SCHOOL READY LIBRARIES LINK UP: INTRODUCTION TO NEMOURS & PARTNERSHIP FOR A FIT KENTUCKY

KENTUCKY DEPARTMENT FOR LIBRARIES AND ARCHIVES
SEPTEMBER 1, 2016
Purpose of Study

Commissioned by the Kentucky Department for Libraries and Archives and funded by the Institute of Museum and Library Services with the cooperation and collaboration of the University of Kentucky to create a project to improve the school readiness knowledge and skills of public library staff.
Project Impact

- Transform practice
- Build greater skills & abilities in staff
- Contribute to results that will benefit diverse constituencies
- Adoption & Replication
KDLA School Ready Libraries

In partnership with the University of Kentucky Human Development Institute, School Ready Libraries is a three-year project that seeks to develop a comprehensive approach to providing Kentucky public library staff with the training and skills needed to implement successful school readiness programming. Through this project, KDLA hopes to provide access to essential knowledge of early childhood development that can be used as a foundation for future development and practical application of public library services and community collaborations.

For more information about the grant, visit the following links:

- Project Abstract
- Archived School Ready Libraries Link-Up Webinars

Upcoming Webinar

School Ready Libraries Link-Up: Introduction to NEMOURS & Partnership for All Kentucky

Thursday, September 1st
1-2pm ET

Early Childhood Development Modules

The registration period for School Ready Libraries Module 1: Cognitive Development has closed. Please check back in Fall 2016 for updates.

Additional Resources:

- Kentucky School Readiness Definition
- Kentucky School Readiness Brochure
- READiness Matters Task Force
- Counting Down to Kindergarten
  Written by Lynn Baker, Children’s Library at Paul Sawyer Public Library (Frankfort, KY) and Chair of READiness Matters Taskforce
- “Hello Tomorrow!” K READiness Book
  Created and provided by the Kentucky Psychological Foundation
- Libraries Transform Communities

If you have questions concerning youth library services, please contact:

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Youth Services Consultant
Kentucky Department for Libraries and Archives
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Frankfort, KY 40601
(502) 564-1739
Krista.King-Oaks@ky.gov

Connect with KDLA
Partnership opportunities for School Readiness

Focus on

Health & Physical Well-Being
School Readiness

5 DOMAINS

1. Health & Physical Well Being
2. General Knowledge & Mathematics
3. Language & Communication Development
4. Social & Emotional Development
5. Approaches to Learning

Partnership for a Fit KY

• The Partnership for a Fit Kentucky (PFK) is a team of leaders, administrators, advocates, health professionals, and community members who care about the health and future of Kentucky citizens.

• Our mission is to support policy, environmental, and system changes that promote healthy eating and active lifestyles.

• https://www.fitky.org/
Partnership for a Fit KY

• Access to Healthy Foods
• Access to Physical Activity
• Breastfeeding
• Early Care & Education
• Schools
• Worksite Wellness
Resources

• A compiled searchable library of documents, toolkits and websites that will be useful for anyone interested in Kentucky’s obesity efforts.

• Blog and information you are free to drop in your newsletter, blogs or websites

• Join our list serve to receive updates on what is happening in Kentucky!
5210 Toolkit

HEALTHY NUMBERS FOR KENTUCKY FAMILIES
Free Resources to order

Posters

Brochures

Stickers

http://chfs.ky.gov/dph/mch/hp/5210/default.htm
Resources to Download

Fruit & Veggie Tracker

Children should eat FIVE OR MORE fruits and vegetables every day.

Child's Name: ____________________________
Challenge Dates: __________________________

Use this log to check off how many servings of fruits and vegetables your child ate each day. Keep up the good work! Some tips for how to increase your child's fruit and vegetable servings:

- How many fruits & vegetables did your child have this week? __________
- What made it hard to get all 5 servings each day? 

Repeater-Eater Log

It can take a minimum of 10-12 exposures before our taste buds accept a new food! So keep trying, get creative with recipes and have some fun exploring new foods. Use this log to check off each time your child tries a fruit or vegetable. Check out our tips for how to increase the fruits and vegetables your child eats, even if they are a picky eater.

Screen Time Log

Children over age 2 should get no more than TWO HOURS of screen time a day.

Child's Name: ____________________________
Challenge Dates: __________________________

Use this log to fill in the number of hours your child spends in front of a screen each day. If it's less than 2 hours, keep up the good work! If it's 2 hours or more, check out our tips to reduce your family's screen time!

http://chfs.ky.gov/dph/mch/hp/5210/default.htm
Resources to Download

5-2-1-0 Calendar

Activity Ring

Coloring Pages

http://chfs.ky.gov/dph/mch/hp/5210/default.htm
Book list

• Broken down by behavior
• Suggested age range
Coming Soon!

• Online module on 5-2-1-0
• 2 Clock hours in ECE TRIS for ECE professionals
• Available to all
• https://learn.hdi.uky.edu/
ECELC (ECE Learning Collaboratives) Project

• Launching in October 2016 in Shelby, Hardin, Jefferson and Daviess Counties.
• 13 ECE programs from each community
• Each program represented by 3 leaders who will attend four face to face training sessions over 8 months
• Focus on best practices in Healthy Eating, Physical Activity, Family Engagement and Staff Wellness
ECELC Project ....

• What's in it for programs
  – Free training
  – $500 in incentives funds (unrestricted)
  – Networking with peers
  – Free resources such including
    • Supplemental curriculums
    • Cook books
    • Activity kits
Farmer’s Markets

• Partner with your farmer’s market and their partners
• Pop up library
• Sponsor an activity or story time at the market
• Adult programming
• Explore if your library does Kid’s Bucks or Double dollars
Sometimes the simple things aren’t so simple for everyone.
All Kentuckians DESERVE safe, inviting places to be active.
Small Steps You Can Take

Join *Step It Up, Kentucky!*

Tag photos with #StepItUpKY

Attend a pedestrian planning training.

Ask local government to adopt your plan.

Promote or host walking programs and events.

Make walking safe, easy and fun.
Step It Up, Kentucky!
Campaign Overview

US SURGEON GENERAL
• Create a national walking movement
• Commit to building places for walking
• Engage all sectors in making walking a national priority

KENTUCKY
• Promote his message
• Raise awareness of walkable communities
• Connect partners to existing KY resources
• Identify #fitkyheroes
• Encourage walking
Step It Up, Kentucky!
Join Us

Endorse *Step It Up, Kentucky!*

- Follow our Small Steps Guide
- Share the Message
- Join the Conversation
- Use the Logo
Boone County Public Library (BCPL)

Main Library

Lisa M. Sensale Yazdian
• Partner: Boone County Success By 6®
• Creation of theme based storytime bins
  – 5: Eat five or more servings of fruits and vegetables every day
    • Fruits and Veggies
  – 2: Limit two or less hours of daily TV or computer use
    • Let’s Pretend
  – 1: Get one hour or more of physical activity
    • Get Up and Go
  – 0: Drink zero high-sugar drinks
    • Splish Splash
### Splish Splash! 0 Sugary Drinks

#### Participatory Books

<table>
<thead>
<tr>
<th>Title &amp; Author</th>
<th>Activity &amp; Early Literacy Skill</th>
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<tbody>
<tr>
<td><strong>I Spy Under the Sea</strong></td>
<td>Children use clues to guess the animals. Expand learning by discussing other animals that fit</td>
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<tr>
<td>Edward Gibbs</td>
<td>some of the categories mentioned (e.g., animals with curly tails, etc.) Use the enclosed pins</td>
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<tr>
<td></td>
<td>for sorting. Background knowledge</td>
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<tr>
<td><strong>Nine Ducks Nine</strong></td>
<td>Activate background knowledge by asking kids what they know about foxes and ducks. Have kids</td>
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<tr>
<td>Sarah Hayes (prof big book)</td>
<td>repeat, &quot;One duck ran away...&quot; and/or &quot;I'm Off&quot;. Narrative/Oral Language</td>
</tr>
<tr>
<td></td>
<td><strong>One-Dog Canoe</strong></td>
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<td></td>
<td>Have children act out some of the action words used in the story so they understand their</td>
</tr>
<tr>
<td></td>
<td>meanings (wagged, scrambled, stretched, bounded, teetered, tottered, etc.). <strong>Vocabulary</strong></td>
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### Additional Books: Title & Author

- **Bathtime Piggy Wiggly**  | Christyan and Dian Fox                          |
- **The Big Storm**          | Nancy Tefuri                                     |
- **Fabulous Fishes**        | Susan Stockdale                                   |
- **Frog in a Box**          | Karma Wilson                                      |
- **Life-Size Aquarium**     | Teruyuki Komiya                                   |
- **The Puddle**             | David McPhail                                     |
- **Rub-a-Dub-Sub**          | Linda Ashman                                      |
- **Swim, Little Wombat, Swim**  | Charles Fuge                                     |

### Music CD Title

<table>
<thead>
<tr>
<th>Track Title &amp; #</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ukulele Frog</strong></td>
<td>Lisa's Copy</td>
</tr>
<tr>
<td></td>
<td>Perform Actions (song is a little fast)</td>
</tr>
<tr>
<td><strong>Wiggle Ray</strong></td>
<td>Swim Like a Fish #3</td>
</tr>
<tr>
<td></td>
<td>Use streamers</td>
</tr>
</tbody>
</table>
Magnetic/Flannel Boards: Lilypad Match; Which Frog is Missing?; Five Spring Flowers; Five Elephants in a Bathtub

Craft/Activity:

Fun with Play Dough! Encourage kids to make sea creatures or other living things playing in the water.

Fish, Fish, Shark
This game is based on the game Duck, Duck, Goose. The children are in a circle and one child walks around tapping the other children on the head saying fish each time until they say shark once. The child designated shark then chases the other child around the circle trying to tag him/her before reaching the empty space in the circle. If the original shark sits down before being tapped, the new shark begins the game again. If the original shark is tapped before sitting down, he/she is the shark again.

* Remember to share at least one early literacy tip with parents!
Little Fish
(Tune: "All Around the Mulberry Bush")

Little fish in the water,
Sitting so still,
Little fish won't you splash,
Yes I will!

Big fish in the water,
Sitting so still,
Big fish won't you splash,
Yes I will!

(kids jump up and "swim" using little or big movements)

Two Little Frogs
(hold up thumbs or fingers)

Two little frogs sitting on a hill,
One named Jack and one named Jill.
"Jump," said Jack.
"Jump," said Jill.
And they both jumped down the great big hill.
Come back, Jack.
Come back, Jill.
And they both jumped up the great big hill.
Rethink Your Drink!

Sweetened drinks like sodas, sports drinks and iced tea contain a lot of added sugar. Drink water and low fat milk instead.

The Scoop on Juice
- Children 6 months and under should not have any juice.
- Children 1-6 years old should be limited to 4-6 ounces per day.

In the Kitchen
Look at the nutrition fact labels of beverages in your home with your child. Choose a couple of drinks and compare which drinks have the most and least amount of sugar with a simple demonstration.

Materials: drinks (include water), clear cup for each drink type, sugar, teaspoon

Directions:
1. Line up clear cups in front of each drink bottle.
2. Measure how many teaspoons of sugar are in 1 drink serving and place that much sugar into a cup [1 tsp of sugar is about 4 grams].
3. Compare amounts. Discuss the concept of more/less and making healthy choices.

5-2-1-0
HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Discovery Stations

- Passive Programming
Ready...Set...Learn Early Literacy Training Series for ECE Settings

• Partner: Boone County Community Early Childhood Council

• 4 Early Literacy Content Sessions (2 hrs) with Coaching (8 hrs/program)
  – Incorporating Books in Interest Areas/Centers (Read)
  – Oral Language/Vocabulary (Talk)
  – Phonological Awareness (Sing)
  – Writing (Write)

• 1 session for participants to showcase a final family engagement project around a StoryWalk® incentive (1 hr)
Ready...Set...Learn Early Literacy Training Series: Incentives

• StoryWalks®

- Oral Language/Vocabulary (Talk)
- Phonological Awareness (Sing)
- Writing (Write)
We are excited that Miss Candace from the BCPL could join us tonight! Miss Candace visits CrossRoads in the Community Center on wheels (the bookmobile 😊). Your children LOVE her and get so excited on Library day!

Don’t forget to make your own Russell in our Craft area!
Ready...Set...Learn Early Literacy Training Series: Incentives
Fun Songs and Activities
For Three through Five Year Olds

A Little Seed

A little seed I plant in the ground
(pat ground)
A little rain comes sprinkling down
(wiggle fingers to the ground)
A little sun comes shining through
(form circle around head with arms)
I pick a flower just for you!
(pick flower and hold it out in front of you)

Mary, Mary, Quite Contrary

Mary, Mary, quite contrary,
How does your garden grow?
With silver bells and cockle shells
And pretty maids all in a row!
The way you talk with children makes a difference. Talking to get something done (business talk) is not rich talk. Rich talk is accomplished through extra talk. Tell a story about something that happened, or tell more about what you are going to do.

During play you can say, "Rufus, the labradoodle, needs to go to the veterinarian’s office for an appointment," or, "What is the secret ingredient that makes this hamburger so spicy?"

Extra talking may not seem like much, but over time it adds up. Rich talk will increase vocabulary and help a child understand so much more when she learns to read.

**Good Read-Alouds for Threes through Fives:**

*Minerva Louise and the Red Truck* by Janet Morgan Stoeke

*Say What?* by Angela DiTerlizzi

*Swim! Swim!* by James Proimos

*Zoo Animal Mysteries* by Pebble Plus

Go to [www.bcpl.org](http://www.bcpl.org) to reserve a copy!
StoryWalks®

- Partners: Boone County Parks and Recreation and a Girl Scout
- Creation of 3 StoryWalks®
StoryWalks®

StoryWalk

Can you leap like a squirrel to the next sign?

A tree's roots help it grow. What things help you grow?

We now know there are many animals living in the tree. Which one would you like to be? Why?
Making Partnerships Work

• Acknowledge that you are working together to achieve common goals; reiterate those goals
• Gain administration buy-in and support
• Have clearly defined roles and expectations
• Encourage and support risk taking
• Celebrate successes

*Who are your current partners?  
*Who would you like to partner with in the future?
Questions or Concerns
Thank you for attending today’s webinar!

Contact us!

Krista King-Oaks
KDLA Youth Services Consultant
(502) 564-1739
krista.king-oaks@ky.gov

Save the date!

- Introduction to HANDS
  - Thursday, November 3
  - 1-2pm ET (12-1pm CT)

Thank you to IMLS!

This project was made possible in part by the Institute of Museum and Library Services (IMLS) grant number RE-06-15-0077-15, under federal funding to the Kentucky Department for Libraries and Archives. The Institute of Museum and Library Services is the primary source of federal support for the nation’s 123,000 libraries and 35,000 museums. Our mission is to inspire libraries and museums to advance innovation, lifelong learning, and cultural and civic engagement. Our grant making, policy development, and research help libraries and museums deliver valuable services that make it possible for communities and individuals to thrive. To learn more, visit www.imls.gov and follow IMLS on Facebook and Twitter.