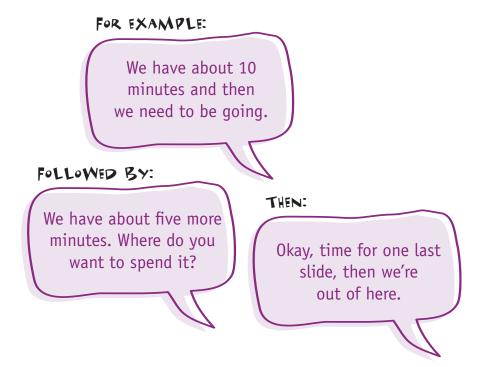
AVIET TIMES It's a lot easier for children to get wound up and going than to slow down

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.



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 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 gard — 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

Cooking

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 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 Aliki

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 Shiqeo Watanabe How Pizza Came to **Oueens** 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 Aliki I Will Never Not Eat a Tomato by Lauren Child Jamberry by Bruce Degen Oliver's Fruit Salad by Vivian French Daddy Makes the Best Spaqhetti 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