



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

Dear Parent/Guardian:

Today in your child's classroom, I read the book *If You Give a Moose a Muffin* by Laura Numeroff. This book is about a boy and his fun interactions with a moose. The boy and the moose enjoy numerous activities from eating muffins to putting on puppet shows. How children spend their time matters at this age. Their brains are developing more rapidly in their first 5 years than at any other time. Their experiences as preschoolers provides the groundwork for reaching their personal best as adults. Play is a preschooler's work.

The asset category for this book is Constructive Use of Time. These assets reflect using time constructively in opportunities to play and a wide variety of creative activities at home and in out-of-home activities. Try these asset building ideas:

- Fill your day with music. Play and listen to all different types of music.
- Sing your hearts out. Sing often and make up songs or sing songs you learned as a child.
- Dance to the different rhythms of music from other cultures and different types of music.
- Make simple instruments such as shakers or drums to make your own music.
- Create a dress up box that can be pulled out to use for pretend play. Provide hats, uniforms, old dresses, old Halloween costumes, purses, shoes, costume jewelry, props, etc.
- Build houses or cars with boxes or turn your yard or room into a fort, a boat, a kitchen, or a spaceship.
- Dress up and have a tea party or have your child make you a meal in their pretend kitchen.
- Make puppets out of paper bags or socks and put on a puppet show.
- Attend story time at your library or activities at your community center.
- Explore the outdoors. Collect treasures to use for art projects at home.
- Go outside in the rain and jump in the puddles. Sing and dance in the rain.

Most of all enjoy the moment. Spending time with your child is fun. Keeping busy with creative play limits the amount of screen time. The preschool years are a time for young children to work on developing their own image making abilities and not watching someone else's image on a screen.

Sincerely,

Volunteer

Telephone/Email