



#### BOOKS TO READ!

*My Daddy Is a Pretzel: Yoga for Parents and Kids* by Baron Baptiste

*Oliver's Fruit Salad* by Vivian French

*Sadie's Sore Throat* by Charlotte Cowan M.D.

*The Moose with Loose Poops*  
by Charlotte Cowan M.D.

*Katie Caught a Cold* by Charlotte Cowan M.D.

*Peeper Has a Fever* by Charlotte Cowan M.D.

*The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!* by Edward Miller

*My Food Pyramid* by DK Publishing

*Gregory, the Terrible Eater*  
by Mitchell Sharmat

*Max Goes to the Doctor/Max va al doctor*  
by Adria F. Klein

*Does a Lion Brush?* by Fred Ehrlich

*Zack At The Dentist* by Jonathan London  
and Jack Medoff

*Healthy Snacks* by Schuh and Mari

*Please, Baby, Please* by Spike Lee and Tonya  
Lewis Lee

*Shhhhh! Everybody's Sleeping*  
by Julie Markes

*It's Time to Sleep in Your Own Bed*  
by Lawrence E. Shapiro

*Vera Goes to the Dentist* by Vera Rosenberry

*Have You Seen My Potty?*  
by Mij Kelly and Mary McQuillan

*Bath Time!* by Sandra Boynton

*Clifford's Bathtime* by Norman Bridwell

*The Potty Train* by David Hochman,

Ruth Kennison, and Derek Anderson

*Mother Goose Manners* by Harriet Ziefert  
and Pascale Constantin

*Scaredy Squirrel* by Melanie Watt

*Boo Hoo Bird* by Jeremy Tankard

*Good Egg* by Barney Saltzberg

*Spoon* by Amy Krouse Rosenthal

*The Berenstain Bears Learn About Strangers*

by Stan Berenstain and Jan Berenstain

*Once Upon a Dragon: Stranger Safety for Kids (and Dragons)* by Jean Pendziwol

## Talking Book Services

The South Carolina State Library's Talking Book Services is a free service for all South Carolinians, regardless of age, who are unable to read or use standard print materials as a result of temporary or permanent visual or physical limitations. More information is available at the SC State Library or contact 800-922-7818 or 803-734-4611. Deaf and hard of hearing individuals should dial 711-734-4611.


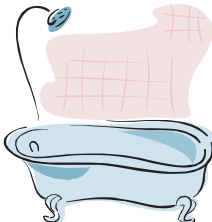

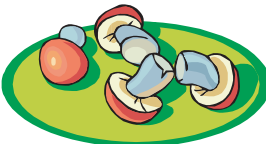

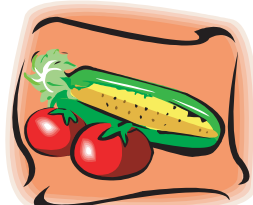
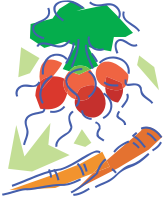


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wholesalers, retailers, and the South Carolina Department of Agriculture (SCDA) to brand and promote South Carolina grown and produced products. Our goal is for consumers to be able to easily identify, find, and buy South Carolina products. Look for the Certified South Carolina logo in your supermarket, roadside market, community, or state farmers market or wherever you shop and remember to Buy South Carolina because, Nothing's Fresher. Nothing's Finer.

# January: Health and Safety

Louis Braille was born and passed away in the month of January. He was the inventor of Braille, a system of one to six embossed points used by the blind and visually impaired for reading and writing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>Sing together! I like to eat, eat, eat apples and bananas I like to eat, eat, eat apples and bananas Now change the vowel sound to A: I like to ate, ate, ate ay-ples and ba-nay-nays I like to ate, ate, ate ay-ples and ba-nay-nays</div>	<div>Make a colorful egg basket! Draw 10 ovals and color them your favorite colors. Help your child to cut them out. Then find a cup or something deep enough to put them in. Use them to practice counting from one to ten.</div>	<div>During bath time talk about the importance of being clean. Make up your own bath song!</div> 	<div>Show your child the correct way to wash their hands Sing the hand washing song! Wash your hands, Wash your hands, Before you eat, A good health rule, That's hard to beat. For better work, For better play, Eat three good meals, Every day.</div>
<div>Talk about the importance of limiting the number of sugary foods you eat. Have a “No Sugar” day today.</div>	<div>Help your child list or draw a fruit for each color in the rainbow.</div>	<div>Everyone dance together and you can make up your own tune.</div>	<div>Talk about when to wash hands, then quiz your child during the day by asking after each thing if they did.</div> 	<div>Focus on grains and things that are green. How many different grains and things that are green can you count and can you eat?</div>	<div>Exercise by playing tag or jump rope. If it is too cold outside, do some sit-ups together. If you have a baby, practice bouncing the baby on your knees. You can use the repetition to practice your alphabet or counting.</div>	<div>Visit the library and choose books about good health and eating well. Ask the librarian to help you find a cookbook for children.</div>
<div>Find out your child's favorite vegetable, and cook a meal that includes it.</div> 	<div>Can you look at a map of South Carolina and find out where all the crops grow? Discuss with your family if you can visit a roadside market stand this month.</div>	<div>Talk about seeds, plants, and how different vegetables are grown.</div> 	<div>Read “My Nose” by Dorothy Aldis: It doesn't breathe; It doesn't smell; It doesn't feel So very well. I am discouraged With my nose: The only thing it Does is blows.</div>	<div>Concentrate on showing your child how to brush their teeth really well. Learn the toothbrush rhyme:  I have a little toothbrush, I hold it very tight. I brush my teeth each morning, And then again at night.</div>	<div>Draw pictures of different vegetables and save them for tomorrow's activity.</div> 	<div>Take the pictures from yesterday and put them on popsicle sticks or straws to make a puppet show about eating healthy. Invite everyone in the house to participate.</div>
<div>Help your child make a noisemaker out of pasta, cereal, or any bits of something hard by placing some in a paper cup and taping another on top. Use it to read the rhymes on this page!</div>	<div>Talk about how important vegetables are to being healthy. Try to eat 3 different vegetables today.</div> 	<div>Mother Goose Little Miss Muffet Sat on a tuffet, eating her curds and whey. There came a big spider Who sat down beside her And frightened Miss Muffet away. A science moment: What are curds and whey? Today we call it cottage cheese!</div>	<div>Sing: Are You Eating Tune: Frere Jacques Are you eating Are you eating Healthy foods? Healthy foods? For your body needs them For your body needs them Everyday Everyday.</div>	<div>Make a healthy snack! How about Ants on a Log? You'll need 3 things: celery sticks, peanut butter, and raisins. Fill the center of the celery stick with peanut butter. Place a few raisins on top to be your ants. If your child cannot eat peanut butter, you can also use low fat cream cheese. Eat and enjoy!</div>	<div>Talk about being safe. Make sure everyone in the family knows their name, address, telephone number, and what to do in case of emergency. Be sure important information is in a child's backpack or tote bag.</div>	<div>Practice Street Safety You can go outside, or if it is too cold, stay inside. Talk about the right way to cross a street: hold hands, look left, then right, then left. Point out all the safety signs along the way. You can even make signs for inside your house.</div>
<div>Let your child make their own pretend first-aid kit for dramatic play with a box, cotton balls, Q-tips, popsicle sticks, and cut-up gauze (or toilet paper).</div>	<div>Play a game outside, like Tag, Kick the Can, or Hide and Go Seek. If it is too cold to be outside, then exercise by putting on music and dancing fast. Talk about some of your favorite songs.</div>	<div>Exercise by giving the children a sequence of two things to do. “Jump up, then sit down.” Increase to three things. “Touch your nose, turn around, then sit down.” Also sing <i>Head, Shoulders, Knees, and Toes</i> to keep that energy up!</div>	<div>Make a Nutrition Train! The body works like a “nutrition train.” Along the way, whatever children eat gets loaded onto the train. Bad foods slow the train down. Healthy foods speed the train up and help it work right. Make your own Nutrition Train. Draw the good things that are part of the train!</div>	<div>Moo! Moo! Cows provide dairy and milk makes your body and bones strong. Can you drink two glasses of milk today and talk about all the different bones in your body?</div>	<div>Mother Goose! Up in the Green Orchard There is a green tree, The finest of pippins that ever you see. The apples are ripe, And ready to fall And Reuben and Robin shall gather them all.</div>	<div>Let your child cut out or draw pictures of various foods they like and are healthy for them, then glue them on a paper plate and talk about them.</div>