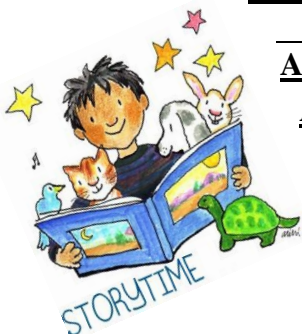


Families for Literacy Program Newsletter

January, 2017

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!



At Redbud Library, 14785 Burns Valley Rd. Clearlake, **Thursday at 11:00 am.**

At Middletown Library: 21256 Washington Street, Middletown, **Tuesdays at 11:30 am.**

At Lakeport Library, 1425 N. High St. Lakeport, **Fridays at 10:15am and 2:30 pm**

Happy and healthy New Year 2017



Protect yourself and others during this flu season:

- Cover your cough,
- Wash your hands,
- Stay home when you are sick

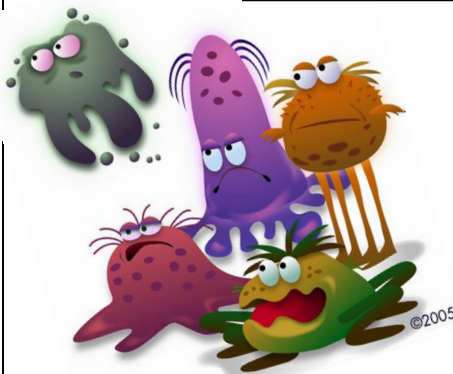
Cough or Sneeze

Sung To: "Mary had a little lamb"

When you have to cough or sneeze,
cough or sneeze, cough or sneeze,
when you have to cough or sneeze,
cover your mouth please

OR:

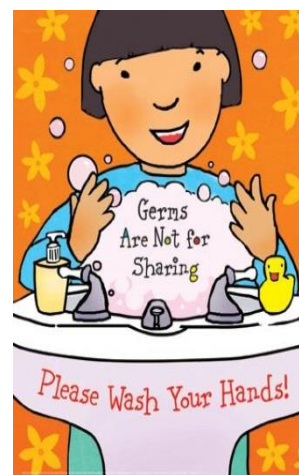
Mary had a little lamb,
she also had the flu.
And when she left her house,
the others had it too.
So anytime your child is sick,
please keep her home with you.



The Tissue Song

Sung To: "Farmer In The Dell"

I think --I am going to sneeze ...(ha chew!)
I think --I am going to sneeze ...(ha chew)
If you sneeze, pass the tissue please....
Ha Chew, Ha Chew, Ha Chew here, too!



Here are a few ideas to transform the recommended 20-second hand wash from a frustrating moment into educational family fun—and hopefully the beginnings of a lifetime of good hand hygiene:

♥ **Story time:** Check out this book at your library "**Germs are not for sharing**", by Elizabeth Verdick. Available in English and bilingual ("Los gérmenes no son para compartir")

♥ **Hand Washing Song:** sung to "**Row Row Row Your Boat**" →

Wash, wash, wash those germs
gently down the drain.
Merrily, merrily, merrily they
won't be seen again.

♥ Sing the **ABC song** or **Happy Birthday**,
twice through, once for each hand.

♥ Hand Washing Game: Variation on *This Little Piggy Went to Market*:

The following gives adults an opportunity to help a child wash each finger separately. Adapt the lyrics to your lifestyle; if the family eats cheese sticks and not roast beef, then it might go:

This little finger went to market, and this little finger stayed home.
This little finger ate cheese sticks, and this little finger had none.
And this little finger went "wee wee wee" all the way home.



And, parents have to wash hands too: Children mimic their parents. So all the songs and games in the world will not teach a child good hand hygiene (or help them prevent colds or the seasonal flu) if the adults in their life do not lead by example.



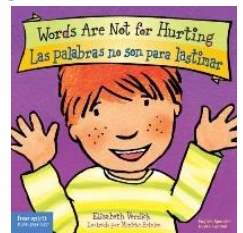
When it is cold outside: Snuggle up with a good book!

Here are some suggested titles available at your local library about growing up; the single most important way to help your child become a good reader is to read to her often in her early years:

Age group 3 and under:

Words are not for hurting (board book)

= *Las palabras no son para lastimar*, by Elizabeth Verdick



Children are known for speaking their minds. We can't expect them to watch every word, but we can help them to understand that their words affect other people.

Puddles!!! By Kevan Atteberry.

While out for a walk with his friends, a monster becomes excited

A busy year by Leo Lionni.

Mouse twins befriend a tree and watch it grow and change throughout each month of the year.

Ages 4 and up:

It's raining! By Gail Gibbons

"A thorough explanation of the formation and effects of rain

Squirrel's New Year's resolution, by Pat Miller

Squirrel can't think of a New Year's resolution until she realizes that by helping her friends, she's made one after all.

An orange in January, by Aston, Dianna Hutts

An orange begins its life as a blossom where bees feast on the nectar, and reaches the end of its journey, bursting with the seasons inside it, in the hands of a child.

January brings the snow: a seasonal hide-and-seek, by Sara Coleridge,

Each month brings something new and different in this rhyme about the changing seasons. Movable flaps conceal a mouse family in various seasonal situations.

