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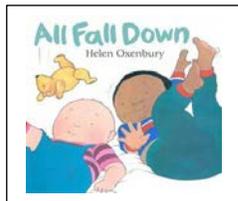
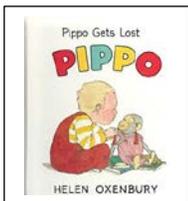
## Newsletter 8 - May 2018

### Celebrating the Work of Helen Oxenbury

Hellen Oxenbury grew up in Ipswich, England and from a very young age enjoyed drawing. Her illustrations are known for their humor and simple approach. When her youngest child, Emily, was sick, she began developing sturdy books for toddlers. The books gave Emily something to focus on and Helen modified her style to include larger, wordless illustrations in small square books with thick pages that were easy for little hands and could stand up to chewing and drooling. Her Tom and Pippo books delight adults and children as they follow young Tom's adventures with his stuffed monkey Pippo.

You and your preschooler are invited to join story time and creative movement in the Claremont Early Childhood Program's Sensory Room at 10:00am on the following Fridays in May.

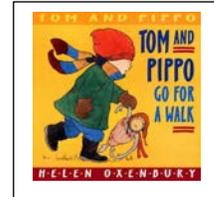
**5/11 Pippo Gets Lost** When Pippo gets lost, everyone has ideas on where Tom should look for him. Tom looks everywhere, gets anxious he'll never see Pippo again, and then finds him!



**5/18 All Fall Down** is a board book with beautiful illustrations of children having fun while singing,

running, bouncing and falling. It's the perfect length for young children with short attention spans.

**5/25 Tom and Pippo Go for a Walk** Tom, his mommy and Pippo put their outdoor clothes on and go for a walk, which turns into a run, and then a bath and a warm drink by the fire.



**For additional Tom and Pippo books, we recommend Tom and Pippo and the Washing Machine.** It's a delightful story about what happens when Tom and Pippo play in the mud, and Pippo needs to get washed. The pictures show the play, the wash, and the drying from a child's perspective. If you'd like more of Tom and Pippo, there are 22 books in the series. Check the library for more of our favorites, including:

- Tom and Pippo Make a Mess
- Tom and Pippo Go Shopping
- Tom and Pippo Read a Story
- Tom and Pippo on the Beach
- Tom and Pippo See the Moon
- Tom and Pippo and the Vacuum Cleaner

### Reading Tips

When reading a story to children, use funny voices and exaggerated facial expressions. Ask questions using the words who, what, where and when. Introduce new words and ask children to guess what they think is going to happen next. Children love learning new words and making predictions! Inspire a love for reading by making sure the time you spend reading with your child is special and fun. Take field trips to the **Fiske Free Library** and get a library card. Let your child pick out the books to borrow and ask the librarian about the **1,000 Books Before Kindergarten Club**.

## Yoga for the Body, Mind and Outdoors

### Garden Yoga poses for kids

The website “Garden Yoga Ideas for Kids” offers the following yoga poses that are ideal for nature lovers. Start with the tree pose, then pretend to be a frog, a seed, and finally a butterfly.

<https://www.kidsyogastories.com/garden-yoga-ideas/>

#### Pretend to be a tree (Tree Pose)

Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Sway like a tree in the breeze. Switch sides and repeat the steps.

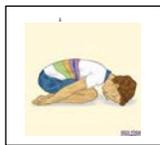


#### Pretend to be a frog (Squat Pose)

Come down to a squat with your knees apart and your arms resting between your knees. Touch your hands to the ground. Jump up like a frog and then return to a squat position.

#### Pretend to be a seed (Child's Pose)

Sit back on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a seed in the garden.



#### Pretend to be a butterfly (Cobbler's Pose)

Gently come up and sit on your buttocks with a tall spine. Bend your legs, place the soles of your feet together, and gently flap your legs like the wings of a butterfly.

#### Pretend to be a flower (Flower Pose)

From Cobbler's Pose, lift your bent legs, balance on your sitting bones, and weave your arms under your legs with your palms facing up. Pretend to be a blossoming flower.



## Mindfulness Activity

Invite the children to take a quiet nature walk. Every so often, ask the children to stop, close their eyes, and listen. Then ask them to open their eyes and tell you what they see. Call attention to flowers, trees, bugs and birds. Close the activity with outdoor yoga using the poses in this newsletter.

## Trails and Parks in Claremont, Ideal for Family Hiking and Picnics:

- Arrowhead, [18 Robert Easter Way](#)  
225 acres, picnic amenities, hiking and mountain biking
- Marshall Pond Trail, [447 Mica Mine Rd.](#)  
325 acres, trails for mountain biking and hiking, picnic tables, fire pits, playground structure, a stone pavilion with wooden roof
- Moody Park, [152 Maple Ave](#)  
325 acres, trails for mountain biking and hiking, picnic tables, fire pits, playground structure, a stone pavilion with wooden roof
- Monadnock Park, [190 Broad Street](#)  
29 acres, playground structure, running track

## Time to Plant

If early May is mostly frost free, usually by mid May it's safe to plant. If you are thinking of gardening with children, try plants that grow quickly and don't require a lot of care. Snap peas and radishes are both fast growers. Cherry tomatoes and carrots are also good choices along with Sunflowers and pumpkins. Children will enjoy watching what they plant grow, watering their plants, and of course harvesting and eating them too! For more information on gardening with children, go to

<https://learn.eartheasy.com/guides/gardening-with-children/>

If you love fresh produce and don't necessarily want to grow your own, the **Claremont Farmers Market will be open on Saturdays May 26 - Sept 8 from 9:00 AM - 1:00 PM** on the Visitor Center Green. The Market will feature fresh products, prepared foods, crafts, live music, kids activities and more.