



# the discovery center

June 2022

## DIRECTOR'S CORNER — SUMMER FUN!

I wanted to take this opportunity to share a few quick ideas to explore with your child for some summertime fun:



1— Put some peeled and broken crayons of various colors in paper cups. Cover with plastic wrap, set them out in the sun on a hot day. They'll melt and turn into round multicolored crayons.

2— Get up early and have a breakfast picnic outside!

3— Make colorful bubble prints. Mix food coloring in bubble solution. Then go outdoors and blow the bubbles at sheets of white paper.

4— Give your child a small bucket of water and a real paint brush. He or she can paint sidewalks, steps, or even houses.

5— Tape big pieces of paper on the kitchen table or floor. Give your child crayons, and turn on some music so they can scribble to a beat.

6— Finger paint with shaving cream.

7— Peel and wrap some bananas in waxed

paper or plastic wrap. Then put them in the freezer. Frozen bananas taste great on a hot summer day.

8— Do family members take their lunches to work? Have your child decorate lunch bags for everyone! Or use them for a picnic.

9— Get out pots and pans, lids, wooden spoons, and make your own kitchen band.

10— Buy some inexpensive magnifying glasses and take a closer look at the world.

11— Poke some holes in the bottom of a paper cup. Put a flashlight in it and shine it at the ceiling to make stars in your child's bedroom at night.

12— If the plastic wading pool develops a crack— don't throw it away. Make it into your child's own garden. Fill it with soil and plant some fast growing seeds. Beans, radishes, and marigolds are usually reliable choices.

Have a safe and fun-filled summer!

Debbie



## Let Me Help You Cook!

"Mommy, Daddy, let me help you cook. I want to cook, too!" Any parent hoping to fix a quick meal, hears those words with more than a small twinge of apprehension. That's because "Let me help you cook!" can mean fishing broken egg shell bits out of the pancake batter, measuring a tablespoon of oil to replace the one that landed on your left shoe, and eating a bit later than you'd originally planned. Yet, "Let me help you cook!" can also mean opportunities for your child to sharpen his school skills. Here are just a few of the many different kinds of learning that may take place when your child cooks with you:

Math—understanding quantity and size, identifying shapes, counting, learning to measure.

Language—using symbols, following directions, discovering new vocabulary words.

Science—creating cause and effect relationships, observing changes (solid to liquid), learning where food comes from.

Cooking with your child is one way to put his school learning into practice while you enjoy some time together. Before you begin, take a few moments to think about safety. Young children need constant supervision while they're cooking, so you'll want to gather everything ahead of time. That way you won't have to leave to hunt for an ingredient. Teach your son or daughter how to use knives by giving them practice with dull bladed ones, and soft foods like bananas, cheese, or bread. Sharper knives and more difficult foods can come when they're older and more experienced. Remember to use caution when cooking with heat or using electrical appliances such as mixers or blenders. Be sure that everyone washes their hands before cooking. Two year olds find much satisfaction in adding the finishing touches to a dish. They can arrange the toppings on a pizza, for example. Three and four year olds are able to wait a bit longer to see results so you can try recipes that require some cooking or freezing time. They are also able to begin to use tools such as graters, measuring spoons, and rolling pins. For somewhat older children, who understand numbers, you can write out simplified versions of their favorite recipes. Draw a picture of a cup or tablespoon rather than writing out the word. A final note: Allow twice as much time as you think you'll need. Children are soaking up a lot of learning with every step of a recipe. They're experiencing things adults already know about—taste, smell, and texture. Save cooking with your kids for a time when you can truly relax and enjoy the experience together. Bon Appetit!



## Yummy Snacks for "Camping in Your Backyard!"

### S'more Mix

2 cups honey graham cereal  
1 cup tiny marshmallows  
1/2 cup chocolate chips  
1/2 cup raisins

In a large plastic bag, combine all ingredients. close the bag and shake well. Store in a closed container or plastic bag to keep fresh. S'mores without too much mess! Yummy!



### Banana Boats

Take a banana and leaving the skin on, slice it half way through the long way. Place mini marshmallows and chocolate chips in the banana slit. Wrap entire banana in tin foil and warm in oven or over the coals of a campfire, until chocolate and marshmallow begin to melt. When warmed, scoop out banana with chocolate and marshmallow with a spoon. Very delicious!

