



# Lincoln Parents' Center Newsletter

April  
2008

## Teaching Colors



The easiest way to introduce colors to your toddler and preschooler is through everyday conversation and playtime. Most of the time, as adults we do not regularly name colors since our brain has long learned to process what our eyes are seeing. But young children are still learning to identify and describe all that they see in their world.

1. Getting dressed is a great opportunity to talk about colors. As you are putting on their shirt, talk about how they are putting on their red shirt for instance. If they bring you their shoes, point out that they brought you their white shoes.
2. Food is another easy way to identify colors with your child. At dinner time, name two colors that are on their plate. When your child asks for something to eat, tell them the color of what they are eating. Some varieties of foods, like apples and peppers, come in many colors, which also teach the kids that objects can have more than one color. Use the basic names for colors like red, green, blue, and so on. Saying blue-green or orange-red may be too confusing for the kids.
3. Use paint to teach colors. Take a giant piece of poster board and lay it on a drop cloth. Let the children dip their hands in the paint and create hand prints on the paper. Call out each color after they make a hand print. Wash their little hands and start over. Kids like to be messy so this teaching tool is both fun and educational.
4. Take your child outside. As you pass trees, stones,

grasses and cars, identify the colors. After you have seen a wide variety of colors, point to something and ask your child what color it is.

5. Play games with your kids that involve colors. Use a pole with a magnet attached to a paper clip on the end of a string. Have fish or some other shapes of objects on the floor with magnets attached to them. When you call out a color, see if your child can pick up the piece with that color. If saying the name of the color doesn't work at first, hold up a piece of paper displaying the color you want them to fish for. Not only will they learn about colors, but also hand-to-eye-coordination.

Information found on [www.spiffymoms.com](http://www.spiffymoms.com)

## Art About Me

*Your toddlers will love these art projects featuring themselves. . . . .*

### Handprint Place Mats

Let your child finger-paint on a baking sheet. Encourage your child to use palms, fingers, thumbs, and his or her whole hands to make designs in the finger-paint. When your child is finished, help him or her make handprints on several sheets of

construction paper. When the paint is dry, cover the papers with clear self-stick paper ( or have them laminated). Use your child's Handprint Place Mats at meal times.

### Footprints Mural

Tape a length of wrapping paper to a washable floor or to the sidewalk outside. Make sure the plain side of the wrapping paper is facing



up. Pour a little tempera paint into a pan. Help your child step into the paint and then walk across the wrapping paper, leaving his or her footprints behind.

Information found on [www.preschoolexpress.com](http://www.preschoolexpress.com)



## Things to Remember:

- ♦ Free!! Car Seat Checks by a Safety Specialist; Results from previous safety seat checks have shown that four out of five car seats are used incorrectly! MONDAYS by Appointment Only; Stop by the Logan County Health Department or call (217) 735-2317 for an appointment.
- ♦ Model good hand-washing skills.; Create hand-washing routines; and Read books about hygiene
- ♦ Go to the Children's Library at the end of April and first part of May to see the "Butterfly Habitat".



## What you will find in this issue:

- ♦ Art that the whole family can do together.
- ♦ The easiest way to introduce colors to your child.

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Email [lpc@adi.org](mailto:lpc@adi.org)  
Website [www.adi.org](http://www.adi.org)  
(Lincoln Parents' Center link)



*Lincoln Parents' Center was set up by parents for parents to share the joy and challenges of parenthood. Lincoln Parents' Center was established to support parents of very young children year-round, because parents are the first and most influential teachers of their children.*

*Give your child the best possible start in life!*

#### WE NEED YOUR FEEDBACK!!

Please let us know what you think about the new website page. You can give Cathy or Chris a call at 735-4192 or email at [lpc@adi.org](mailto:lpc@adi.org).

Please let us know what you think about the group meetings that have been planned. If you have any suggestions about places to go on field trips, please give us a call.

Thank You

## Lincoln Parents' Center News

Our monthly playgroup will meet three times this month. Our themes this month: "Spring, Spring Weather and Bugs". Please check the calendar for the dates of the upcoming playgroups and the themes for the month. We will be meeting at the YMCA Activity Center on Wyatt Ave. in Lincoln from 9:30-11:00 a.m.

### **FAMILY FUN DAY**

What a wonderful day we had at the Children's Museum!!! We had approximately 40 children and adults attend on March 27, 2008. We received some feedback from some of the families. The families were pleased with being able to get out and have fun with their children. We are planning more field trips for

the Summer. If you have any new places that you would like to go, please give us a call at 735-4192.

Don't forget to check out the front page of the Lincoln Parents' Center website. There are "Free Parenting Classes" being offered during the month of April. (You will find the flyer under the LPC links) If you have any questions about the parenting classes, please call Cathy at the Lincoln Parents' Center, 735-4192. There will be childcare provided for those in attendance. This is sponsored by the Healthy Families Task Force.

The Lincoln Parents' Center staff will be at the Community Health Fair on Saturday, April 5th from 9 a.m. - 2 p.m. at the Recreation Center on Primm Road. Please come out and

see us and visit all of the other booths. The theme this year is: "Are You Health Smart?" There is a lot of good resources and entertainment for the whole family.

Think Spring!!! Cathy and Chris



**Parenting Resources are available at the Center. (305 N. Kickapoo St.)**

**Please come into the Center and check out the parenting books and resources.**

**We have books on topics such as Discipline, Child Development, Activities To Do With Your Child, etc.**