

## YMCA of MEWSA

483 Middlesex Avenue

Metuchen, NJ 08840

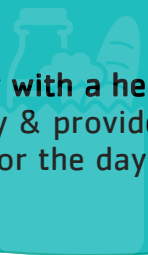
732-516-9200

[ymcaofmews.org/locations/child-care](http://ymcaofmews.org/locations/child-care)

April 1, 2020

## HEPA TIP

### (Healthy Eating & Physical Activity)



Start each day with a healthy breakfast.  
It refuels the body & provides you with energy  
for the day.



## Notes from the office...

We are facing an unprecedented, international crisis right now. This newsletter is our attempt to help you navigate how you are managing your family during this challenging time. We are all in this together, and we will come through it together, one day at a time.

We will be sending this document to you weekly. It will contain information on keeping your family healthy, the importance of maintaining a consistent routine with children, as well as activities and resources to ease some of the tension and anxiety you and your family may be experiencing at this time.

We, at the YMCA of Metuchen, Edison, Woodbridge & South Amboy hope that we can be a resource for your family and support you as parents and students. We would like you all to know that we intend to continue to move forward and help your children learn and grow, even if our circumstances have changed.

Be well & take care of each other!

**Erin Siemers & Cindy Shields**  
Senior Child Care Directors

### Healthy Snack Easy Peanut & Banana Roll Up

- Whole wheat tortilla
- Peanut Butter
- Banana
- Dark chocolate chips



Get your kids involved in creating this simple recipe. Feel free to adjust the ingredients to your child's favorites (*almond butter, Nutella, strawberries, apple slices, etc.*)

1. Spread peanut butter over one side of your whole wheat tortilla .
2. Slice your banana & place the slices on top of the peanut butter. As many or as few as you like.
3. Sprinkle the dark chocolate chips over the top .

This recipe was supplied by Wegmans.  
Wegmans is a proud partner of the YMCA,  
providing the healthiest of snacks to our growing children.

## ACTIVITIES & RESOURCES

- ⇒ **LITERACY:** Read to your child everyday. Ask them follow up questions about the book. Who was your favorite character & why? What made you happy, sad or angry? What did you like most about the story? If you could change the ending, what would you change it to & why? If your child can't get enough of story time, click [here](#).
- ⇒ **MATH:** Children can learn many math skills by doing everyday chores with Mom & Dad. Let your child help fold the laundry when it comes out of the dryer. Have younger children sort by item (put all the socks together, all the shirts together & all the pants together) OR sort them by color (put all the blue items in one pile, the red in another and green in a third pile). Then count them. How many socks or how many blue items do we have? Have older children match socks or fold shirts & pants in half & then in half again using math language & explaining symmetry. Want more ideas, click [here](#).
- ⇒ **STEM:** Create a structure out of everyday objects like marshmallows & pretzel sticks OR drinking straws, newspaper & masking tape. Set a goal with your child to make it as tall or as strong as you can then. After you've finished, either measure it or test it's strength. For more fun STEM activities, click [here](#).
- ⇒ **MUSIC:** Create homemade instruments by filling a plastic egg with small dry beans or using a tin can as a drum. Then have a parade or dance to music on the radio. Feel free to add real instruments if you have them available. For more fun music activities, click [here](#).
- ⇒ **GROSS MOTOR:** Go ice skating inside your house. Put 2 paper plates on the floor and use them to skate around. Try taking big steps or small steps; try going in a straight line or curvy line. If you can get outside, make a paper airplane and go outside to fly your airplane. Chase it each time you fly it. If your child loves being active & you need more ideas, click [here](#).

# APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Keep a weather chart for this month. Each day is it sunny, rainy or cloudy?	<b>2</b> Draw 2 flowers. Color one yellow & the other purple.	<b>3</b> How many things can you think of that can fly in the air?	<b>4</b> Make a picture to send to Grandma or Grandpa.
<b>5</b> Talk about something you did yesterday.	<b>6</b> Count your socks. How many do you have? How many pairs do you have?	<b>7</b> Can you touch your elbows behind your back?	<b>8</b> Draw a map of your bedroom. Then try harder rooms, the kitchen or the garage.	<b>9</b> Look at the stamps on the mail you receive. How are they alike & different?	<b>10</b> Follow a recipe with you Mom or Dad.	<b>11</b> Stack paper or plastic cups. To make a castle. Add other items to create a bridge.
<b>12</b> Happy Easter! Hide & seek plastic Easter eggs around the house & yard.	<b>13</b> Take a walk around the block with someone.	<b>14</b> Close your eyes, stick out your tongue & stand on one foot. How long can you stay like that?	<b>15</b> Draw a picture of your pet or a friend's pet.	<b>16</b> Research & purchase seeds you would like to plant next week for Earth Day.	<b>17</b> Count all the stairs/staircases in your home.	<b>18</b> Plan an arts & craft project to do tomorrow.
<b>19</b> Do the arts & craft project you planned Saturday.	<b>20</b> Look for things in the kitchen that are BLUE.	<b>21</b> Can you wink? Practice with each eye.	<b>22</b> Today is EARTH DAY. Look it up & read about it.	<b>23</b> Plant a seed.	<b>24</b> Find at least 5 things that are the shape if a circle in your bedroom.	<b>25</b> Talk about an incident that was so funny you couldn't stop laughing.
<b>26</b> Fill a jar with small items like buttons or candies. Then have people guess how many are inside.	<b>27</b> Make up a story about a dragon that wears a red sweater.	<b>28</b> Jump rope.	<b>29</b> Roll a ball & an orange. Do they roll the same? Why or why not?	<b>30</b> Tally the result from your weather chart. How many days were sunny, rainy & cloudy?		

**CATCH TIP:** Go on a nature walk & look for signs of spring. Take your heart rate before you leave. Vary your speeds every 5 minutes, taking your heart rate at the end of each time frame.

## THE IMPORTANCE OF SCHEDULES AND ROUTINE

Children (and adults) thrive when they have a consistent, predictable routine. Knowing what to expect eases the anxiety of the unknown and brings a sense of calm to us all.

Here is just a sample of what your families routine could look like. It is important to include time for each of the following: time to work together and independently; regular, healthy meals and snacks; good hygiene; technology breaks; physical activity outdoors or an energy outlet if the weather isn't cooperating; something you like to do together as a family; time to read and rest. Feel free to adjust this to meet the needs of your family. We are all experiencing different situations right now. Younger children will have differing needs from older children. Flexibility is key!

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight