

Family Literacy 101: from flyers to food

Exploring Factors that Make for Successful Family Literacy Programming

The Literacy Initiatives Project is supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian

Webinar Series

Friday, March 29

Getting started: Laying the Groundwork for New Family Literacy Programming

Wednesday, April 10

Family Literacy Programming Goes to School

Today!

Family Literacy 101: From Flyers to Food

Tuesday, June 4

Family Literacy on the Wild, Wild e-Frontier: Strategies for Raising Digitally-Savvy Families

Housekeeping

- Please type in your questions as they arise in the Chat Box. We'll also include Bright Idea Breaks asking for your input and ideas on specific topics.
- Please share! Feel free to download, copy, modify and use any materials from these family literacy programs.
- You will find family literacy resources in the slides at the end of this presentation.
- Starting tomorrow, you can find this webinar archived on the InfoPeople website.



Overview



Your Presenters Today



Deborah Bernal



Pat Jarvis



Amy Prevedel

Project Read Family Literacy Goals

- Help parents improve their own reading and writing skills.
- Create a rich and diverse home library by providing FREE children's books to participating families.
- Encourage sharing books in the home as an activity to be enjoyed by the whole family.
- Welcome families to the public library and assist them in using its many resources.
- Empower parents as their child's first and foremost teacher.
- Help parents develop skills and strategies to prepare their children to be successful in school, **not to teach their children to read.**

Literacy, Food & Fitness



**Teaching Families with Low Literacy
Skills About Nutrition and Exercise
Using Children's Literature**

Project Read - North San Mateo County
South San Francisco Main Library
840 West Orange Ave.
South San Francisco, CA 94080



Phone: 650-829-3871
Email: ssfread@psinfo.org
Website: ssf.net/projectread

Assisting People in Reaching their Literacy Goals

Literacy, Food & Fitness

- Literacy, Food & Fitness (LFF) is a nutrition and literacy program for young children and their parents and caregivers.
- LFF uses a traditional story time format to introduce nutrition and exercise concepts.
- Hands-on nutrition and physical activities reinforce healthy choices.



Literacy, Food & Fitness

Who's
Involved?



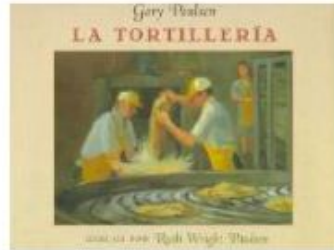
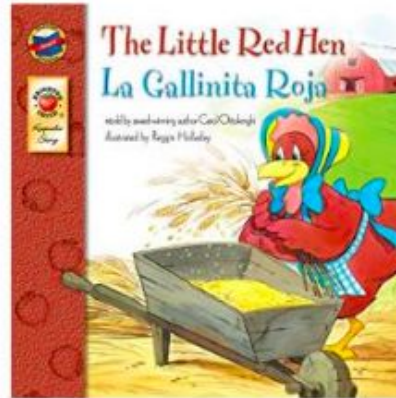
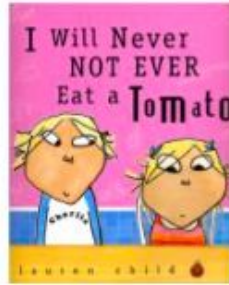
Activities and Materials

- Lesson Preview
- Background Information for the Instructor
- Reading Activity
- Music, Poetry & Finger Play Activities
- Physical Activity



- Exploratory Activity
- Craft Activity
- Coloring Activity
- Snack Activity
- Knowledge Quiz
- Parent Handout

Children's Books

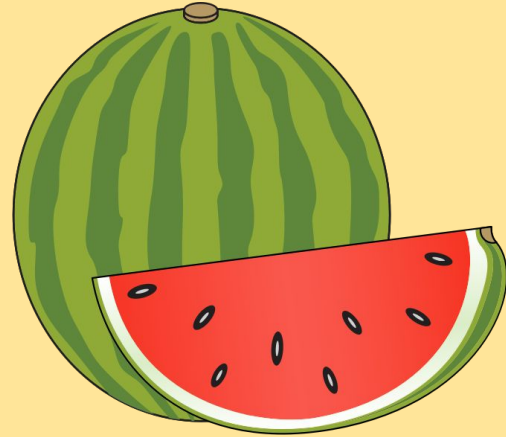


Music, Poetry and Finger Play Activity

Watermelon Song

Sing to: "Frere Jacques"

Watermelon, watermelon
How it drips, how it drips
Up and down your elbows Up and down your elbows
Spit the pits! Spit the pits!



Physical Activity



Exploratory Activity



Experiential Learning

Each lesson involves participants in experiences that require them to interact, question, reflect, and transfer what they have learned to the real world.

Craft Activity



Snack Activity



Bright Idea Break



The topic: The structure of a family literacy program - the audience, materials, everything!

Learning Together



Lotería and Piñatas!

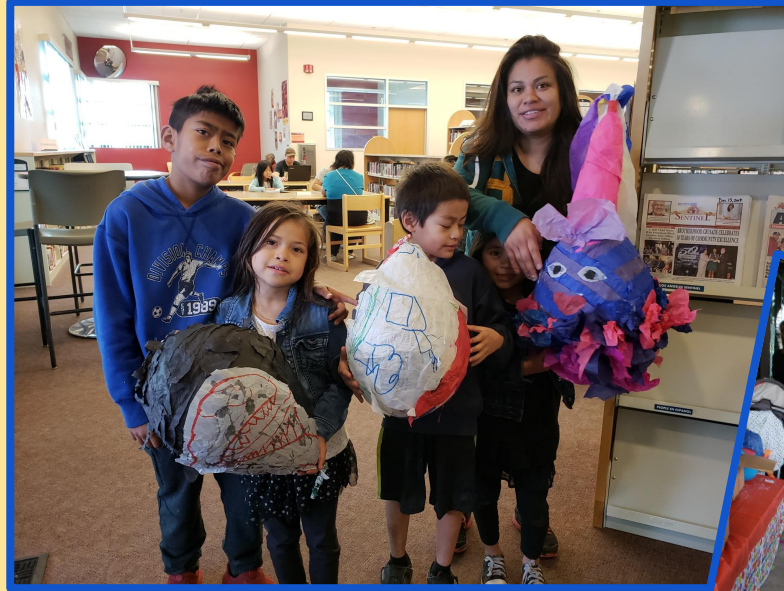
Learning Together



You'll need: balloons, flour, water, cut newspaper strips, a 24 hour rest period



Learning Together

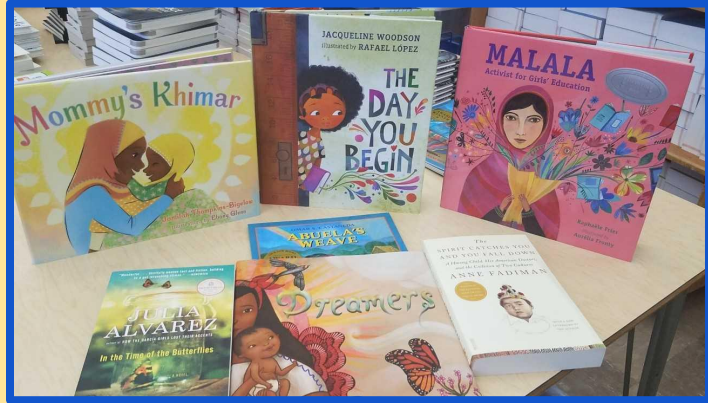


Learning Together



It is messy, it is noisy, it is fun.

Learning Together

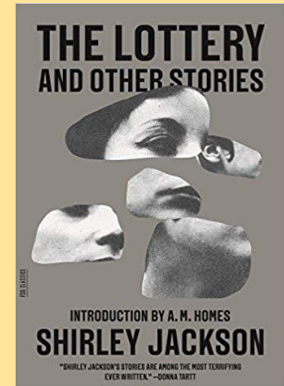
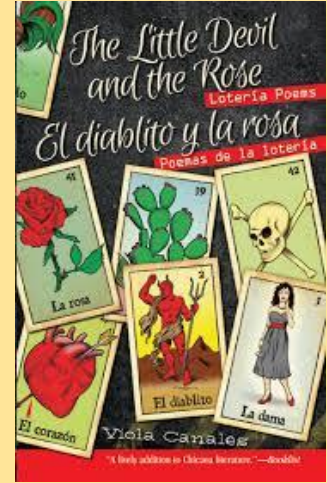
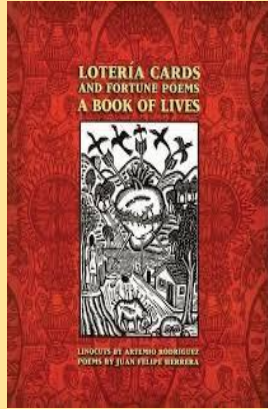


Everyone gets a book. Families come back because they are having fun. They are sharing. Phones are put away, they are engaged.

Learning Together



Learning Together

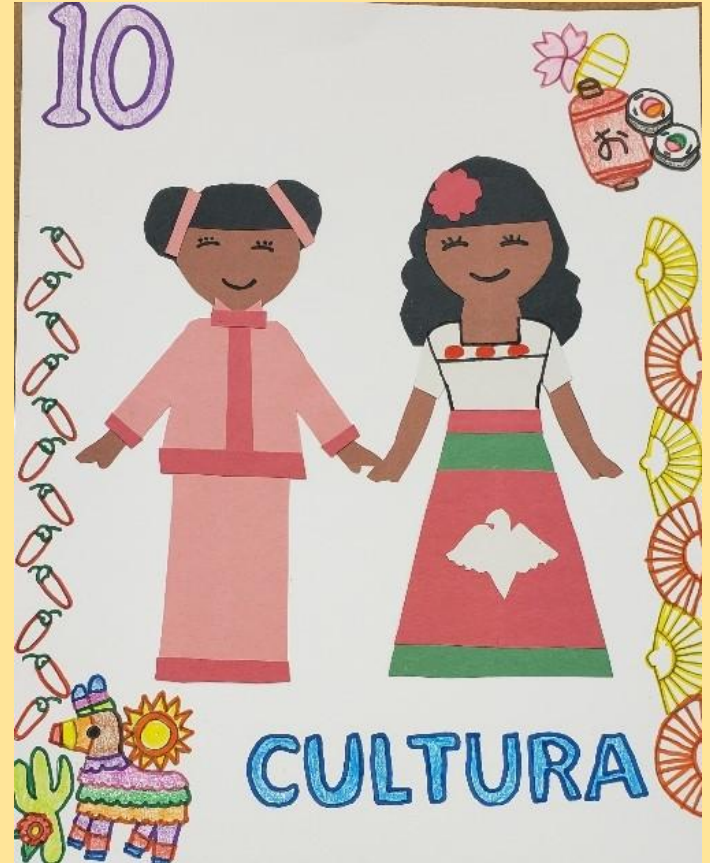


Learning Together

Reach for the Stars Goal Chart

Color one star each day to celebrate an achievement!

GOALS	SUN	MON	TUE	WED	THURS	FRI	SAT
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
	☆	☆	☆	☆	☆	☆	☆
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Bright Idea Break



The topic: Time and distance -
and the challenges they pose
for our family literacy services

FFL Science Club

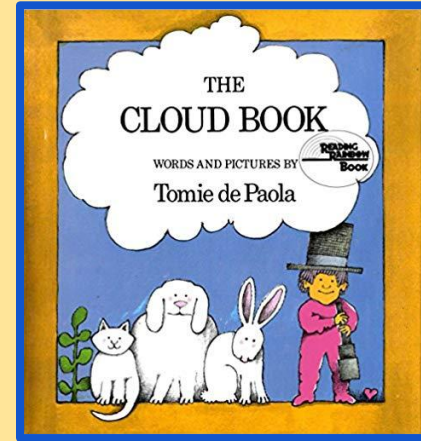
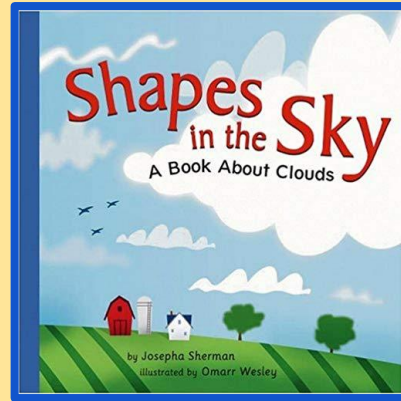
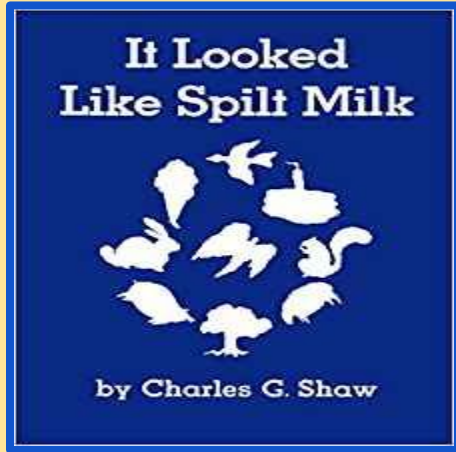


Project Read

840 West Orange Ave., SSF CA 94080

650.829.3871 www.ssf.net/literacy

Science Club



Choose a Book

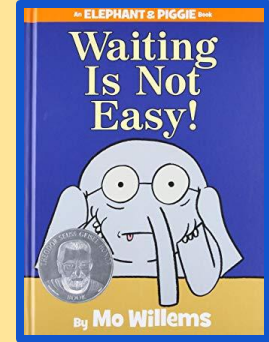
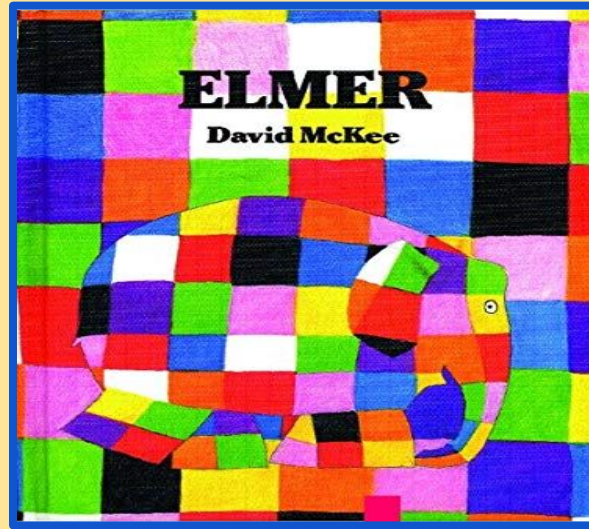
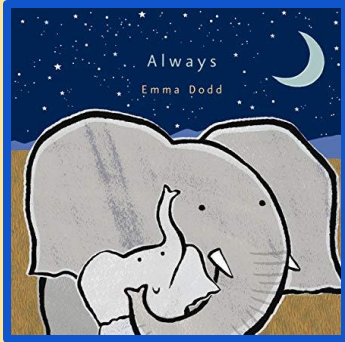
Science Club



Color Clouds

What shapes do you see in the swirling clouds of milk and color?

Science Club



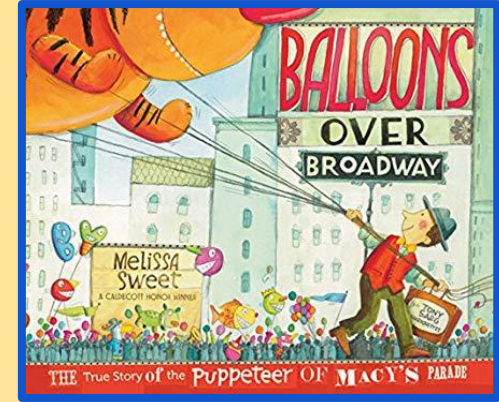
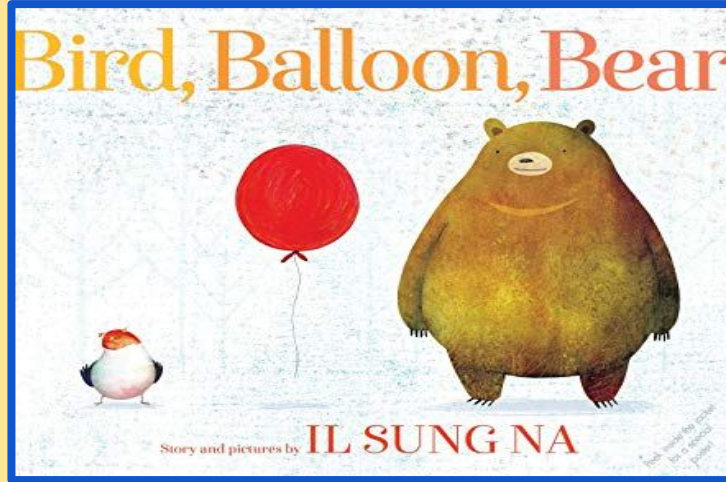
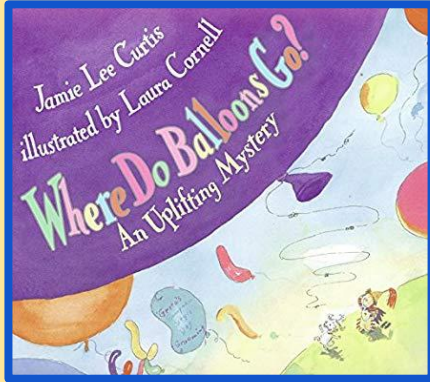
Elephant Books

Science Club



Elephant Toothpaste

Science Club



Balloons

Science Club

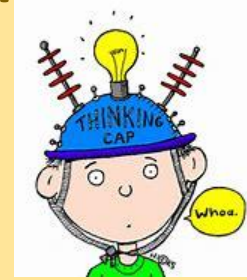


Expanding Balloons

Scientific Method



To watch and describe



Hypothesize

To guess, or predict results



Experiment

A test to find out what happens



Conclusion

The outcome or result

Bright Idea Break



The topic: program marketing
that communicates effectively
and entices families to come

Logos



Families for Literacy



Families for Literacy

5 WEEK SERIES



LIMITED SPACE.
Call to register or speak
to library staff. Families must be
able to attend all 5 sessions to register.

306 S. 7TH STREET, FOWLER



WINTER BREAK Family Activity



10:30am to 2pm

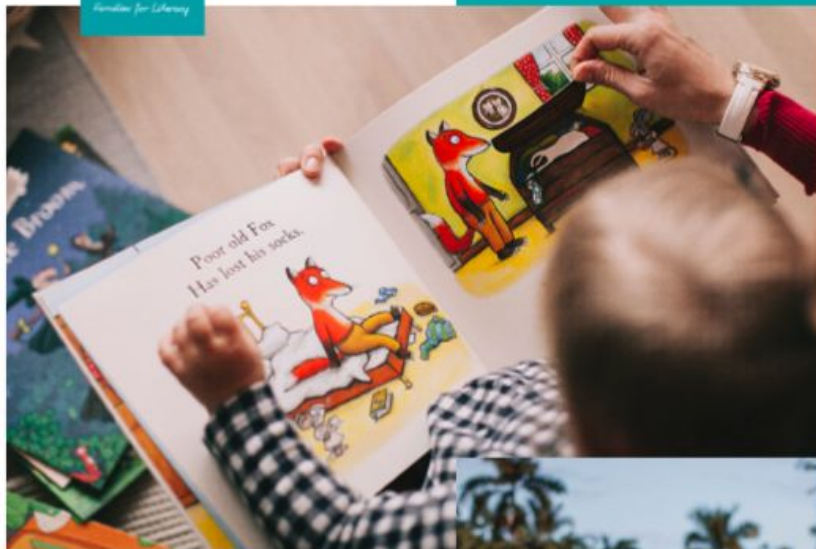
THURSDAY
December 20



LIBRARY www.freeschoollibrary.org



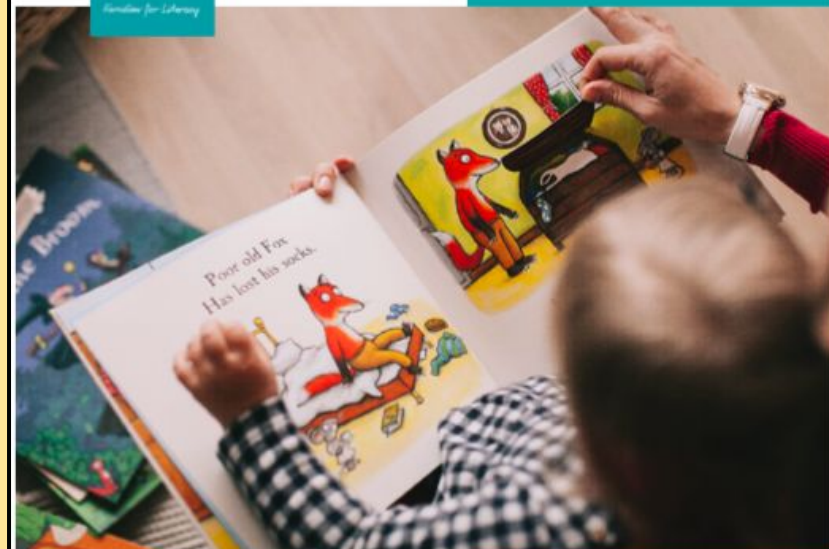
Project Read



FLYERS



Project Read



Come join a free

Family Reading Program

For parents, babies and toddlers!

- Free books and refreshments
- Improve your reading & writing
- Meet other parents
- Make family album

Where: Community Learning Center
520 Tamarack Lane, SSF

When: Tuesdays, May 1, 8, 15,
22, & 29 2019
8:45 – 11:00 AM

RSVP: Call 650-829-3871 to RSVP

Want help raising a little reader?

Want to read better to a child in your life?

Need free books to build a home library?

Your Library Can Help

Give us a call! You'll be glad you did!

650-829-3871

Thank you
for your participation!

Now check out these resources...

Resources

Canada has great literacy resources! ABC Life Literacy Canada offers a list of fun activities for families to do in everyday situations for language development - bilingual adaptable. Here's the "Take 20" list of ideas to get families started in learning together everyday.

<https://abclifeliteracy.ca/fld/activity-idea>

[Download the Take 20 activities in PDF](#)



Resources

BabyBug, LadyBug and magazines with short poems, stories for families to read together. Beautiful illustrations to talk about, sturdy pages that can stand up to being handled enthusiastically, chewed on, etc. High-quality magazines for older kids on other topics, too.

<https://shop.cricketmedia.com/magazines-0-6-years.html>



Resources



STEAM kits (Science, Technology, Engineering, Art and Math) with materials and lesson plans for “hands-on” learning activities.

<https://raft.net>

Resources

Abriendo Puertas/Opening Doors mission “is to honor and support parents as leaders of their families and their child’s first and most influential teacher.” Their curriculum and materials are available in English and in Spanish. The curriculum is “grounded in research, reflects parent input, and uses a “popular education” approach to engage parents.” (Sometimes known as a Freirian approach or critical pedagogy.)



Here’s a link to their 10-session family literacy curriculum:

<https://ap-od.org/our-curriculum-publications/>

And free tools for parents: <https://ap-od.org/parent-toolbox/>

Resources



connects nonprofits or socially-g geared organizations with professionals who want to donate their skills and talents to a good cause. They could consult with you over the phone for an hour, or might have someone who wants to help you see a project through.

Catchafire worked with South San Francisco Project Read to develop high-quality promotional materials through a partnership with the Peninsula Foundation.

https://www.catchafire.org/howitworks/organizations?ref=org_examples

Resources

Resources for family literacy - research, theory, some practice

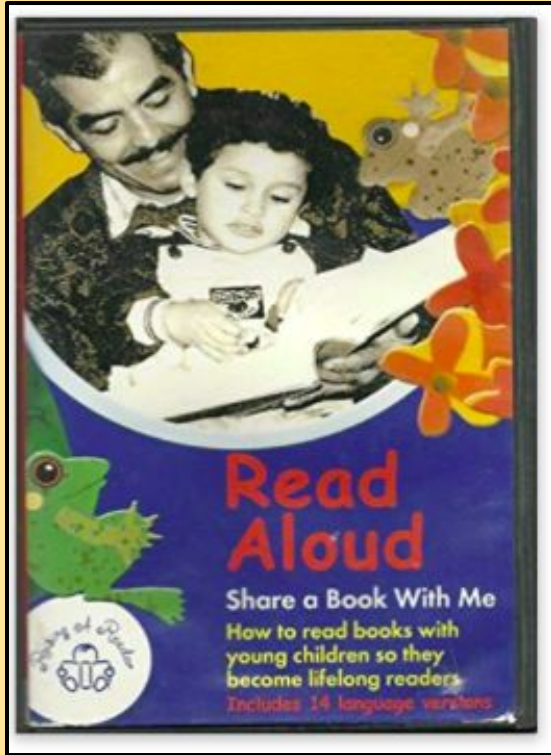
<https://national-coalition-literacy.org/research/family-literacy/>



Goodling Institute for Research in Family Literacy

<https://ed.psu.edu/goodling-institute/family-literacy-resources>

Resources



Read Aloud Share a Book With Me
A DVD from Raising a Reader.

It shows how a parent who's uncomfortable reading can share a book with a child. The DVD can be viewed in 11 languages.

[https://www.youtube.com/watch?v=dY8qq_uhAi8
&list=PL6ZYds3TasBSqSWz6hailMCHL3SSCy40K](https://www.youtube.com/watch?v=dY8qq_uhAi8&list=PL6ZYds3TasBSqSWz6hailMCHL3SSCy40K)

<https://www.amazon.com/Aloud-Share-Parent-Raising-Reader/dp/B0053D78MC>



Resources

The **Expanded Food and Nutrition Education Program (EFNEP)** from University of California, Agriculture and Natural Resources EFNEP serve 24 counties in California, helping limited-resource families gain knowledge, skills, attitudes, and changed behavior to choose nutritionally sound diets and improve their well-being. They present workshops, can provide Spanish-speaking nutritionists, and more. It's all FREE. They need information from participants for their funding which can be off-putting, but the resources are great.

<http://efnep.ucanr.edu/>

Resources

The United States Department of Agriculture's (USDA) My Plate, “illustrates the five food groups that are the building blocks that are the building blocks for a healthy diet.”



Dietary Guidelines for Americans 2015-2020

<http://ChooseMyPlate.gov>

Making a Pinata

Ultimate Paper Mache recipes.

Learn how to craft and decorate a piñata. You'll find both written directions and a video on how to make a paper mache strawberry piñata - and lots of other design ideas.

<https://www.berries.com/blog/how-to-make-a-pinata-three-ways>

Coming Soon to an Inbox near you!

- Recommended performers/facilitators
- Full copies of Literacy, Food, Fitness materials
- Science Club materials
- Early Literacy Resources from CLLS programs

Parent Handout - page 1

Eat a Rainbow Every Day!

Children need to eat foods from all the food groups to grow and stay healthy. Give them healthy food when they are the most hungry. After daycare or school, children can be very hungry!

Healthy Snacks:

- cut-up vegetables or fruit low-fat yogurt low-fat cheese
- dried fruit 1% milk applesauce
- 100% whole grain breads, cereal and crackers

Kids like to make their own snack. Try:

- Fresh fruits or dried fruits on top of yogurt!
- Unsweetened applesauce and apple butter on whole wheat toast or bagels.
- Granola on top of applesauce for an instant apple crisp.
- Low-fat string cheese in whole wheat pita bread with lettuce and tomatoes.
- Celery with peanut butter topped with raisins is also great!



Parent Handout - page 2

Eat a Rainbow Every Day!

Cut the Sugar and Fat. Foods to limit:

- Sugars (especially *high fructose corn syrup*)
- Trans fats (also known as *partially hydrogenated fats and oils*)
- Animal fats (butter, cheese, meat, ice cream)

Kids Need to be Active at Least One Hour a Day!

I dance to music	I swim	I walk	I jump rope
I bike ride	I hike	I play tag	I hide-and-seek



Parent Handout - page 1

Coma un Arcoiris Todos los Días

Antojos Saludables:

panes con 100% harina de trigo integral, cereales y galletas,
vegetales picados, frutas picadas, yogurt bajo en grasa.
queso bajo en grasa, nueces, y palomitas bajas en grasa.
fruta seca, leche al 1%, puré de manzana.

A los niños les gusta hacer sus propios antojitos. Pruebe:

Frutas frescas o secas con yogurt encima.

- Puré de manzana sin azúcar y mantequilla de manzana en pan tostado o bagels.
- Granola con puré de manzana encima para una manzana crujiente instantánea.
- Tiritas de queso bajo en grasa sobre un pan de pita con lechuga y tomates.
- Apio con mantequilla de cacahuete con pasitas encima, es delicioso!



Parent Handout - page 1

Coma un Arcoiris Todos los Días

Reduzca el azúcar y las grasas. Alimentos que debe limitar:

Azúcares (especialmente miel de maíz alta fructuosa)

- Grasas transgénicas (también conocidas como grasas y aceites parcialmente hidrogenadas)
- Grasas animales (mantequilla, queso, carne y helado)

Los Niños Necesitan estar Activos Cuando Menos Una Hora al Día!

bailar con música, nadar, caminar, saltar la cuerda

montar en bicicleta, escalar, tirar al tejo, a las escondidas



Making Color Clouds - page 1

What you need:

Plate

Milk

Water color or food coloring

Q-Tips

Liquid dishwashing soap

What to do:

Pour milk into the plate so that it covers the bottom. Put 4 drops of different colors into the center of the milk.

Making Color Clouds - page 2

What happens?

Milk has the surface tension that keeps the colors from mixing together. Surface tension is a force that causes the molecules on the surface of a liquid to be pushed together and form a layer.

What do you think will happen when you put a drop of dishwashing liquid in the center of the color? Add a few drops of soap using a Q-Tip.

What happens?

The milk's surface tension was broken by the dish soap allowing the colors to move together.

Try: Comparing the surface tension of whole milk and non-fat milk

Elephant Toothpaste - page 1

1. Mix **1 ounce of warm water** with **1 teaspoons of dry yeast** in one container and swirl together for a minute. The yeast (yeast is a tiny plant like microorganism) will catalyze (or speed up) a reaction.
2. Set a **plastic bottle** in the middle of a **pan** to catch the foam.
3. Mix these in the plastic bottle: **1/2 cup 6% hydrogen peroxide, 4-5 drops coloring and 1 squirt of dish soap.**

Pour the yeast mixture into the bottle...and be amazed!

Foam is awesome! The foam you made is special because each tiny bubble is filled with oxygen. The yeast acted as a catalyst (a helper) to remove the oxygen from the hydrogen peroxide. Since it did this very fast, it created lots and lots of bubbles. An Exothermic Reaction made the bottle warm. The foam produced is just water, soap, and oxygen so you can clean it up with a sponge and pour the excess down the drain.

- **Hydrogen peroxide (H_2O_2)** naturally breaks down into water and oxygen. It is stored in opaque containers to help slow down this process.
- **Catalase** (an enzyme in all living things, including yeast) speeds up the reaction. Dish soap catches the oxygen and makes bigger bubbles and the water color makes it look cool.

Expanding Balloons

1. Pour $\frac{3}{4}$ cup of white vinegar into an empty drinking bottle.
2. Make a paper funnel (or use a commercially made plastic funnel) to pour 2 Tablespoons of baking soda into the balloon.
3. Stretch the opening of the balloon over the mouth of the plastic bottle.
Note: Don't mix the baking soda into the vinegar! Keep the contents of the balloon hanging over the side of the bottle.
4. Engage a "count down" before lifting up the balloon and tipping the baking soda into the vinegar.
5. Watch to see what happens. (The gas resulting from the chemical reaction between the soda and the vinegar should inflate the balloon).