

Alphabet Soup

October.2007

Nourishing ways to fill children's days.



See inside for:

- Fun learning activities to share at home
- After-school snacks
- Apple picking in Waldo and Knox Counties
- And much more!

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.broadreach.maine

Who is Broadreach?

We're the agency that has been known as Waldo County Preschool & Family Services for 25 years... and now we are Mid-Coast Children's Services and Youthlinks too!

Why the name change?

We've simply outgrown our name. Our programs serve the youth, families and communities of Waldo and Knox County and beyond!

When does the name change take effect?

October 1, 2007.

What does Broadreach do?

We help children and families develop the skills they need to lead healthy and productive lives. Here's a sample of our work:

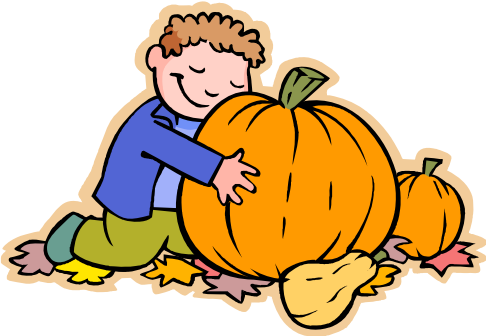
- Early childhood teachers introduce children to the joys of learning in classrooms across Knox and Waldo Counties;
- Case managers support families with children with special needs and children at risk for abuse or neglect;
- In-home support workers help families create safe, nurturing homes for children who are challenged by mental retardation, pervasive development disorders or autism;
- Parent educators help families strengthen communication and positive discipline practices;
- WIC nutrition counselors provide information, referrals and food vouchers for families at risk for poor nutrition;
- Youthlinks program managers empower youth to build healthy life skills through focused enrichment programs and meaningful volunteer opportunities; and the
- Waldo and Knox County Child Abuse and Neglect Prevention Councils work with many partners to create strong, nurturing communities.

Dear Families,

Welcome to our monthly Alphabet Soup Family Newsletter. Inside you will find ideas about supporting your child's healthy development. Each month we will share tips for making learning fun for you and your child. We'll also include information about how to improve your child's health by encouraging healthy eating and physical activity. We welcome your comments and feedback! Please get in touch with us by emailing alphabetsoup@broadreachmaine.org or by calling 338-2200.



Growing Healthy Children



Healthy children

- Eat a variety of foods
- Eat more fruits, vegetables and whole grains
- Eat lower fat foods more often
- Are physically active!

October Recipe

Here is one of our couldn't-be-easier after-school snacks.

1/2 cup plain yogurt

1/4 tsp. vanilla extract



1/4 tsp. cinnamon

1 medium apple

Combine the yogurt, cinnamon and vanilla extract in a small bowl. Core and slice apple to dip into mixture. Makes 1 serving.

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!

Starting a new school year is such an exciting time for all of us! Things are changing all around - the leaves are turning color, the air feels crisp and we're trading sandals and shorts for shoes and sweatshirts. Here are some fun activities you and your child can share to help build language and early reading skills.

- Help your child write his or her name. Decorate it and hang it on the door of your child's room.
- Tell your child about something that happened when you were little.
- Look at family pictures together. Talk about the people in your family.
- Share a book. Point to things in the pictures as you read about them in the story.
- Keep a list called, "Things I Can Do By Myself." Let your child decide what to add to the list day by day.
- Have a scavenger hunt in the yard. Make a list of fun categories to seek out: things that grow, things that are blue, things that are soft, etc.



Apple Picking Fun for the Whole Family

October is a great time to visit an apple orchard. There are many throughout the area where you can pick your own apples and watch apple cider being pressed. Call or e-mail for hours of operation.



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| Hope Orchards on Camden Road in Hope | Phone: 763-3262 |
| School House Farm on Rte 1 in Warren | Phone: 273-2440 |
| Hillcrest Orchards on Rte 1A in Winterport | Phone: 223-4416 |
| Curra Family Farm on Rte 137 in Knox | Phone: 382-6161 Email: pcurragh@yahoo.com |
| Schartner Farms on Rte 220 in Thorndike | Phone: 568-3668 Email: schartne@uninets.net |
| Sewall's Orchards on Masalin Rd in Lincolnville | Phone: 763-3956 Email: sewall@midcoast.com |



Alphabet Fun at Home

Magnetic letters are a creative and fun way to enhance your child's alphabet knowledge. Your child will learn to recognize upper and lower case letters, begin to recognize letter-sound correspondence and develop their oral language skills.

Fun Ways to Use Magnetic Letters at Home

Making Names- A child's name is the most important word. Help your child make their name several times, mixing up the letters, making their name and checking them with their names written on a card.

Name Game- Help your child make names of friends or family. Have them make the name, mix the letters, and make the names several times.

Making Words- Make a simple word like *mom* or *dad* or *sun* and have your child make the same word by matching each letter below the model (*sun s-u-n*).

Find the Letter - Make a set of alphabet letters, upper-or lowercase, on a set of index cards. Shuffle the "deck" and take turns drawing a card and finding the magnetic letter that corresponds with it.

Color Sort- Have children sort all the red, blue, green, and yellow letters.

Magazine Match- Look through a magazine or newspaper with children, cutting out some large print simple words (such as *man*, *box*, *boy*). Glue them on a sheet of paper with plenty of space below each. Have children make each word below the printed one.

Letter Chains- Make a five letter chain (for example, pfrmo). Have children find the same letters and make the same chain below your model. Then have the children make a chain that you copy.