

UAB Early Head Start Program

933 19th Street South, Birmingham, AL 35294

<https://www.uab.edu/civitansparks/uab-early-head-start-program>

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Upcoming Events

July 4th
Independence Day
Closed

July 10th
PIPA 10:30
Policy Council 12:00

July 19th
Fun Day at Let's Play (Hoover)
10:30

July 24th
Fun Day (Walker County)

July 26th
Transition Celebration
(transitioning children and families only)

August 2nd
Screening Day (Walker County)
Jasper Civic Center 9:15

August 8th
1st Day of School for Center Children (Walker County)

August 14th
PIPA 10:30
Policy Council 12:00

TBA
Training Opportunities

Greetings UAB Early Head Start Program families!

Summer is upon us and there is only a short amount of time before school is back in session. So in this edition, you will find a few activities that you may enjoy with your family before school starts.

There is information on making toys out of boxes! Unbelievably, children enjoy playing with boxes. It allows them to be creative and use their imagination, which enhances their cognition. So how will you all pretend play with boxes? Pirates...and someone has to walk the plank? Racecars...who will win? You can do so much with a box! Also, check with your local public library for the list of suggested summer reading books.

Remember to check out the upcoming event dates. We will be closed on July 4th in observance of Independence Day. This year, our Fun Day event in Jefferson County will be at Let's Play in Hoover. So remember to mark your calendars for all upcoming events for the months of July and August. We look forward to seeing you soon!

Mission Statement:

The mission of the UAB Early Head Start Program is to form partnerships with families to support child development and family goals. Through continuous staff development and in collaboration with the community, we strive to enhance opportunities for families.

Toys from Throwaways: Boxes



Have you ever seen a child unwrap a gift, then play more with the box and wrappings than with the toy? It's no surprise that children can find ways to play with many kinds of household items that you might otherwise throw away. You can be kind to the environment and encourage your preschool child's imagination by recycling boxes that you no longer need (see Illinois Early Learning and Development Benchmark 12.E.ECb). Here are some ideas to get you started. The possibilities are endless!



Practice safety first

Make sure all materials to be used by children are clean and free from sharp fasteners or sharp edges. Avoid boxes that contained food, such as meat containers. Wrapping paper or paper towel tubes are fine but, for sanitary reasons, avoid using toilet paper rolls.



Build with boxes

Use different shapes and sizes of boxes for building. Discuss what children might want to make—a robot, a car, a house—then help them decide what boxes they will need. Boxes can be glued or taped together and then painted. Large open-ended boxes can be taped together end-to-end to make tunnels for children to crawl through. Smaller boxes or cardboard tubes can be made into tunnels for toy cars.



Try a train

Work with your child to make a box train. Boxes with open tops, such as shoe boxes, work well. An adult can cut the top off of closed boxes, such as tissue boxes, to create an open side. Let your child decorate the boxes with scrap paper, markers, or crayons. Poke a hole in the ends of each box, and then tie the box train cars together with yarn. Young children enjoy filling boxes with blocks or toys, then pulling the train along. As you talk with them about the train, introduce related words and sounds. Suggest reading a book about trains together.



Turn a large box into a television screen

Cut out a large opening and draw on controls. Position it so a child can stand behind it with her head showing in the screen. A small box can be colored to become the remote control. She might want to give a weather report or news story on a recent family event. Your child might prefer to use a puppet or a doll as the reporter.



Make some music

Almost any box or container can become a drum. Children can use a wooden spoon as a drumstick, or they can drum with their hands. Make a shaker to add to the music by placing small beads, buttons, gravel, or dried beans inside a covered container and taping the lid on firmly. Try a rubber band banjo. Stretch several different rubber bands across an open shoe box. You can also cut these bands from the wrist of an old rubber glove. Try varying the width and tension of the bands to produce different notes.



For related Web resources, see “Toys from Throwaways: Boxes” at <http://illinoisearlylearning.org/tips.htm>.

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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For more tip sheets on other topics, please go to <http://illinoisearlylearning.org> rev. 9/13

Juguetes elaborados con materiales desechados. Las cajas



¿Ha visto alguna vez a un niño desenvolver un regalo y luego jugar más con la caja y el papel de envoltura que con el juguete? No nos sorprende que los niños puedan idear muchas maneras de jugar con objetos caseros que usted tal vez de otro modo desecharía. Al reciclar cajas que ya no se necesitan, no sólo se puede beneficiar al medio ambiente sino que a la vez se estimula la imaginación de su hijo de edad preescolar (vea los Parámetros del aprendizaje y desarrollo infantil de Illinois 12.E.ECb). He aquí algunas ideas para ayudarlo a empezar. ¡Las posibilidades son infinitas!



La seguridad ante todo

Todos los materiales que sean utilizados por los niños deberán estar limpios y sin bordes afilados ni cierres punzantes. No use cajas que contengan alimentos, como por ejemplo cajas para carne. Los tubos de cartón para papel de envolver o toallas de papel sirven bien pero, por motivos sanitarios, evite usar los tubos de papel higiénico.



Construya con cajas

Use cajas de variados tamaños y formas para construir. Discuta con los niños lo que quieren construir –un robot, un coche, una casa– y luego ayúdelos a determinar qué tipos de cajas necesitarán. Se pueden fijar las cajas unas a otras con pegamento o cinta adhesiva y luego pintarlas. Las cajas grandes con extremos abiertos pueden fijarse en una serie para hacer túneles por los que los niños pueden andar a gatas. Las cajas pequeñas o tubos de cartón pueden convertirse en túneles para coches de juguete.



Hagan un tren

Trabaje con su hijo para hacer un tren de cajas. Las cajas con tapas, como cajas para zapatos, sirven bien. Un adulto puede cortar la parte superior de las cajas cerradas, como cajas para pañuelos de papel, para que estén abiertas a un lado. Deje que su hijo adorne las cajas con trozos de papel, marcadores o crayones. Perfore un hueco en los extremos de cada caja y luego ate los vagones de cajas con un hilo. A los niños pequeños les gusta llenar las cajas de bloques o juguetes y luego arrastrar el tren. Al hablar a su hijo sobre el tren, dígame palabras nuevas relacionadas al tema y haga sonidos de trenes. Sugiera que lean juntos un libro sobre los trenes.



Convierta una caja grande en un televisor

Recorte un hueco grande al frente de la caja y dibuje controles. Póngala donde un niño pequeño pueda ponerse de pie detrás de ella de modo que su cabeza se vea ante la pantalla. Se puede pintar una caja pequeña para convertirla en el control remoto. El niño o niña tal vez quiera dar un informe del tiempo o contar las noticias de un evento reciente en la familia. Su hijo tal vez prefiera hacer de cuenta que un títere o muñeca es el periodista.



Haga música

Casi cualquier caja o recipiente puede convertirse en un tambor. Los niños podrían usar una cuchara de madera como palillo o golpearlo con las manos. Haga maracas colocando cuentas pequeñas, botones, grava o habichuelas secas en un recipiente con tapa y fijando la tapa firmemente con cinta adhesiva. Para hacer una guitarrita con banditas de goma, estire varias banditas diferentes alrededor de una caja abierta para zapatos. También se pueden cortar estas banditas de la muñeca de un viejo guante de goma. Varíe el grosor y la tensión de las bandas para producir notas diferentes.

English Title: Toys from Throwaways: Boxes



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SUMMER READING

Make sure to check your local public library for this list of summer books, from beingreese.com, to read with your children:

1. **Welcome Summer**

Ages: 0-2

This bright, tactile board book celebrates a first encounter with the hottest season: summer! Bold, simple illustrations and textures show what a child first sees, hears, touches, and tastes. And no matter how sticky it may be outside, this child ends up safe and cool in Daddy's arms. The last installment in this series of four seasonal offerings.

2. **Summer**

Ages: 0-2

With fun pictures about the hot Summer holiday season, this is an engaging book to share with babies and toddlers. There pictures of cold ice-cream, the hot sun, the sandy beach and more to look at, and the pages have different touch-and-feel textures, which little fingers will love to explore.

3. **Baby Loves Summer**

Ages: 1-4

Little ones will love lifting the flaps in this new Karen Katz book to reveal a big yellow sun, flip-flops, an ice cream cone, and everything else that Baby loves about summer! The sturdy format and easy-to-lift flaps make this a perfect summertime treat for parents and children to share.

4. **Where's Baby's Beach Ball?**

Ages: 1-4

It's summertime, and Baby is looking for the beach ball--but where can it be? Little ones can lift the large, sturdy flaps in this board book to reveal pretty seashells, crawling crabs, and more! Babies will love this interactive adventure!

5. **Buzz Buzz Baby**

Ages: 1-4

In this adorable book from Karen Katz, little ones can lift the flaps on each spread to reveal cute critters such as little ladybugs, crawling caterpillars, teeny-tiny ants, and more! Filled with Katz's signature multicultural babies, this book with its sturdy, easy-to-lift flaps is perfect for parents and children to share.

6. To The Pool With Mama

Ages: 2-4

It is Friday, and John J. and Mama are off to the pool. Bathing suit and towel are carefully stowed in a backpack. In the baby pool are many toys, and the water is just the right height for a toddler to splash and roll around in. Water is great fun to play in, but it is important for John J. and his friend Elise to remember that water belongs in the pool, not on the deck or each other's heads! Going to the pool is tiring, and at the end of the day a happy, snuggly little boy is carried home, warm and safe in the arms of Mama.

7. Caterpillar Spring, Butterfly Summer

Ages 2-6

This beautiful story about a caterpillar's busy day features a colorful, fabric-covered spring that lends a bouncing effect to the lively artwork, mimicking the motion of a crawling caterpillar.

8. Let it Shine

Ages 2-6

School is out and the sun is shining. It's time to play outside! Celebrate all the wonders of summer in this final book in Maryann Cocca-Leffler's delightful series about the seasons. With soft-colored art, adorable children, and vibrant outdoor scenes, LET IT SHINE celebrates all the seasonal awe of summer.

9. Mouse's First Summer

Ages 2-6

Mouse and Minka invite YOU to celebrate summer with a picnic in the park. Roll down the hill on tickly green grass. Fly kites flutter high in the sky. And don't forget juicy watermelon! But before it's time to go home, a summer surprise sparkles in the sky.

10. Summer Days and Nights

Ages 2-6

On a hot summer day, a little girl finds ways to entertain herself and stay cool. She catches a butterfly, sips lemonade, jumps in a pool, and goes on a picnic. At night, she sees an owl in a tree and a frog in a pond, and hears leaves rustling. Before long, she's fast asleep, dreaming about more summer days and summer nights.

11. Over in the Ocean: In a Coral Reef

Ages: 3+

With painstaking detail each illustration is created entirely of polymer clay, then photographed, creating a 3-D impression of tremendous vitality. Kids will sing, clap, and

count their way among pufferfish that puff, gruntfish that grunt and seahorses that flutter, and begin to appreciate life in the ocean.

12. Summer Stinks

Ages: 3+

Summer stinks. What more do you need to say about a hot, sweaty, bug-riddled season? Well, Marty Kelley, author of *Fall Is Not Easy* has a few things to say (and draw) about summer--26 of them, in fact. *Summer Stinks*, Kelley's paen to the "estivally dispirited," takes a comic look at both the alphabet and summer. From "A is for ants" to "Z is for [bug] zapper," *Summer Stinks* is a seasonal treat that you can enjoy all year long.

13. Summersaults

Ages: 3+

What do you like about summer? Mountain hikes? Picking cherries? Curve balls? Ice cream cones? What do you not like about summer? Blackouts?

14. Summer

Ages 3+

Oh, the wonderful things that summer brings—swimming at the beach, making sand castles, catching butterflies, eating watermelon, toasting marshmallows, watching fireworks! The simple, timeless activities featured in this abridged, board-book edition of the classic *Beginner Book Summer* make it perfect to share at the shore (or anyplace else!) with young and old alike

15. How I Became A Pirate

Ages:3-5

When Braid Beard's pirate crew invites Jeremy Jacob to join their voyage, he jumps right on board. Buried treasure, sea chanteys, pirate talk--who wouldn't go along? Soon Jeremy Jacob knows all about being a pirate.

Fourth of July Word Search

W S E S S S D N E B G E R D F
Q A Z T U B A R F A C U T E J
C J S M I C P I L L I L S M D
A Z M H I H R F T D T B T E R
D E H R I E W W P E O A A W V
R T E J W N S N P A I H T S K
N M X O Z W G T Q G R V E K C
A B R F O U R T H L T A S M B
R K D E T I N U O E A V D Q E
S J U L Y V E Q I N P C H E R

american
bald eagle
blue
fireworks
flag
fourth
july
parade



patriotic
red
states
summer
united
washington
white



easy corn salad

Grilling sweet corn this summer?

Cook a few extra cobs of corn, cut off the kernels and use in this recipe for delicious salad.

- 3 cups corn (canned or cooked fresh corn)
- 1 cup black beans (canned beans drained and rinsed)
- 1 avocado (peeled and cut into small chunks)
- 1 cup pico de gallo

Combine the corn, black beans, avocado and pico de gallo together in a bowl.



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ensalada fácil de maíz

¿Este verano preparas maíz dulce a la parrilla?

Cocina algunas mazorcas extra, córtales los granos y úsalos en esta receta para preparar una deliciosa ensalada de verano.

- 3 tazas de maíz (en lata o grillado)
- 1 taza de frijoles negros (en lata, escurridos y enjuagados)
- 1 aguacate (pelado y cortado en trocitos)
- 1 taza de pico de gallo

Mezcla en un bol el maíz, los frijoles negros, el aguacate y el pico de gallo.



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July 4th USA Flag Coloring Page



