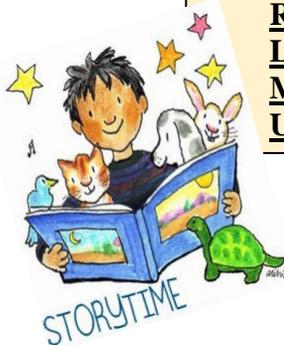


# Families for Literacy Program Newsletter

## February, 2019

**Tutors: please go over this newsletter (whatever is appropriate) with your adult student and encourage him/her to visit the Story Times with their children, it's a lot of fun!**



**Redbud Library**, 14785 Burns Valley Rd. Clearlake, **Thursday, 11:00 am**  
**Lakeport Library**, 1425 N. High St. Lakeport, **Fridays, 10:15 am and 2:30 pm**  
**Middletown Library**, 21256 Washington Street, Middletown, **Tuesdays, 11:30 am**  
**Upper Lake Library**, 310 2nd St, Upper Lake, **FIRST Thursday of every month, 2:30pm**

**Flu season: Protect yourself and others!**

**Wash your hands**  
**Cover your cough**  
**Stay home when you are sick**



**DO's and DON'Ts to fight off those nasty bacteria and viruses with food:**

- + **Add vegetables and fruits** to boost your immune system and stave off icky symptoms.
- + **Add Water:** Water strengthens the body's immune system by transporting oxygen to our cells, moving nutrients to our tissues and organs, and flushing out toxic impurities.
- + **Add Vitamin D:** According to an *American Journal of Clinical Nutrition* article Vitamin D is superior to vaccines at preventing the flu because it activates the killer T cells that protect us. Eggs, fortified milk, cheese as well as fatty fish like salmon, sardines and tuna, and fish liver oil supplements are all great sources.
- + **Add Probiotics:** These "friendly bacteria," are live, beneficial microorganisms that battle pathogens and toxin-producing bacteria in our intestines. Excellent food sources include yogurt, kefir, and even kim chee.
- **Avoid: Sugar** (and sodas, and orange juice... loaded with 24 grams of sugar in 8 oz. orange juice sugar levels are nearly as high as the same size serving of Coca Cola). Sugar is demonized for many good reasons, but did you know it's bad for your child's immune system, too? Slurping in the simple carbohydrates found in glucose, fructose, sucrose, honey, and - yes - orange juice, will suppress your child's immune response for up to five hours!

**Germs Are Not For sharing**, by Elizabeth Verdick

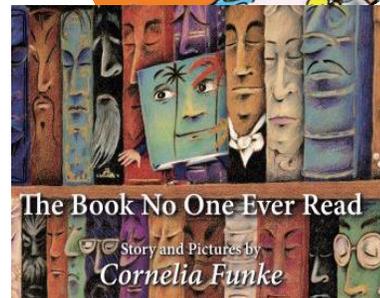
This book teaches the basics of not spreading them, most of all: wash your hands! Includes tips and ideas for parents. Ages 1 and up.

**A Germ's Journey**, by Thom Rooke

Where did your cold germ come from? And ACHOO! Where is it going next? Pack your bags, and get ready to follow it! This is a perfect book for explaining the immune system to children at home or at school. Ages 5 and up.

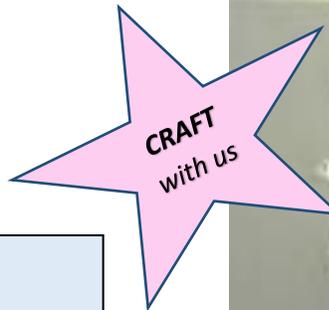
**The Book No One Ever Read**, story and pictures by Cornelia Funke.

What if books want to be read just as much as we want to read them? This is certainly true of our young hero in this book: Morry, a young book, is tired of standing still on a shelf amid dignified first editions, and yearns for the excitement of sharing his story with a child. Ages 3 and up.





on a cold, rainy day!



**Frost-Song** *tune: The Farmer in the Dell*  
 The frost is on the roof *point hands over head*  
 The frost is on the ground *point to the floor*  
 The frost is on the window *make a window with your hands*  
 The frost is all around *make large circles with hands*

**Rain, Rain** *tune: Row, Row, Row Your Boat*  
 Rain, rain, falling down, landing all around.  
 What a lovely sound you make splashing on the ground.

**Five Little Umbrellas** *tune: Five Little Monkeys*  
 Five little umbrellas by the back door,  
 The red one went outside, and then there were four.  
 Four little umbrellas pretty as can be,  
 The blue one was needed, and then there were three.  
 Three little umbrellas, oh, they missed the blue,  
 So, the green one followed and then there were two.  
 Two little umbrellas, glad there was no sun,  
 The yellow one went into the rain  
 And then there was just one.  
 Just one umbrella alone in the hall,  
 The purple got picked up, and that was all!



**Umbrellas**  
 I put on my raincoat (pretend to put on coat)  
 I put on my hat (put on hat)  
 I put up my umbrella (fingertips touching over head)  
 Just like that!

**Rain on my Umbrella** *tune: Frere Jacques*  
 What's the weather, what's the weather?  
 Drip, drip, drop,  
 Drip, drip, drop.  
 Rain on my umbrella, rain on my umbrella.  
 Never stops.  
 Drip, drip, drop.



**Rain is Falling on You** *tune: Happy Birthday*  
 Rain is falling on you,  
 Rain is falling on me,  
 Rain is falling on everyone,  
 Rain is falling, YIPPEE!!!

### "Icy" Epsom Salt Crystal Painting

Mix together equal parts of Epsom salt and hot water in a small container.

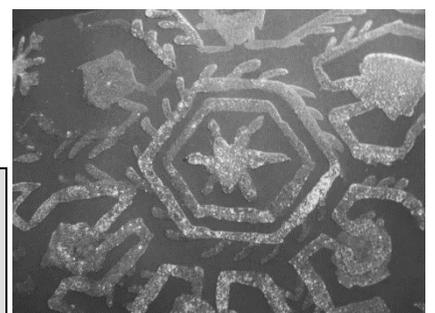
Stir vigorously until the salt crystals are dissolved.

Allow the water to cool a bit then paint designs onto black or dark colored paper.

Set aside to dry completely.

Watch as the paint dries and crystals form!

Shine a flashlight sideways onto the paper to make these beautiful crystals sparkle and pop!



Tina Woelbling-Hamner,  
 Families for Literacy,  
 (707) 263-7633