

Everyday TLC PARENTS & KIDS TOGETHER

TEACHING
LEARNING
CARING

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BOOKS TO READ

WINTER BOOKS

- 📖 *Groundhog Day* by Michelle Aki Becker (Children's Press)
- 📖 *It's Groundhog Day* by Steven Kroll (Scholastic)
- 📖 *Gregory's Shadow* by Don Freeman (Puffin Books)
- 📖 *What Is My Shadow Made Of? Questions Kids Ask About Everyday Science* by Neil Morris & Mike Brown (Reader's Digest)
- 📖 *Nothing Sticks Like a Shadow* by Ann Tompert (Houghton Mifflin)

VALENTINE'S DAY

- 📖 *The Day It Rained Hearts* by Felicia Bond (Laura Geringer)
- 📖 *The Night Before Valentine's Day* by Natasha Wing (Grosset & Dunlap)
- 📖 *Happy Valentine's Day, Delores* by Barbara Samuels (Farrar, Straus & Giroux)
- 📖 *What Is Valentine's Day?* by Harriet Ziefert (Sterling)
- 📖 *Corduroy's Valentine's Day* (Board Book) by Lisa McCue (Viking Juvenile)

VISIT www.familytlc.net
for hundreds of ideas
for fun and learning
with your child!

FUN FOR ANY HOLIDAY

The Winter Olympics, start February 10. If possible, watch some of the Olympics on TV with your child. Try some of these activities.

▲ Make an Olympic Torch.

You'll Need: cardboard paper towel tube ▲ construction paper ▲ plastic cap from a laundry detergent bottle ▲ heavy tacky glue or low-temperature glue gun (ADULT USE ONLY)

What to Do:

1. Cover the towel tube with construction paper.
2. Glue the plastic cap (open end up) to the top of the tube.
3. Next, help your child draw and cut out paper flames from orange, red and yellow construction paper.
4. Glue or tape the flames inside the detergent cap with the edges of the flames pointing up.
5. Invite your child to march around the room to the Olympic theme song with the foil torch during the Opening Ceremonies.

▲ Sing this Olympic song

(Tune: "The Oscar Mayer Theme Song").

*Oh, I wish that I could be in
the Olympics,
I wish that I could skate and
have some fun.
For if I could skate in the
Olympics,
I'd win the gold and become
number one!*

Change "skate" for other types of Olympic activities such as ski, sled, curl, and play hockey.

▲ **Search magazines** for pictures of outdoor activities such as sledding, tobogganing, skating, or skiing. Talk about the pictures.

● *What is happening in each picture?*

● *What kind of clothing do you wear for each activity?*

● *What equipment is used?*

● *How many people do each activity?*

▲ If there is snow outside, have a snowball-throwing contest. Who can throw the farthest and who can come closest to a mitten or log.

▲ No snow? Don't worry! Make your own snowballs out of white socks filled with packing bits. Sew the ends or knot securely. Have a snowball toss inside or out.

▲ Try some homemade sledding. Flatten a large cardboard box. Make holes in two corners on one end. Holes should be at least 3 inches from the edge. Thread a rope through the holes making a handle for the sled. Take your child for rides as you pull the sled. No need to worry if you don't have snow—this box will slide on sand or even smooth grass.

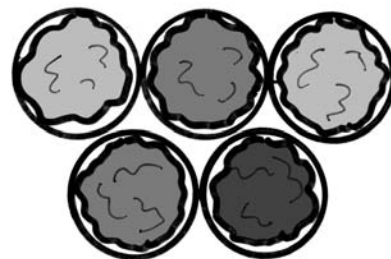
FUN FOOD IN FEBRUARY

OLYMPIC EMBLEMS

You'll Need: 5 vanilla wafer cookies for each child ▲ vanilla frosting ▲ food coloring

What to Do:

1. Place the vanilla frosting into five separate bowls.
2. Color each bowl as follows: red, blue, yellow, green (combine yellow and blue food colors), black (combine red, green, blue and yellow food colors).
3. Spread each cookie with a different colored frosting. These represent the colors in the Olympic rings.



VALENTINE'S DAY CARD COOKIES

You'll Need: 1/3 cup (5 1/3 Tbsp.) butter or margarine ▲ 1/4 cup sugar ▲ 2 eggs ▲ 2/3 cup honey ▲ 1/2 tsp. vanilla extract ▲ 2 3/4 cups flour ▲ 1 tsp. baking soda ▲ water ▲ food coloring ▲ measuring cups ▲ measuring spoons ▲ rolling pin ▲ small brushes or Q-tips ▲ knife or pizza cutter ▲ mixer ▲ cookie sheet

What to Do:

1. Help your child beat butter and sugar together in a large bowl until fluffy.
2. Let him add one egg, honey, and vanilla and beat well.
3. Help him combine flour and baking soda and add to butter/honey mixture. Again beat well.
4. Cover the bowl. Chill 1 hour.
5. Show your child how to roll the dough until it is about 1/4-inch thick on a floured surface.
6. Encourage him to use a plastic knife or pizza cutter to cut dough into rectangles approximately 5 X 7 inches.
7. Place cookies on greased cookie sheets.
8. Invite your child to write and draw messages on unbaked cookies using Egg Paint and thin brushes.
Egg Paint: Beat one organic egg yolk and 1/4 tsp. water together. Divide yolk mixture into 3-4 small dishes. Add 3 drops of different food colors into each bowl.
 Mix with brushes or Q-tips.
9. Bake at 350°F for 8-10 minutes.

CHERRY PARFAIT

You'll Need: vanilla yogurt ▲ cherry pie filling ▲ clear plastic cup ▲ spoon

What to Do:

1. Let your child help you layer vanilla yogurt and cherry pie filling into a clear plastic cup. Repeat layers until you reach the top.
2. Count the layers together.
3. Try to make more layers on your next parfait.

