



QUIET TIMES

It's a lot easier for children to get wound up and going than to slow down and stop. Give them time to stop slowly. Their minds need some transition time so that they can begin slowing their bodies down. Remind them two or three times before you want them to stop.

FOR EXAMPLE:

We have about 10 minutes and then we need to be going.

FOLLOWED BY:

We have about five more minutes. Where do you want to spend it?

THEN:

Okay, time for one last slide, then we're out of here.

To help your child settle down after active play, try to develop a regular cool down routine. Here are some ideas:

- Offer your child a refreshing glass of water.
- Offer your child a favorite comfort.
- Offer to read your child a story — try the wonderful titles listed at the end of this section, or an old favorite!
- Teach your child a special signal that lets her know it's time to cool down — this could be clapping your hands, holding up 2 fingers in the air, or singing a familiar song like "Twinkle, Twinkle Little Star." Use this signal every time it's time to settle down.

AVOID USING TV, VIDEOS OR COMPUTERS AS YOUR MAIN QUIET TIME ACTIVITY.

Like the rest of us, children don't do as well when they are tired. Getting tired makes physical coordination more difficult. Watch for signs of tiredness and find ways to let your child rest between active play time. Build in favorite quiet time activities between high energy and high effort play.

SAMPLE SCHEDULE

breakfast, help make the beds

outdoor play

drink of water, snack and a story

help mom pick up, practicing related skills
(tossing clothes in laundry basket, into the washing
machine etc.)

indoor game with music

lunch and rest time (if child no longer naps suggest a
favorite quiet activity)

outdoor play (trip to the park or playground)

snack and a story (act out the parts)

help put laundry away

help make dinner, set the table

dinner followed by a walk around the block or garden
— skip, hop and gallop

bath, story and bed



READING SUGGESTIONS FOR QUIET TIMES



Check out these children's books at your local library.

Growing Food

Growing Vegetable Soup
by Lois Ehlert

This Year's Garden
by Cynthia Rylert

Pumpkin Pumpkin
by Jeanne Titherington

*Roots, Shoots, Buckets
and Boots*
by Sharon Lovejoy

*Bread and Jam for
Frances*
by Russell Hoban

How a Seed Grows
by Helene J. Jordan

*Native American
Gardening*
by Michael J. Caduto
and Joseph Bruchac

Oliver's Vegetables
by Vivian French

Blueberries for Sal
by Robert McCloskey

One Child, One Seed
by Kathryn Care

Dinner from Dirt
by Emily Scott

Shaina's Garden
by Denise Patrick

Cooking

*This is the Bread I Baked
for Ned*
by Crescent Dragonwagon

Bread, Bread, Bread
by Ann Morris

Pancakes for Breakfast
by Tomie dePaola

My First Kitchen Gadget
(series of six)
by Joanne Barkan

Feast for 10
by Cathryn Falwell

Apple Pie Tree
by Zoe Hall

The Popcorn Book
by Tomie dePaola

Chop, Simmer, Season
by Alexa Brandenburg

Food Folklore and Cultural Stories

*Corn is Maize: The Gift of
the Indians*
by Aliko

Johnny Appleseed
by Steven Kellogg

Stone Soup
by John W. Stewig

Fiesta U.S.A.
by George Ancona

*Let's Eat: What
Children Eat Around the
World*
by Beatrice Hollyer

Thanksgiving Day
by Anne Rockwell

*Big Cheese for the
White House*
by Candace Fleming

Love as Strong as Ginger
by Lenore Look

*Mama Provi and the Pot
of Rice*
by Sylvia Rosa-Casanova

Strega Nona
by Tomie dePaola

The Runaway Tortilla
by Eric Kimmel

The Runaway Rice Cake
by Ying Chang
Compestine

*Carlos and the Squash
Plant*
by Jan Romero Stevens

Carolina Shout!
by Alan Schroeder

Brave Potatoes
by Toby Speed

Foods and Eating

Alphabet Soup

by Kate Banks

Gregory, the Terrible Eater

by Mitchell Sharmat

What a Good Lunch!

by Shigeo Watanabe

How Pizza Came to

Queens

by Dayal Kaurkhalsa

The Very Hungry

Caterpillar

by Eric Carle

Planting a Rainbow

by Lois Ehlert

If You Give a Moose

a Muffin

by Laura Joffe Numeroff

One Little Spoonful

by Susan Alike

I Will Never Not Eat

a Tomato

by Lauren Child

Jambery

by Bruce Degen

Oliver's Fruit Salad

by Vivian French

Daddy Makes the Best

Spaghetti

by Anna Grossnickle

Hines

Pancakes, Pancakes

by Eric Carle

The Cake That Mack Ate

by Rose Robart

Oh Dear!

by Rod Campbell

The Little Red Hen

by Paul Galdone

The Three Bears

by Paul Galdone

Peanut Butter and Jelly

by Nadine Bernard

Wescott

Soup for Supper

by Phyllis Root

Fruits and Vegetables

by Gladys Rosa

Mendoza

Eating the Alphabet

by Lois Ehlert

Like Butter on Pancakes

by Jonathon London

Anytime Mapleson and

the Hungry Bears

by Mordicai Gerstein

Dinner at the Panda

Palace

by Nadine Bernard

Wescott

The Pea Patch Jig

by Thacher Hurd

Apples and Pumpkins

by Anne Rockwell

I Eat Fruit

by Hannah Tofts

I Eat Vegetables

by Hannah Tofts

Foods and Counting

Making Minestrone

by Stella Blackstone

Ten Apples Up on Top

by Theo LeSieg

The Rajahs Rice

(a mathematical folklore tale from India)

adapted by David Barry

Today is Monday

by Eric Carle

One Potato: A Counting

Book of Potato Prints

by Diana Pomeroy

Ten Red Apples

by Pat Hutchins

Too Many Tamales

by Gary Soto

Each Orange Had 8 Slices

by Paul Giganti