



Ready To Learn

Iowa Public Television



READ

Check out these books from your public library or school library.

- *From Seed to Pumpkin* by Jan Kottke
- *The Surprise Garden* by Zoe Hall
- *The Earth and I* by Frank Asch
- *Sun / Sol* by Susan Canizares (Bilingual book)
- *Dandelions: Stars in the Grass* by Mia Posada
- *Grow Flower Grow!* by Lisa Bruce
- *El libro de las Estaciones / A Book of Seasons* by Alice & Martin Provensen (Bilingual book)

VIEW

Doctors say children age three years and older should have no more than one to two hours of quality screen time each day. Please keep this in mind as you make choices for your children.

Martha Speaks - Escape From Flea Island #114

- Thursday, May 28, 2009 at 6:30 a.m. & 4:00 p.m. Carolina organizes an expedition to gather exotic plants. When the canoe capsizes, a storm blows up, and the sun starts to go down, they worry they may never get off Flea Island.

Caillou - Hello Spring #319

- Friday, May 29, 2009 at 11:00 a.m. Caillou is very sad when his snowman melts away in the warm spring sunshine. He helps Daddy clean up the yard and learns about composting. During a walk in the park he is reminded of all the good things about spring.

Environment

April is the month we celebrate Earth Day. Preschool and Kindergarten years are an important time to teach children how to take good care of the earth. Simple activities like picking up trash, using old things in new ways, and recycling cans are things children can do to take care of the earth. Another way they can help the earth is to plant a garden. Plants are very important to us. They make lots of oxygen for us to breathe. They make our earth a beautiful place.

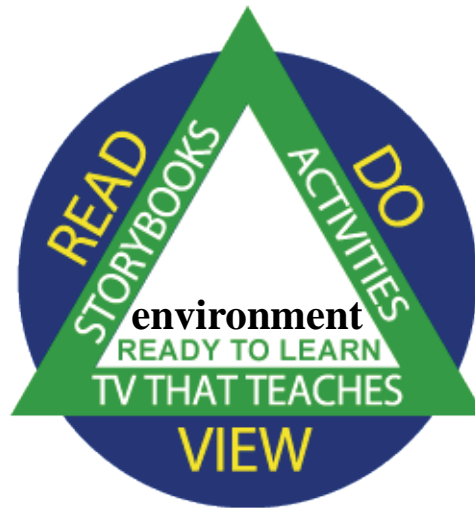
DO

Make changes in these activities to meet the needs of your child.

- Help your child clean up a park or the neighborhood.
- Go on a nature walk. Have your child pick up objects from nature such as rocks, bark, grass, leaves, flowers, nuts, etc., and put them into a bag. As you walk, encourage your child to talk about what they see and hear in nature.

After your walk, work together to create a poster of items picked up on the nature walk.

- Talk to your child about saving water when washing hands, brushing teeth, and showering. Teach your child to sing the ABC song or count to ten while washing her hands and turn the water off as soon as she is done.
- Give your child a small cup full of dirt. Have your child plant seeds in the cup. Water the seeds daily. Have your child draw pictures of what he sees the plant doing and guess what he might see tomorrow.
- For more information and activities with kids go to: www.extension.iastate.edu/growinginthegarden/kids.html



Tip of the Month

Take a look at your own screen habits. How much TV and other screens do you watch? What do you watch on TV or look at on the computer when children are in the room? Think about ways you could change your own habits to set a good example. Tape shows you like to watch that may not be good for children to see and watch them at a later time.