Washington State University Children’s Center
Evening Care and Family Resources Newsletter

In continued partnership the GPSA and the WSU Children’s Center are working together to support families. This spring the Evening Care Program suspended services weeks earlier than expected due to COVID-19 and Governor Inslee’s “Stay Home, Stay Healthy” proclamation. We understand that completing your course work, research and careers during this crisis is challenging, and adding parenting to the mix is a lot to handle. The Evening Care staff will be providing ideas for families over the summer.

For all the families who are enrolled in the Evening Care program each family will be provided with an activity bag for your child(ren). Those are being assembled and you will receive an invite through your Sign-Up Genius account to arrange for distribution. We miss you all and were saddened to end the program early. However, we value everyone’s health and safety and appreciate the efforts to Stay Home and Stay Healthy. If you are enrolled and have not received an invite by May 1st, please contact Emily at Emily.leiterman@wsu.edu.

Take advantage of the beautiful weather and time together with a family scavenger hunt:

- Write or draw things to match or find outside. Your child can use this as they explore during family walks. Rainy days you can do the activity inside! You can create based on your child’s age!
- Skills: Children build their skills matching and comparison skills. They practice and develop observational and recording skills. You can extend this to include attributes to look for thus expanding a child’s knowledge of physical properties.
- How: Below are a few simple samples of one’s I have made. Just add colors to a piece of paper. Children can explore for things that match this color.

Balancing school, work, parenting and so much more during this time at home.

Consider ways to get your child involved with planning a weekly menu, helping to cook and having “table talk” conservation starters.

- Menu planning with children allows them to have a sense of ownership in what is being planned, and will often lead to their interest in eating a new food. While helping to cook (adding ingredients, washing the produce, helping to mix or cut) all support a child’s learning and understanding of processes.

- Conversation starters are light hearted questions that can open up conversations and keep to focus on issues other than being “stuck at home”. Here are just a few examples: What was the best part of your day? If you could travel instantly to anywhere in the world where would you go? What would be a really good flavor of toothpaste? What makes you happy? Share something nice about the person on your left. What is your favorite insect and why? What do you do to help calm down? If you could create a new vegetable what would you name it and how would it taste?
  - You can write them on paper and put in a bowl. Each meal a child can pick one out and start a conversation. Along with the fun the activity also builds on the following skills: Communication, listening and comprehension, vocabulary and emergent writing (let the children assist to scribble/write) on paper.
Resources:
Childcare Aware of America, Vroom and the CDC the many resources at home tips for parents for you to download available at [www.childcareaware.org](http://www.childcareaware.org). Here are a few examples of what you can print off based on your family’s needs.

We would enjoy seeing photos of the activities you try at home. Please feel free to send a photo to share with the Children’s Center staff.

On behalf of the WSU Children’s Center we wish you all well! We will look forward to seeing you again in the fall for Evening Care. If you have any questions or would like more information please contact Emily.leiterman@wsu.edu.