con los dedos. La mezcla cambia constantemente de estado seco a líquido.
- 43** Saque los disfraces de Halloween del pasado octubre para jugar.
- 44** Hagan un brazalete de verano poniendo una tira de plástico adhesivo transparente alrededor de la muñeca de su hijo con la parte adhesiva hacia fuera. Su hijo puede pegar hojas, semillas, piedritas u otros elementos naturales mientras pasean.
- 45** Turnense tarareando canciones conocidas. La otra persona tiene que adivinar el título.
- 46** Bajen rodando juntos una colina con pasto.
- 47** ¿Recuerda como hacer un avión, barco o sombrero de papel? ¿Cómo silbar usando una hoja de pasto? ¿Cómo hacer pasteles de tierra? Enséñele a su hijo. Algún día él hará lo mismo por sus pequeños y pensará en usted.
- 48** Preparan frijoles verdes para cenar. Ayude a su hijo a romperlos en pedazos para cocinar. Asegúrense de probar unos cuantos mientras trabajan.
- 49** Averigüen qué está más caliente en un día soleado. ¿Una hoja? ¿La acera? ¿Un juguete de plástico?
- 50** Hagan una vela de aniversario de mentira cortando un plátano y poniéndolo parado en una rodaja de piña. Pongan una cereza roja en la punta para hacer de llama.
- 51** Asegúrese de que su hijo oye estas importantes palabras durante el verano (y el otoño, invierno y primavera):



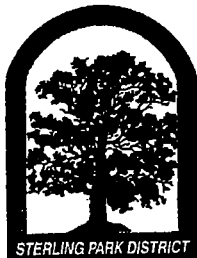
# SUMMER

## Youth Programs

### Summer Tot-Lot

For the younger children 3-5 years, the Tot-Lot Program is held on Mondays, Wednesdays and Fridays from 10:30 AM-12:00 Noon.

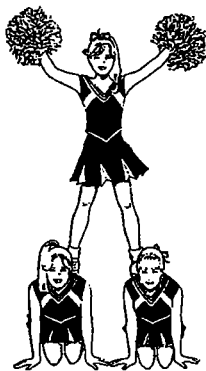
All programs are held at the Duis Center and allow children to play, perform skits and make crafts. Fees vary according to how many days each child attends. Call The Sterling Park District at 622-6200 for times and costs.



### Summer

### Coloma Township Park District 2002 Summer Recreation Program Parks a Place for Unity

The Coloma Township Park District Summer Recreation Program Brochure will appear in the Daily Gazette on Tuesday, May 21 with all the details of the Summer Recreation Programs. This years summer theme is "Parks a Place for Unity".



Registration for the Summer Program will begin on Tuesday, May 21. The Summer programs will start the week on June 17 and end by July 26 unless otherwise noted in the brochure.

The Coloma Township Park District will again be offering Tot Time, Beginning Cheerleading and Gymnastics, Pom Pon Instruction, Advanced Cheerleading and Gymnastics, Children's Arts & Crafts, Youth Tennis Lessons, Beginning Fishing Clinic, Little Dragons Karate, and Tae-Kwon-Do (Korean Karate) and others.

The very popular Special Event and Field Trip program will consist of two Special Event, namely Kick Off Day and Closing Day, and ten field trips. The Tentative field trips are roller skating, bowling, miniature golf, Brookfield Zoo, Timberlake Playhouse, and a few more surprises.

We will also be offering two tennis tournaments which are the Schreiners Oil Singles and Doubles



The Sterling-Rock Falls Family YMCA offers many opportunities to area youth this summer.

YMCA Camp Benson has seven sessions available for boys & girls age 6-17. At the YMCA swim lessons are offered in 3 age groups for various skill levels. Sessions are offered June 10-July 13, and July 15-August 17.



A Summer Day Camp Program for children K-5 is also offered. From May 29th-August 16th area children have an opportunity to grow socially, physically and intellectually in a safe and nurturing environment. Nature



*"As children learn to listen,  
they are learning to speak;  
As children learn to speak,  
they are learning to read;  
As children learn to read,  
they are learning to write;  
As children learn to write,  
they are learning to think;  
As children learn to think,  
they are learning to listen."*

*—Bill Martin*

**Gary J. Steinert**  
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