

RECIPES FOR FUN!

Access Fun

An MCPL
**GROW A
READER**
Early Literacy Initiative

Why is Play Important?

Play gives children a sense of accomplishment and self-confidence. This can motivate them to try new experiences and not give up when something seems difficult. You are your child's first teacher, and your home is where your child begins to learn. You can make your home a great place to teach and learn by taking the time to play with your children for just a few minutes each and every day. Remember, it does not take a lot of money to create special memories; just an imagination and a desire to play. These fun recipes have been designed for you and your child to make together to share in the adventure of play.

Source: everychildreadytoread.org

Read @ Your Library

Help your child get ready to read with these simple activities:

- Talking:** Make sure your child has lots of opportunities to talk with you, not just listen to you talk.
- Singing:** Sing nursery rhymes so children hear the different sounds in words.
- Reading:** Reading together is the single most important way to help children get ready to read.
- Writing:** Talk to your children about what they draw, and write captions or stories together. This helps make a connection between spoken and printed language.
- Playing:** Play helps children express themselves and put thoughts into words.

Edible Paint for Babies

- Puree different fruits like banana, kiwi, and blueberries into separate bowls and add drop or two of food coloring to enhance the color if needed.
- Put baby in a comfortable spot with some blank pieces of paper and let them experiment with a paintbrush or their fingers and their new edible paint!
 - Great way for them to experience new textures and tastes as well as work their fine motor skills.

Literacy Tip

Because children love to imitate their parents, it is very important for you to be totally engaged in all of the activities you do. Play in the finger paints with your child to encourage creativity.

Bouncing Bubbles

4 T. Water

2 T. Sugar

1 T. concentrated dish soap

Winter gloves

Bubble wand

1. Mix all the ingredients together, stir until the sugar dissolves.
2. Blow your bubbles! To make them bounce you will need to wear soft gloves and if you blow them inside they will likely bounce on the carpet as well. (Works best with Dawn brand dish soap.)

Literacy Tip

Being able to coordinate the small muscles in hands and fingers enables children learn to hold things, cut with scissors, tie their shoes, and fasten buttons. Practicing catching bubbles and popping them with their fingers is a great way for them to exercise those small muscles.

Bubble Bath Playdough

1/4 cup bubble bath

1/2-3/4 cup corn starch

1 teaspoon coconut oil-optional, but helps if your child has dry skin

Food coloring-optional

1. In a bowl mix together the bubble bath, food coloring, and coconut oil if being used, add in corn starch last.
2. Store in air tight container.
3. Use in tablespoon ball sized portions at bath time!

Literacy Tip

Find a way to make every day routines more enjoyable. If your child does not like taking baths, try using bubble bath playdough. When you turn washing into a game, your child may find it easier to enjoy.

Kitchen Bubbles

Mix water and dish soap in a bin or pot and put different kitchen utensils in it. Whisks, slotted spoons, forks, etc. See which ones will make the best bubbles!

Literacy Tip

Naming and categorizing things can be fun for children of all ages. Help children make sense of their world by grouping things that go together, such as knives, forks, and spoons at a table.

Moldable Play Sand

5 cups of play sand
3 cups all-purpose flour
1 cup of vegetable oil

- You can find bags of play sand for extremely cheap at your local hardware store. Large bags typically run about \$5-10.
- Mix this recipe together in a large container with a lid so that when your child is done playing you can save it for next time!

Fizzy Science

- Baking sheet
- Baking soda
- Food coloring
- Vinegar

Put a layer of baking soda in a baking sheet and mix up small containers of colored vinegar with liquid droppers, or use small spray or squirt bottles. Let your child experiment with the color combinations and see what happens when vinegar and baking soda are mixed together.

Oobleck

- Equal parts cornstarch and water
- Plastic container

Combine cornstarch and water in the plastic container until fully combined. This is a fun sensory activity for kids because depending on how it is touched, the oobleck is hard and soft. Try dropping different objects into it and see if things will bounce or sink. You can also read *Bartholomew and the Oobleck* by Dr. Seuss when making this creation!

Homemade Bouncy Ball

1/2 cup warm water
1 tablespoons borax
1 tablespoons of cornstarch
2 tablespoons white liquid glue
Food coloring

1. In a cup mix the warm water and the borax
2. In another cup mix the glue, cornstarch, and food coloring
3. Pour the glue mixture into the water/borax cup
4. The glue mixture will harden in about 10 seconds; use a fork to take it out of the water. If the glue is still sticky, squish it up and stick it back in the water.
5. Roll the mixture into the shape of a ball. The more you handle the ball, the firmer it will become.

Salt Dough Beads

2 cups of all-purpose flour

1 cup of salt

Up to one cup of water

Paint of choice OR food coloring

1. Mix the flour, salt and water as needed so as to not let the dough get too wet. Let your kids use their hands to mix so they can help.
2. Add some paint or food coloring to color the beads and mix.
3. Form small balls, (big enough for their hands) and use a chopstick or a pencil to push a hole through the center of the bead.
4. Place beads on a tray in the oven at about 150 degrees Fahrenheit for 10-15 minutes re-poking the holes if they close up.
5. Once they're completely dry, they can be threaded onto string.

Literacy Tip

All of the movements that your child is using to mix, poke holes, paint, and string are the same movements that are building the muscles they need to use when writing. It will be tempting to jump in and help, but be patient and allow them to do these motions on their own so that they can develop these muscles and coordination.

Recycled Paper

Blender

Scraps of paper

Water

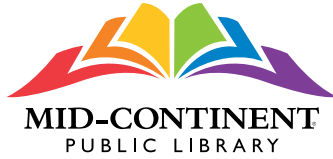
Cheesecloth, or fine mesh to strain with

Baking sheets

Towels

1. Tear scraps of paper up and put into the blender, add water to cover the paper and let soak for about 15 minutes.
2. Blend on high until it forms a nice pulp. Strain the pulp through the cheesecloth or mesh to get out as much extra liquid as possible.
3. Press out into the shape of a square between two baking sheets lined with some extra towels. Lay paper out in the sun to dry.

Use these pieces of recycled paper to draw pictures or write notes to each other.



For program information,
reading lists, maps to branches,
recommended sites, and much
more, visit **mymcpl.org**.