

discovery time

Let's Snuggle

Parents and caregivers, extend Discovery Time into your home. Share these fingerplays and activities with young children. **The letter for this theme is L.**

Different Kinds of Kisses

Grandmas kiss like this.
(Grab cheeks and squeeze)
Fish kiss like this.
(Purse lips and move them)
Movie stars kiss like this.
(Blow big kisses with your hand)
Rabbits kiss like this.
(Wiggle nose)
Dogs kiss like this!
(Stick out your tongue and lick)

All I Want Are Hugs

(Hold your little one in your arms and give a gentle hug every time you say the word "hug")
All I want are hugs from you,
Hugs to last the whole day through.
Hugs just make me feel so good,
So hug me, hug me, hug me.
Give me lots of hugs today,
Hugs to chase the blues away.
Hugs to last the whole day through,
Just hug me, hug me, hug me!

A Kiss

There's something in my pocket.
(Pretend to reach into pocket)
Could it be a moose?
Could it be a train with a bell and a caboose?
Could it be a snake or some sticky glue?
Right here in my pocket is a KISS from me to you!
(Blow kiss)

If You Love Me and You Know It

(Tune: "If You're Happy and You Know It")
(Perform actions as directed)
If you love me and you know it,
Clap your hands.
If you love me and you know it,
Clap your hands.
If you love me and you know it,
Then your face will surely show it.
If you love me and you know it,
Clap your hands.

Other Verses:
Say "I Love you"
Blow a kiss
Give a hug

I Love Mommy

(Tune: "Frere Jacques")
I love Mommy, I love Mommy,
Yes I do, yes I do.
And my mommy loves me,
Yes, my mommy loves me,
Loves me too, loves me too.
(Continue with: Daddy, Brother, Sister, Grandpa, Grandma, etc.
Ask whom they would like to include from their families)



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Help your child get ready to read with these simple activities.

- **Talking:** Talk to your baby from birth. Snuggle, make eye contact, and smile. As he begins to babble, repeat back the sounds he makes. This helps him learn how to take turns in a conversation.
- **Singing:** Singing traditional lullabies and nursery rhymes to your infant helps prepare her ear, voice, and brain for language.
- **Reading:** Be sure to share factual books with your young children. The information in nonfiction books introduces new vocabulary words.
- **Writing:** Encourage your child's attempts to write seriously. Listen to your child "read" his scribbles to you. This is how children learn that words have meaning.
- **Playing:** Grab those pillows and blankets and invite the whole family to build a fort together. Make-believe is fun for everyone and can help your child exercise her imagination.

family literacy tip

Quality Time

As parents and caregivers, we can make choices to ensure time spent with our children is high-quality. Here are a few tips for busy families:

1. Create a special ritual for you and your child—something that can be done every day. For example, let your child choose and read one book with you at bedtime.
2. Tell your child you love her every day. And tell her how important she is to you and how she makes you feel.
3. Turn off technology when you spend time with your child. Try not to text, answer calls, scroll through social media, or watch television.

Meaningful connections are about quality of time, not quantity of time. Keep it simple and connect with your child in ways that make sense for your lifestyle and relationship. Each connection has a lasting impact and provides the support and reassurance that your child needs.

"Tips for Spending Quality Time With Your Child." *NAEYC for Families*, www.naeyc.org/our-work/families/spending-quality-time-with-your-child. Accessed 15 Nov. 2018.



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