

The many programs of Broadreach

Broadreach has thirteen programs to serve children and families across Waldo and Knox Counties. Want to find out more? Here is a list of our programs and who to contact. Don't forget to visit our website at www.broadreachmaine.org for information about news, programs and upcoming events.

Child and Parent Council	Patrick Walsh	pwalsh@brmaine.org	338-2200 Ext 109
Children's Case Management	Cynthia Aho	caho@brmaine.org	338-2200 Ext 120
Early Childhood Inclusive Program	Mary Bailey	mbailey@brmaine.org	338-0029
Home and Community Support	Andrea Bouchard	abouchard@brmaine.org	338-2200 Ext 110
Family Support	Cindy Satchfield	csatchfield@brmaine.org	338-2200 Ext 115
Parent Education and	Wanda Johnson	wjohnson@brmaine.org	338-2200 Ext 123
Knox County Child Abuse and Neglect Council			
PreK	Kate Quinn Finlay	kquinnfinlay@brmaine.org	338-2200 Ext 103
SPICE Family Literacy	Becky Bouchard	bbouchard@brmaine.org	338-2200 Ext 111
SPIRALS Early Reading First	Curry Ander	cander@brmaine.org	338-2200 Ext 119
WIC Nutrition	Linda Baker	lbaker@brmaine.org	1-888-338-8446
Mid-Coast Children's Services	Becky Stoddard	bstoddard@brmaine.org	594-8474
Youthlinks	Amie Hutchinson	amie@youthlinksonline.org	594-2221



Eating More Fruits and Vegetables: The Easy Way!

We KNOW we should be eating more fruits and vegetables each day, and cutting back on sweets and high salt foods. Here are some tips on making snack time healthier for you and your family:



- If you see it— you'll eat it! Keep a bowl of fruit on your desk or countertop.
- Store cleaned, cut up vegetables in the fridge at eye level and keep a healthy dip on hand.
- Try baked tortilla chips with black bean and corn salsa.
- Stash bags of dried fruit in your car and handbag for a convenient snack.

- Encourage your child to choose his or her own fruit snack when shopping.
- Whip up a frozen fruit smoothie made with whole fruit, ice cubes and skim milk or low-fat

Alphabet Soup

December, 2007

Nourishing ways to fill children's days.

Hugs and Read-Alouds



See inside for:

- Fun cooking activity to share at home
- Pumpkin Bread for the holidays
- The programs of Broadreach
- And much more!

What busy lives we lead! Read-aloud time can be a chance to slow down and spend time together. It helps to have set times to read with your child. Before bed works well, as do other "down" times in the day - when your child first gets up in the morning, or after meals. Your child will enjoy cuddling with you, hearing your voice, feeling nurtured, and receiving your undivided attention. As you think about holiday shopping, remember- books make wonderful gifts!

- Yes, you should read that book for the millionth time - and try not to sound bored. Your child is mastering many skills with each re-reading.
- When you are looking at a new book, introduce it. Look at the cover and talk about what it might be about. Mention the author by name.
- Ask your child why a character may have taken a specific action.
- Ask what part of the story your child liked best and why.
- Talk to your child about the parts of the story - how did it begin? What happened in the middle? What did he or she think of the ending?
- Move your fingers under the words as you read to demonstrate the connection between what you are saying and the text.
- When you come to familiar or repetitive lines, let your child finish them. ("I do not like green eggs and....I do not like them, Sam....")
- Ask your child to point out letters or words he or she might recognize. You might also occasionally point to words and sound them out slowly while your child watches.

Broadreach

Family & Community Services

(formerly Waldo County
Preschool & Family Services/
Mid-Coast Children's Services)

5 Stephenson Lane
Belfast, Maine 04915
338-2200

272 Park Street
Rockland, Maine 04841
594-8474

E-mail us at
info@broadreachmaine.org

Visit us on the web at
www.broadreachmaine.org

Dear Families,



All of us at **Broadreach Family & Community Services** send out our best wishes for a warm and loving holiday season. This month brings the shortest days of the year and finds many of us so busy with cooking, shopping and wrapping- wanting to give our children special holiday memories. It is also a wonderful time for each one of us to pause and remember that the best gift we can give ourselves, our children and our partners is simply the gift of our attention, our love, our patience and our kindness. During this holiday season, let's remember that often a hug, a smile and our full attention are the most important gifts we can give to those we love and care about.

Best wishes from all of us here at Broadreach!

December Recipe

Unity PreK Pumpkin Bread: This recipe makes a lot and freezes beautifully. Have lots of pumpkin bread on hand for holiday company or bake in small loaf pans and wrap nicely for a thoughtful holiday gift. Preheat oven to 350 and grease 3 large or 6 mini loaf pans.

In large bowl, mix dry ingredients:

- 3 1/3 cups of flour
- 2 tsp baking soda
- 1 1/2 tsp salt
- 1 tsp pumpkin pie spice (or cinnamon)
- 3 cups sugar

Mix in wet ingredients in the following order:

- 1 cup melted butter
- 4 eggs
- 2/3 cup of water
- 1 1/2 tsp vanilla extract
- 2 cups canned pumpkin

Pour into prepared and bake at 350 degrees for 1 hour or until done.



Leap into Learning!



Supporting Preschoolers in Reading and Language Success (SPIRALS) is a special initiative that is enhancing learning for preschoolers and their teachers in early childhood classrooms across Waldo and Knox County!

Cooking with adults is a fun way to for children to learn pre-reading skills! Children learn:

- To follow directions (*reading a recipe*)
- Sequencing (*first, next, last*)
- Vocabulary (*new words and what they mean*)
- Concept development (*liquid or solid, hot or cold*)
- Math (*counting and measuring*)
- Promoting oral language (*children saying out loud what they think*)



Often in our preschool classrooms, children create written or oral stories to review their cooking experience and further enrich their language and literacy skills.

Here is an example of a literacy-rich cooking experience for four-year-olds at the Unity PreK classroom. The teachers, Cathy Hartley and JoDell Warren, were thoughtful in their planning and follow-through of cooking with the children. Here's how Cathy explained the experience:

"We introduced the cooking activity by showing the children the *recipe* and pointed to the pictures saying, "These are *ingredients*." "Do you know what an *ingredient* is?"

I had filled a grocery bag with items, and the children matched the actual ingredients to the symbols on the recipe. While we made the pumpkin bread, we talked about the measurement numbers and that they meant how many cups or tablespoons. Then the children helped count them out. When I kept forgetting, they reminded me which number cup we were on. We shared the pumpkin bread at snack time and it was a huge hit!"

Please peek over to page 2 for our smashing Unity PreK Pumpkin Bread Recipe! Your family will love it as much as our preschoolers did. Thank you to Cathy and JoDell!