



### Songs and Activities from Ms. Jackie

Jackie Silberg, known to most of her fans as “Miss Jackie,” is an award-winning music educator, songwriter, and author. Her engaging songs and books have entertained and educated young children, parents, and teachers around the world.

Miss Jackie is pleased to offer free song downloads and corresponding activities and musical listening ideas for TYC readers. You can download Ms. Jackie’s music at <https://www.naeyc.org/tyc/missjackie>



### Family Fun and Fitness

Children today are less physically fit than ever before. Every day our class plays physically active games like Freeze Dancing, and the children have lots of opportunities to move their bodies during classroom activities and outdoors on the playground.

We also support children as they develop specific skills like jumping, kicking, catching, and throwing. These are skills children will use for a lifetime of physical activities, including sports. Here are some tips for increasing your child’s physical activity.

Be a role model. Children learn from the adults around them. Show your child you care about fitness by doing some of these fun fitness activities together.

Build an obstacle course. Create a tunnel to crawl through using couch pillows, a path to walk on made of newspapers, and objects to jump over, like rolled-up towels. Have fun as you crawl, jump, and climb through your creation.

Go for an after dinner walk. Find a time during the weekend or after school to walk together as a family. Try running, galloping, and skipping as you make your way around the neighborhood.

Dance together to favorite music. Let each family member select a song. Take turns making up and trying out different dance movements.

Spend time outside. Children use their whole bodies as they explore the outdoors. Collect leaves, acorns, and rocks, and use them in imaginative play.

### Young Children and Computers

#### Storytelling in a Digital Age

Young children are surrounded by technology at home, in their community, and increasingly, in early childhood education programs. Preschoolers use computers to create art, make music, tell and record stories, hear their stories read back to them, and play educational games that can connect with off-screen learning and play. Careful planning of computer use lets children explore these new opportunities. For more information on setting up a computer center in your classroom go to:

[https://www.naeyc.org/files/tyc/file/TYC\\_V3N4\\_Blagojevicexpanded.pdf](https://www.naeyc.org/files/tyc/file/TYC_V3N4_Blagojevicexpanded.pdf)

#### What Part Does the Alphabetic Principle Play?

Teachers may view this webcast [on-demand](#) to explore strategies that infuse the alphabetic principle into rich and meaningful language learning experiences for young children. <http://eclkc.ohs.acf.hhs.gov/hslc>



Our Pledge: The KY T/TA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email. We would like to hear from you and encourage your suggestions for newsletter content. Contact the editor: **Joyce Roach**

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