



Everyday Life is a Learning Experience for Children

Born Learning is a public engagement campaign sponsored by The United Way, The Ad Council, Civitas, and Families and Work Institute. It is designed to help parents, grandparents and caregivers explore ways to turn everyday moments into fun learning opportunities. The campaign offers easy and fun ways to provide early learning opportunities for your young child anytime, anywhere. The website gives great examples of learning on the go! Here are a few ideas to turn ordinary daily activities into eye-opening experiences.

Below are some examples of learning opportunities suggested on bornlearning.org

At Home: Turn everyday activities at home such as laundry, meals, and bedtime into learning experiences for your child.

When cooking, encourage your child to help. For example, if a recipe calls for 3 eggs, ask her to get 3 eggs from the fridge. She'll feel like she's helping and counting will help develop her math skills.

Turn chores like laundry into learning activities. Ask your child to identify colors, help you separate lights and darks, or count the number of socks. These activities will help build math and cooperation skills.

Bedtime should follow a schedule. For example, bath, teeth brushing, bedtime story, nightlight, kiss good night and sleep. A consistent schedule helps children learn to go to sleep by themselves.

Turn an errand into a fun learning game that helps your child make sense of the surrounding world. If your child likes trucks, look for trucks as you drive and see who can yell "truck" first.

Traveling: Going places is often exciting for children - learn how to make riding in the car, taking public transit, and walking educational for them and fun for you too.

In the car try to use driving time to enhance your child's natural curiosity - find ways to interact and connect with your child.

Riding public transit exposes your child to different people and new things. Use this time to heighten your child's sense of adventure.

A walk with your child is not only good exercise, but also allows them to experience nature and learn about the outdoors.



turn ordinary activities into eye-opening experiences

Public Places: Being out and about exposes children to many learning opportunities. Learn how you can turn excursions to the market, library, and playground into learning.

The market provides the perfect backdrop for educational opportunities such as teaching colors, counting, and an opportunity to teach your child about healthy eating.

The park and playgrounds are very active places for children. And, places where children can learn about their bodies, nature, etc.

For more detailed ideas on how to transform everyday activities into learning opportunities for your child, log onto: bornlearning.org

PARENTING CALENDAR

Staff:

Elaine Guenet, *Executive Director*
Christina Bagley
Hoyt Bingham
Shelly Blodgett
Sarah Canterbury
Kimberly Colson
Kelly Crawford
Debbie Cushman
Anne-Marie Darsney
Julia Dickenson
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Infant Massage, Saturdays, April 14 - 28: Infant massage is a parenting enrichment program that cultivates love, compassion, and respect for infants and children through touch. Certified infant massage instructor Sarah Canterbury offers this three session series for parents and their "pre-crawlers" from 10:00 a.m. to 11:30 a.m. at The Family Place. Registration begins March 19. Please call 802-649-3268 or 800-639-0039.

Confident Parent, Cooperative Child, Wednesdays, May 2 - 23: Learn practical parenting information and skills to give you direction, confidence, and help with the most typical and challenging problems for parents of young children in this four session series. Limited childcare available. \$20 fee and pre-registration required. 10:00 a.m. to 11:30 a.m. at The Family Place. Registration begins April 2. Please call 802-649-3268 or 800-639-0039.

The Early Childhood Action Team, the Early Childhood Council for N. Windsor and Orange Counties, Wednesday, May 9 and Wednesday June 13: The meetings bring together parents, professionals, and community members to design ways to best meet the care, health and education needs of young children and their families. Everyone with an interest in young children is welcome and encouraged to get involved. 2:15 p.m. – 4:00 p.m. at the Community College of Vermont in Wilder. Please contact Christie Binzen, Coordinator, for more information: 802-295-4126 or christieb@path.state.vt.us

Read It Again, Wednesdays, June 6 - 20: This three session series offers parents the chance to share stories that elicit the wonderful and sometimes maddening response in children that is a sure sign of a book lover - "Read it again!" Free books provided by the Vermont Council on the Humanities will be given out at each session. Limited childcare available. Pre-registration required. 10:00 a.m. to 11:30 a.m. at The Family Place. Registration begins May 7. Please call 802-649-3268 or 800-639-0039.

Kids' Stuff Tag Sale, Saturday, June 16: Gently used children's clothing size 0-12, maternity clothes, baby and child equipment, books and toys. Accepting donations May 14-June 11. Please no car seats or stuffed animals. Date and time to be determined. Call 802-649-3268 for more details.

Help us conserve. Please let us know if you are moving or need to change your mailing address, or would like to stop receiving *Growin' Ups and Downs*.

The newsletter is now available on our website www.the-family-place.org!



THE FAMILY PLACE
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