

Cows in the Barn

(sung to "The Wheels on the Bus")

The cows in the barn go moo, moo, moo,
Moo, moo, moo,
Moo, moo, moo.

The cows in the barn go moo, moo, moo,
Moo, moo all day long.

Repeat with other animals and animal noises.

Here is the Beehive

Here is the beehive, (make a fist)
Where are the bees?

Hiding inside where nobody sees.

Watch them come creeping out of the hive,
One, two, three, four, five. (release one finger at a
time from the fist/hive)

BUZZ-ZZZ (wiggle fingers all around)



Summer Tacos

Ingredients

- Your favorite pancakes
 - Optional
 - 3/4 teaspoon ground cinnamon
 - 1 teaspoon vanilla extract
- Spread
 - 1/3 cup cream cheese, softened
 - 3 tablespoons vanilla yogurt
- Fruit Toppings
 - any type of soft fruit, cut into bite-sized pieces

Directions

- Whip up some pancakes.
- Combine yogurt and cream cheese to make the spread.
- Smear spread onto pancakes.
- Add toppings.
- And Fold.

How Can Children Help?

- Mixing
- Smearing
- Choosing Toppings
- Cutting Fruit



- by Michael Hoit,
Family Support Specialist/ Coordinator, Cortland

Make your own BUBBLES!

Large Quantity:

- 1 Gal Jug (that has not contained milk)
- 11 Cups of water
- 4 Cups of Dawn Dish Soap
- 1 Cup of light corn syrup

Smaller Quantity:

- 3 Cups Water
- 1 Cup Dawn Dish Soap
- 1/2 Cup of Light Corn Syrup

FOR THE BEST RESULTS LET THE MIX STAND OVERNIGHT 😊

-Becky Howe, Family Support Specialist

Calm Down Corners

Sometimes big feelings can cause children to feel out of control. They need help to understand their feelings and to learn how to calm down. A calm down corner is one of many ways that we can help children with this. A calm down corner is a place where children can learn to take a break when they are feeling sad, angry, frustrated or just need a little time alone. Here are some tips for creating and using a calm down corner:

- It doesn't have to be a corner! Find any quiet space in your home where you think your child would be comfortable. If it's hard to decide on a space, you could even use a beanbag, pillow or special blanket that your child can pick up and move to any spot that they choose (if you do this, simply place any extra calm down items into a bag that can be moved along with it).
- After you pick a spot, gather things such as pillows, soft blankets, stuffed animals, books and/or soft toys. You can find everything you need in your home. Your child might even be able to help you with this!
- Less is more. It can be overwhelming to have too many choices during times of upset. Try to limit the number of toys and books that you put in the space to keep it from getting crowded.
- Spend calm time with your child in this new space. Read books, sing songs or play quiet games together. This will teach your child that this is a safe space for them and will make it more likely that they will want to use it when they are upset.
- When your child needs help calming down, notice their feelings and remind them of the calming space. Try saying, "You are so mad right now! Let's go to the calm down corner to help you feel better." Some children might prefer for you to sit with them in the space.
- Your child might not always be willing to go. If that happens, don't force them. That will make them less likely to use the space. Instead, try this: "I am feeling frustrated right now. I am going to sit in my own calm down space and take some deep breaths." Let your child watch you take time to calm yourself. When they watch you calm down, they are more likely to try it in the future.
- Think of a calm down corner as a positive space. We want children to see it as a place where they can go to feel better. Never use this space as a punishment. Don't make children use it or make them stay in it for long periods of time. When they use it on their own, let them know that they can leave the space whenever they feel ready to do so.
- Have fun with this and use your creativity. Try to remember to be patient if your child doesn't use the space right away. It takes practice and time for children to learn to manage their feelings in new ways.



Beth Zimowski
LMSW

My name is Beth Zimowski. I am originally from West Virginia but have lived in Ithaca for the past 10 years. I live with my partner and two young daughters, and I love to spend lots of time outside. I have worked as a social worker for more than 10 years and have been working with children and families throughout that time. I choose to do this work because I enjoy being a part of the community that all children and families need to have as they grow. Because no two families or children are the same, I love that I am always learning something new.

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