

Kids Korner



A game of soccer with dad and the kids releases pent-up energy, develops physical skills, and the give-and-take required in game playing. A workshop on "The Ups and Downs of Outdoor Play" will be examined at a workshop at the Farm and Home Center, April 29, from 7 p.m.-9 p.m. Cost is \$5. The workshop will explore the many aspects of outdoor play, including great ideas for low-cost play activities and ways to keep children safe when playing outdoors. Call your local county Penn State Extension office to find out where the satellite workshop will be offered in other counties.



Deb and Tim Naumann with children Victoria, 7, and Ben, 5, believe in the importance of family play.

Better Kid Care Ideas From The Expert — Mom, Extension Teacher

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LANDISVILLE (Lancaster Co.) — Victoria, 7, and her brother Ben, 5, always have plenty of ideas for fun in their home. That's because their mom, Debra Naumann, is in charge of the program Better Kid Care at the Lancaster Penn State Extension office.

Their mom teaches workshops on parenting and activities for children. She is always on the lookout for new ideas to entertain and teach parents and children. It's only natural, that their mom

tries out ideas at home.

Recently, their mom taught a workshop on Music for the Non-Musical, a program that taught how non-singers can enjoy songs and music with children. They learned to make their own instruments and musical activities that add fun and laughter to children's lives.

"Parents are often so stressed for time," Deb said. "It's important to make quality time for family."

She believes parents must learn to say "no" to activities that clutter their time but offer little value to them personally.

She has ideas on how to involve kids in everyday activities such as preparing meals.

In addition to play articles, Deb also teaches workshops on the following:

- How do I get children to eat?
- Why won't children share?
- How do I stop a child from biting other children?
- How to become a registered child care provider and training for becoming a provider.

Some of ideas from the Better Kid Care program will be featured in upcoming articles on this page.

Many wonderful resources are available to parents and child care providers through the Better Kid Care program of Penn State Extension. Deb Naumann, in charge of the program at the Lancaster County Extension, said workshops, literature, books, videos, and theme sets including puzzles are available free or low cost to parents and childcare providers by contacting county extension offices or call 1-800-452-9108.

Kitchen Instruments

Why not make an instrument for each family member to form a family band? Take your band on a parade around the house, yard, or neighborhood. Here's how to make your own instruments from things you can find around the house:

- Drum — Use an empty oatmeal box or coffee can with a plastic lid. Children can color and paste paper decorations on the sides of the box or can. Use two wooden spoons or two smooth sticks for drumsticks.
- Jinglers — Metal measuring spoons on a ring make a terrific jingling sound.
- Ringers — Sew the ends of a

Growing Together With Music

Music is much more than fun and games for children. It helps them to develop both physically and mentally. You don't need a wonderful voice to sing with children. They don't mind if you sing off-key. What they will remember is the fun and warmth of singing together as a family.

There are many ways to enjoy music with your children. Try these ideas for starters:

- Sing together without records.
- Listen to your child's made-up songs.
- Make up songs together.
- Sing along with records.
- Listen to quality recorded music.
- Dance to music.
- Put on a show.
- Have a family and neighbor sing-along.

Collecting Songs

Collect songs to sing with your children. Begin your collection by remembering the songs you learned as a child. These old songs still delight children today. If you can't remember any songs, ask other family members. When you try them out, you'll see which ones will become family favorites. Use these special songs again and again. Your family will come to treasure this collection more and more.

Lullabies

Children love to hear their name in a song. Make up a lullaby with your child's name in it. This is easier than it sounds when you use a familiar lullaby and change the words. You

might want to add the names of others who love your child, such as grandma, grandpa, mama, papa, caregiver, and anyone else who is important to your child. Sing it often to comfort your child.

Nursery Rhymes

Just like songs, nursery rhymes and chants teach children a love of words. Try favorite nursery rhymes, and make some up yourself. Children love repetition, so say them over and over again.

Songs Help Children Learn

Songs help children learn throughout the day and are a great way to remind children of the things you want them to do. Sing about things in your child's life:

- Daily routines — diapering, brushing teeth, combing hair, and cleaning up.
- Safety reminders — rules about crossing the street, and the importance of buckling your seatbelt.
- Daily events — sing about what you did today and plan to do tomorrow.

Singing is also a good way to let children know about special events. You can sing about a special visit, holiday event, or any change in your routine.

Help children cope with being away from you. Remind children that you'll be back and sing about what they will do when you are gone.



A basket filled with rhythm instruments is always available for Ben, 5, and Vicki, 7. Drums, bells, cymbals, tambourines, triangles, rhythm sticks, and maracas help children explore rhythm, volume, and pitch.