

**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



Project Website

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



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](#)
ALA National Commission

- [Home](#)
- [KDLA Catalog](#)
- [e-Archives](#)
- [Ask a Librarian](#)
- [Public Library Directory](#)
- [Kentucky Library Job List](#)
- [Records Retention Schedules](#)
- [Kentucky Talking Book Library](#)

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

Krista King-Oaks
Youth Services Consultant
Kentucky Department for Libraries and Archives
300 Coffee Tree Road
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

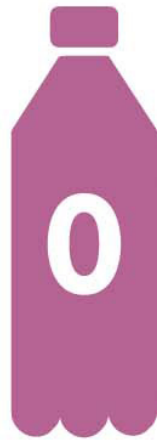
- Access to Healthy Foods
- Access to Physical Activity
- Breastfeeding
- Early Care & Education
- Schools
- Worksite Wellness



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

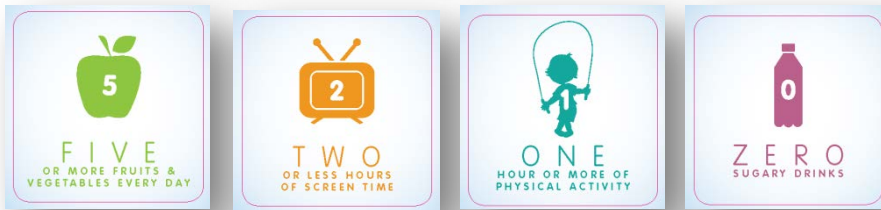
Posters



Brochures




Stickers




<http://chfs.ky.gov/dph/mch/hp/5210/default.htm>

Resources to Download

Fruit & Veggie Tracker



HEALTHY NUMBERS FOR KENTUCKY FAMILIES



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

Child's Name: _____

Challenge Dates: _____


Use this log to check off each time you eat fruits and vegetables. Keep up the good work! Use the tips to increase the fruits and vegetables your child eats!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 serving				
2 servings				
3 servings				
4 servings				
5 servings				
BONUS!				

How many fruits & vegetables did your child have this week? _____

What made it hard to get all 5 servings each day? _____

Repeater-Eater Log




HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Child's Name: _____


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 pickier eater!

	1	2	3	4	5	6	7	8	9	10
FOOD										

Screen Time Log



HEALTHY NUMBERS FOR KENTUCKY FAMILIES



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!

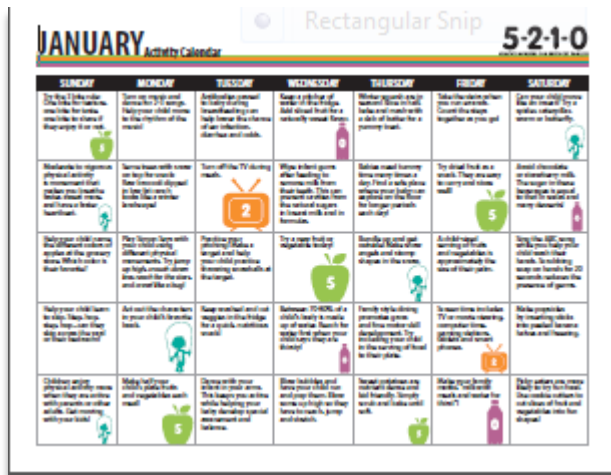
	TV or Movies	Video Games	Smartphones or Tablets	Computer	Total Hours Each Day
DAY					
DAY					
SDAY					
DAY					
DAY					
DAY					
DAY					

How much screen time did your child have this week? _____

What was the source of most of your child's screen time? _____

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!*



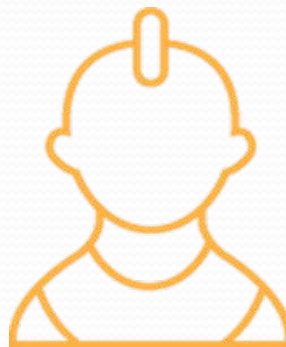
Tag photos with *#StepItUpKY*



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



Storytimes

- **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

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

Storytimes

STAMP

Splish Splash! 0 Sugary Drinks

LMSY

Participatory Books

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

Additional Books: Title & Author

<i>Bathtime Piggy Wiggy</i> Christyan and Dian Fox
<i>The Big Storm</i> Nancy Tafuri
<i>Fabulous Fishes</i> Susan Stockdale
<i>Frog in a Bog</i> Karma Wilson
<i>Life-Size Aquarium</i> Teruyuki Komiya
<i>The Puddle</i> David McPhail
<i>Rub-a-Dub-Sub</i> Linda Ashman
<i>Swim, Little Wombat, Swim</i> Charles Fuge

Music CD Title	Track Title & #	Activity
<i>Ukulele Frog</i>	Lisa's Copy	Perform Actions (song is a little fast)
<i>Wiggle Bay</i>	Swim Like a Fish #3	Use streamers



Storytimes

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!**

Splish Splash

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.



LSY Aug.-Oct. 2012

- **Passive Programming**

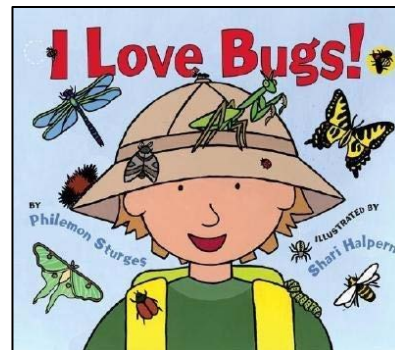


Ready...Set...Learn Early Literacy Training Series for ECE Settings

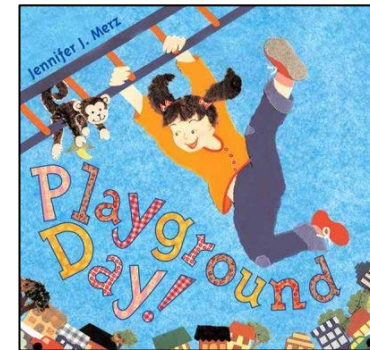
- **Partner: Boone County Community Early Childhood Council**
- **4 Early Literacy Content Sessions (2 hrs) with Coaching (8 hrs/program)**
 - Incorporating Books in Interest Areas/Centers (Read)
 - Oral Language/Vocabulary (Talk)
 - Phonological Awareness (Sing)
 - Writing (Write)
- **1 session for participants to showcase a final family engagement project around a StoryWalk[®] incentive (1 hr)**

Ready...Set...Learn Early Literacy Training Series: Incentives

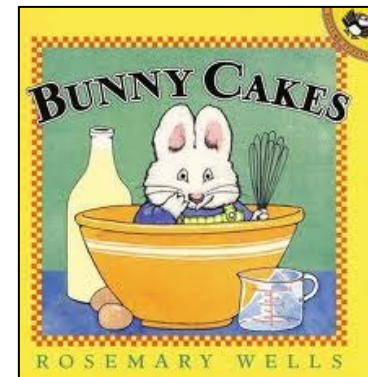
- StoryWalks®



Oral Language/Vocabulary (Talk)



Phonological Awareness (Sing)




Writing (Write)

Ready...Set...Learn Early Literacy Training Series: Family Night



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.

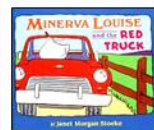
Good Read-Alouds for Threes through Fives:

Minerva Louise and the Red Truck
by Janet Morgan Stoeke

Say What? by Angela DiTerlizzi

Swim! Swim! by James Proimos

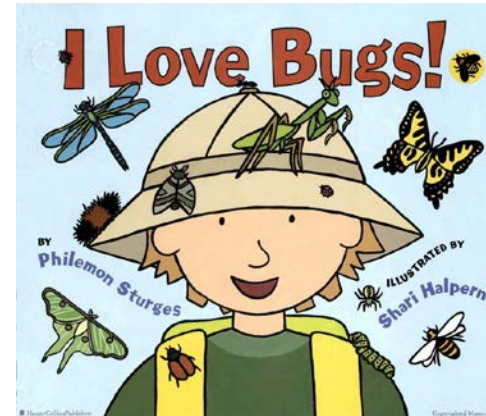
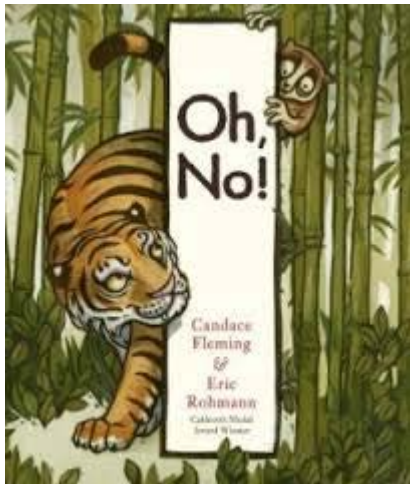
Zoo Animal Mysteries by Pebble Plus



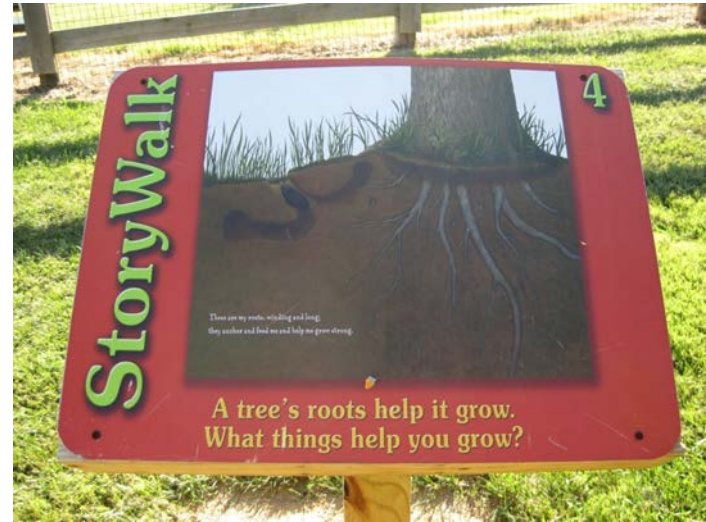
Go to www.bcpl.org to reserve a copy!

StoryWalks®

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



StoryWalks®



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](#).