

Feb 2012

॥ Mahiti ॥

An Info-letter For Parents And Teachers

From The Editor's Desk

Greetings!

It is going to be that time of the year again. When the children are at home, and you can look forward to spending some quality time with your child and catch up with them and other relatives, at home or away from home, without the worries of being on a schedule.

Some of you, especially teachers, may be planning to do some summer camp activities with children of preschool ages.

In this issue, I'd like to talk about a few ideas that can be used at home/ camps to ensure that your child does benefit from the camp rather than just whiling away time in regulated, strict environment.

The first section includes ideas for parents to carry out at home; and if they do decide to send the child out to a summer camp, how to decide on one. The second section is for adults who plan to conduct summer camps for children of this age group i.e. 3-6 years.

A very important thing though, first- do not forget the main purpose of summer vacation- time to get together as family, do fun activities together and make it fun for the child as well as for the adult.

Also leave the teaching to the teachers and enjoy yourself as a parent to the child.

Have fun
Gayatri Kiran



In This Issue

**Things you can do
at home in the summer**

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Things you can do at home in the summer

Few Art Ideas-

- Finger painting
- Crayons
- Chalk on floor
- Painting
- Collage
- Clay molding
- Puppet making
- Paper folding
- Greeting cards
- Vegetable printing



Some activities for developing hand functions-

- playing in sand
- stringing beads
- using chalk on the floor for drawing
- rangoli
- Playing with water

Recipe for home-made play-dough

- 1 cup salt
- 1 cup water
- 1/2 cup flour plus additional flour

Directions

1. Mix salt, water, and flour in saucepan and cook over medium heat.
2. Remove from heat when mixture is thick and rubbery.
3. As the mixture cools, knead in enough flour to make the dough workable.

Read aloud to your child regularly- Why?

First it is enjoyable and entertaining for children! Second, it helps in several ways- listening, speaking, attention, vocabulary, gathering general knowledge, creative thought and imagination to name but a few.

Do art and craft together- Why?

It is the only activity that integrates all the areas of study while making it fun also. Other than this it helps in motor coordination, improving handwriting, creativity, cognition and confidence.

Hand activities- These activities help your

child get control and coordination in the fine muscles of the fingers and will lead to ease in writing and drawing.

Music and dance- Why?

Music and dance are the basic expressive medium for children. It is more than time-pass. It helps develop language, all body movements, attention and concentration, creativity, to give comfort and for the sheer abandon and joy of the activity. Added to this you can teach almost anything through music-colour, size, concepts...

While looking for/ conducting a summer camp for your children

- Primary functions of summer camps are

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to have fun while learning something new.

- Regardless of the age of your child, it is important that the ultimate selection of a camp accommodate all or some of the needs, interests, goals, and expectations of both parent and child. The parent must make an effort to understand what the child wants and why.
- Avoid summer camps that have long hours and in general resemble schools- children will go off the school once summer camp is over!
- Make the choice of timing and duration wisely. "Keeping the child Occupied" is not the main point of vacation or of summer camp.
- Ensure adequate physical play time is included in the camp.
- If a child is unhappy about the idea of going to a summer camp, try and understand the reasons behind this before summarily making a decision.
- Look for summer camps of shorter duration, than the ones covering the entire vacation.

Home-made musical instruments-

- Body instruments- whistle, sing, clap, stamp.....
- Drums- cover empty cans with thick paper tightly, use pencils as sticks
- Shakers- fill varying quantities of dals into empty plastic or metal cans; shake to make music!
- Jal tarang- take steel glasses of same size (about 5-7), fill with graded levels of water; tap the sides of the glasses with pencils to create beautiful tunes.
- Spoon and plate
- Bells



- **Physical activity:** Other than pleasure, physical activity is very essential for growth, development, balance, coordination, confidence and concentration.
- Restrict TV time for your children
- **Library-** Take the time for weekly trips to the library.
- **Family outings-** Ideal time for relaxed interaction with family and friends.

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Letters To The Editor

We plan to grow and thrive from our reader responses. Please feel free to write in to us, by mail or post.

We will try to publish as many responses as we can.

Your responses are awaited at
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Editor's choice

- Take Montessori Home - Indian Montessori Center, Bangalore.

Activity Books for Preschoolers

- MAD Do It at Home Books and Kits-POGO.
- Navneet Children's Activity Books, Navneet Publications

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