

Guía Semanal ~ Weekly Resource Guide

week 5, day 1

Agua en movimiento



Consejos Para Padres ~ Parenting Tips

Mealtimes and snacks times can be a great opportunity to build relationships with your child while helping your child to learn manners, *buenos hábitos*, and eating healthy, *a comer saludable*. Remember, just like toileting and sleeping, eating is one of the few choices that your child can control and can use as a tool in power struggles with you. While we can't (and shouldn't) force our child to eat a specific food, there are many things that we can do to help.

Give lots of healthy options! Even if your child currently detests broccoli, keep serving broccoli on your child's plate. Your child's taste buds and personality continue to change and something they loved and ate last week could be on the *do not eat* list for the next year. Keep on offering healthy food choices.

Eat a rainbow. Talk with your child about all the beautiful colors that you can find on fruits and vegetables. How many colors can you eat in a meal? How many colors can you eat in a day? It may be hard to eat all the colors everyday, but a great first step is being aware and naming colors that you eat throughout the day. It's also a great opportunity to talk about natural colorings and artificial colorings. It's okay to teach your child at an early age that anything with red or blue [food colorings are toxic](#) and bad for their health.

Stay kind and firm! Your child may not like what you give her and that's okay. She doesn't have to eat it. And, if she's hungry, she'll eat one of the acceptable options that you already offered. It's okay to tell your child, "*Lo siento que tienes hambre. No tienes que comer esta comida. Y no puedo ofrecer otras comidas. Si tienes hambre, puedes comer esto o eso.*" ("I'm sorry you are hungry. You do not have to eat this. And I am not going to offer you anything else. If you are hungry, you can choose to eat this or that.").

Actividades para intentar en la casa ~ Activities to try at home

Transportar Agua

| | |
|--|---|
| <ul style="list-style-type: none"> ● 2 contenedores ● una charola ● una esponja ● agua | <p>Poner en la charola los dos contenedores. En uno poner agua, y con la esponja los niños pueden exprimir/transportar el agua de un contenedor a otro. Es una excelente actividad para desarrollar su motricidad fina.</p> |
|--|---|

Canciones Para Cantar ~ Songs to Sing

| | |
|--|---|
| <p><u>Las olas del mar</u></p> <p>Arriba y abajo las olas del mar (x2)</p> <p>A un lado y al otro las olas del mar(x2)</p> <p>Ahora todos los niños encima del paracaídas</p> <p>Adentro y afuera las olas del mar (x2)</p> <p>Todos los niños debajo del paracaídas</p> <p>Debajo, debajo las olas del mar (x2)</p> | <p><u>Tres pececitos</u></p> <p>Tres pececitos se fueron a nadar El más pequeñito se fue al fondo del mar Vino un tiburón y le dijo "ven acá"</p> <p>No, no, no, no, no No, no, no, no, no Porque se enoja mi mamá.</p> <p>Dos pececitos se fueron a nadar El más pequeñito se fue al fondo del mar Vino un tiburón y le dijo "ven acá"</p> <p>No, no, no, no, no No, no, no, no, no Porque se enoja mi mamá.</p> <p>Un pececitos se fue a nadar El pequeñito se fue al fondo del mar Vino un tiburón y le dijo "ven acá"</p> |
|--|---|

| | |
|--|--|
| | No, no, no, no, no No, no, no, no, no Porque se enoja mi mamá. |
|--|--|