

Families for Literacy Program Newsletter

January, 2018

Tutors: please go over this newsletter (whatever is appropriate) with your adult student and encourage him/her to visit the Story Times with their children, it's a lot of fun!



Redbud Library, 14785 Burns Valley Rd. Clearlake, Thursday, 11:00 am.

Middletown Library: 21256 Washington Street, Middletown, Tuesdays, 11:30 am.

Lakeport Library, 1425 N. High St. Lakeport, Fridays, 10:15 am and 2:30 pm

Upper lake Library, 310 2nd St, Upper Lake, every 1. Thursday of the month, 2 pm

**A HAPPY
NEW YEAR** to all of our tutors and students!

DID YOU KNOW THAT

...the most effective technique to use when coughing or sneezing is to do it into your sleeve or a tissue BECAUSE fabric actually traps the germs and kills them? You can use the shoulder or elbow area of your clothing. Just be sure your mouth and/or nose is completely covered with the fabric. If you use a tissue, throw it away and wash your hands immediately. And never re-use a tissue!



Protect yourself and others during this flu season:

- A) Cover your cough
- B) Wash your hands
- C) Stay home when you are sick

The tissue song

Sung To: "Farmer In The Dell"

I think --I am going to sneeze ...(ah-choo!)

I think --I am going to sneeze ...(ah-choo!)

Will you pass the tissue please,

I think I'm going to sneeze, ah-choo!



Cough & Sneeze

Sung to: "Are You Sleeping?"

Are you coughing?

Are you sneezing?

Sneeze and cough

Cough and sneeze

Cough into your elbows

Sneeze into your elbows

Cough and sneeze

Elbows please!

Using your hand for cover spreads the germs to your hand, then to everything else you touch unless you **wash your hands**.

The single most effective way to prevent the spread of germs is to wash your hands often and thoroughly.

- **First: be a role model!** Children mimic their parents.
- **Then: make it fun!**

Here are a few ideas to transform the recommended 20-second hand wash from a frustrating moment into family fun—and the beginning of a lifetime of good hand hygiene.

- ♥ Sing the **ABC song**, this **Hand Washing Song** → or **Happy Birthday**, twice through, once for each hand.

Hand Washing Song:

Sung to "Row Row Row Your Boat"

Wash wash wash those germs

gently down the drain,

Merrily merrily merrily

they won't be seen again.

♥ **Hand Washing Game: Variation on *This Little Piggy Went to Market***

The following gives you the opportunity to help your child to wash each finger separately. Adapt the lyrics to your lifestyle; if your family eats cheese sticks and not roast beef, then it might go:

This little finger went to market, and this little finger stayed home
This little finger ate cheese sticks, and this little finger had none
And this little finger went "wee wee wee" all the way home.

And remember... Avoid touching your eyes, nose, and mouth...germs are spread this way!

Stay home when you are sick Sung to: "Mary had a little lamb"
Mary had a little lamb, she also had the flu.
And when she left her house, the others had it too.
So anytime your child is sick, please keep her home with you.
Then the children in Lake County will be happier and healthier too.



"I'm bored" ...When it is rainy and cold outside: Grab your little one and snuggle up with a good book, such as:

The pout-pout fish, by Deborah Diesen:

Swim along with the pout-pout fish as he discovers that being glum and spreading "dreary wearies" isn't really his destiny. Bright ocean colors and playful rhyme come together in this fun fish story that's sure to turn even the poutiest of frowns upside down. **Ages 3 and up**

Press here, by Hervé Tullet:

Press the yellow dot on the cover of this book, and embark upon a magical journey! Each page of this surprising book instructs the reader to press the dots, shake the pages, tilt the book, and who knows what will happen next! **2-5**

The day the crayons quit, by Drew Daywalt:

Poor Duncan just wants to color. But when he opens his box of crayons, he finds only letters, all saying the same thing: His crayons have had enough! They quit! What now? **3-7**

Uni the Unicorn, by Amy Krouse Rosenthal:

Uni is just like all the other unicorns . . . except for one thing: she believes that little girls are REAL. This magical story illuminates Uni's not-so-fantastical dream and celebrates the sparkle of believing. **3-8**

Dragons love tacos, by Adam Rubin:

Explores the love dragons have for tacos, and the dangers of feeding them anything with spicy salsa. **3-7**

All these books and many more are available at your local library!



New year - New Story Time!

We are launching a new Storytime! Help us making it a success and come to the Upper lake Library on Thursday, January 4th for stories and fun with Shirley, one of our wonderful tutors (can you find her among all these children on the picture?)

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