

## Getting Ready for Families Week

### Books

Abuela by Arthur Dorros  
Grandparents Day by Nikki Tate, Benoit Laverdiere  
Grandparents by Roser Capdevila  
That's What Grandparents Are For by Arlene  
Uslander, Freddie Levin  
Are You My Mother? By P.D. Eastman  
Daddies by Lonnie Carton  
Nana Upstairs, Nana Downstairs, by Tommie  
dePaola  
Ten in a Family by Charlotte Steiner  
I'm in a Family, by JoAnn Strover  
The Way Mothers Are by Miriam Schlein

### Songs:

#### Let's Go See Our Grandparents

*(tune of Take Me Out to the Ballgame)*

Let's go see our Grandparents  
Take us there for a while  
Mommy and Daddy both need a break  
We'll play games and we'll stay up real late  
Oh we want to thank our Grandparents  
For all the things that they do  
So its... time... to... say  
"You're the Best! And that WE LOVE YOU!"

#### Grandma's Spectacles

These are grandmother's spectacles, (makes circles around eyes with fingers)  
This is grandmother's hat. (use both hands and cup on head)  
This is the way she folds her hands, (fold hands)  
And puts them on her lap. (put hands in lap)

These are Grandpa's spectacles  
This is Grandpa's hat  
Here's the way he folds his arms  
And THAT IS THAT!

#### Here is a ball for Baby

Here is a ball for Baby, big and soft and round (make a ball with two hands)  
Here is baby's hammer, my how he can pound! (pound on one fist with the other)  
Here is baby's music, clapping, clapping so (clap hands)  
Here are baby's soldiers, standing in a row. (Hold fingers straight)  
Here is baby's trumpet, toot-too, toot-too-too (pretend to blow with fist to mouth)  
Here's the way that baby plays at peek-a-boo (cover eyes)  
Here's a big umbrella to keep the baby dry (cover hands over head)

Here is baby's cradle, rock the baby bye (cup hands together and rock)

#### Hands on Shoulders

*Follow the actions described in each line*  
Hands on shoulders,  
hands on knees.  
Hands behind you,  
if you please;  
Touch your shoulders,  
now your nose,  
Now your hair and now your toes;  
Hands up high in the air,  
Down at your sides, and touch your hair;  
Hands up high as before,  
Now clap your hands, one-two-three-four!

#### Little White Duck song, verse 2

<http://kids.niehs.nih.gov/lyrics/littlewhite.htm>  
there's a little green frog swimming in the water  
a little green frog doing what he oughter  
he jumped right off of the lily pad  
that the little duck bit and he said "I'm glad  
I'm a little green frog swimming in the water  
ribbit! ribbit! ribbit!"

#### Materials to Gather:

Round Oatmeal carton, cut for a doll cradle  
Felt square for doll blanket, cut with pinking shears  
Wooden stringing beads. If you don't own any, you can have your child string large pasta, large buttons, or "sew" with shoe laces in large plastic canvas.  
Water bucket, large paint brush or roller, painter's hat, drop cloth  
Woodworking area, with carpenter's apron, soft wood, nails, hammers, etc.  
Assorted craft materials for child to build a house, like shoe boxes, Styrofoam scraps, paper tubes, fabric scraps, etc.  
Small people figures to play with in sand box, cheap plastic 2" tall type  
Fingerpaint paper (freezer paper works good), green fingerpaint, brown marker, green construction paper, photo of child, picture frame for finished project.  
Old magazines to cut up, with pictures of people in them, poster board and paste.  
Bowling alley toys, or large ball to play catch  
Poster board, draw a "gingerbread" figure of a person on it.  
Gather materials to decorate the figure to look like your child, bring to Grandparent's house, if possible, for them to do together.

**Things to do or make:**

**Listen and Hear:** tape record family members and relatives talking. Have them say two or three sentences. Child will listen to the tape, and guess who is speaking. If possible, have pictures of the people, so child can also match picture to the voice.

**Dramatic Play:** Include aprons, hats, purses, wallets, wigs, vests, jewelry, high-heeled shoes, men's shoes, ties, jackets, eyeglasses, shawls, sweaters, rocking chair, slippers, magazines, newspapers, canes, baby dolls, baby bottles, baby diapers, etc. in dramatic play area.

**Blocks:** Set out wooden or rubber family figures. Add a moving van, or label a truck as a moving van. Add a camper, tent or boats. Encourage vacation play. Build rooms or houses out of blocks.

**Have a "moving day" play.** Add boxes, suitcases, wagons, etc. to "pack up" the house play area. Allow the child to move it to another corner, another room, or temporarily outdoors. Unpack, and settle in new home.

**Match Them game:** Buy two sets of identical stickers, of family members if possible. Otherwise, any pictures your child will be interested in, like animals. Stick all stickers to cut index cards to make two decks. You keep one set, and set another set face up on the table. Hand the child one picture card from your deck, and ask him to find one that matches. If he picks wrong, display both cards side by side and help

him to see similarities and differences between them, and let him try again. If your child is older, or very good at this game, you can turn the two decks face down and play "memory" with them.

**Hardening Playdough:** ½ cup flour, ½ cup cornstarch, 1 cup salt dissolved in 3 ¾ cups boiling water. Blend flour and cornstarch with enough water to make a paste. Boil water and salt. Add to cornstarch mix and cook until clear. Cool overnight, then add 6 to 8 cups flour and knead until right consistency.

**Plan two trips this week, if possible:** One for a morning, to visit a mom with a little baby. It is for Thursday, but can be set for any morning that fits your schedule.

The other trip is to spend some time with Grandma or Grandpa this week, perhaps an overnigher, or just an afternoon. If grandparents are too far away, is there an older person nearby that your child knows and spends time with? Or just visit a nursing home. Do the project with your child yourself, and give it to the nursing home patron. This is scheduled for Friday afternoon/Saturday morning, if your child is mature enough to do an over-nighter.

**Families: Monday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words: mother, father, family, sister, brother, grandmother, grandfather, baby, husband, wife, home (add or delete words as they pertain to your family) teach “Grandma’s Spectacles”
7:45	Breakfast
8:00	Table Activities: String beads. Pretend they are pearls and wear them for dress up play.
8:15	Free Play
9:45	Pick up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. “Moving Day”. If sunny weather permits, take it outside. If this play activity is going great, skip or delay the project and allow play to continue.
11:15	Project: Doll cradle. Cut from an oatmeal box. Child may paint or decorate.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Wash doll clothes. Rinse and hang on a low clothes line. (if clothes get more dirty, rather than clean, you may need to rewash them tonight)
4:30	Inside, clean up, potty, wash.
4:45	Project: toy food. Use hardening playdough (see recipe), roll out and cut with cookie cutters. Allow to harden, then paint if needed, and put in dramatic play area.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

## Families: Tuesday

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words. Learn “Let’s go See our Grandparents” song. Review old songs and fingerplays.
7:45	Breakfast
8:00	Table Activities: Listen and Hear. Prepare tape ahead of time. Child listens to voices and guesses who is talking. Tape family members and relatives.
8:15	Free Play
9:45	Pick up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. “Paint” the house. Provide bucket of water, large brush or rollers. Use drop cloths, tape, wear a painter’s hat.
11:15	Project: Make family cutouts. Look through old catalogs for pictures of moms, dads, siblings, grandparents, babies, etc. Paste to thin cardboard and cut out. (You may need to cut out figures if your preschoolers are younger). Tell stories about families with the figures.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: woodworking area, set out carpenter’s apron, soft wood, hammers, nails, etc.
4:30	Inside, clean up, potty, wash.
4:45	Project: paint.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

### Families: Wednesday

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words. Teach “Here’s a Ball for Baby” fingerplay.
7:45	Breakfast
8:00	Table Activities: Match Them or Lotto
8:15	Free Play
9:45	Pick up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Go for a walk in the neighborhood. Talk about different families. Some families live in apartments, or in small houses. Some mommies and daddies are working at the grocery store. Some work at the gas station. That truck that just drove past had somebody’s daddy driving it. Where does your (mommy/daddy) work?
11:15	Project: Build a home. Set out assorted craft materials for child to build a home of his own design. Let him play with it in the blocks area. Suggested items include shoe box, Styrofoam bits, paper tubes, plastic containers, fabric scraps, glue, etc.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Sand box play. Bring small people figures out into the sandbox.
4:30	Inside. Clean up, potty, wash.
4:45	Project: Create a Family Tree. Parent draws a tree trunk and branches on some fingerpaint paper with brown marker (unless child is older or very capable). Squirt green fingerpaint on another sheet of paper and let child smooch it all around. Then, help child make green handprints on the tree branches to make foliage for the tree. Cut out leaf shapes from green construction paper, and letter names of relatives on each leaf. Talk with child about the relative. When paint is dry, attach leaves to tree over the green hand prints. Attach a photograph of the child to a corner of the page. Frame it, and give as a give to grandparents, or hang in child’s room.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Families: Thursday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words. Teach “Hands on Shoulders” fingerplay.
7:45	Breakfast
8:00	Table Activities: playdough
8:15	Free Play
9:45	Pick up toys. Go potty, wash up for snack
10:00	Snack
10:15	Trip: Visit someone who has a little baby.
11:15	Show your preschooler all the baby things – high chair, baby seat, car seat, baby swing, changing table, diapers, pail, bottles, baby food, etc. Talk about when your preschooler was a baby, and how big he/she has grown!
12:00	Lunch. Go potty, read a story, sing & cuddle (even “big” girls and boys like to be cuddled sometimes)
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Set up a bowling alley with plastic pins, or play catch.
4:30	Inside, clean up, potty, wash.
4:45	Project: Cut pictures of babies and baby things from the Sunday paper or magazines. Let child paste them to a large sheet of construction paper in a collage.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

### Families: Friday

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words. Teach “Little Green Frog”, review old songs and fingerplays.
7:45	Breakfast
8:00	Table Activities: Puzzles or Duplos
8:15	Free Play
9:45	Pick up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time.
11:15	Project: Pack for an overnigher at Grandma’s, if possible. Talk about Grandma, and what it will be like for your child in a positive attitude. Otherwise, let child color with markers.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Go to Grandma’s House. Or freeplay outside.
4:30	Do Project with Grandma/Grandpa. Make “Me” doll. Cut a gingerbread shape person from an 8 x 10 piece of poster board. Grandma will help child decorate the doll to look like the child. Use yarn or rice or noodles for hair. Use fabric or felt or markers for clothes. Use tissue paper or markers or crayons for skin. Decorate with glitter or beads or whatever materials are available. This is a “do together” project, which is more important than how it looks when it’s done. You can stay to help, if child is uncomfortable being alone with grandparent, or they can do it after you leave. Don’t forget to tell Grandparent what the “routine” is for your child.
4:45	Grandparent and child may play outside or go for a walk.
5:15	Clean up. Read a story, free play time. (If child is not spending the night, then take him/her home now)
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.