

Help Me Grow Utah Family Events

Page 2: Map of the event: Families arrive and receive an ASQ to complete while they roam around to the various activity stations with their children. At each activity station the parent plays with their child and learns simple activities that can support their child's development in the home. If they complete an ASQ and turn it in at the ASQ Tables in the center of the room, they will be entered to win a prize. Once they turn in the ASQ to the person at the ASQ table, that person (a trained HMG intern) will score the ASQ and review it with the parent. We also have activity sheets and resources located at a parent table for them to take with them.

Page 3: Master Items List – A simplified example of all the items we use for the various activity stations and other set-up for the event.

Page 4-6: Activity station instructions for the volunteers who are placed to monitor the activities and to talk with the parent and play with the child.

Page 7: Volunteer Training day of event. Additional volunteer training prior to the event includes our very amateur videos about each station found on the Help Me Grow Utah YouTube channel.

Page 8: Volunteer sign-in list, including their station assignment and how they hear about the volunteer opportunity.

Page 9-12 Parent Handouts – activity sheets and information on basic developmental milestones. Not included are information sheets for all five ASQ domains, milestones in feeding/nutrition, activity sheets for books, balls, blocks, information about the importance of play and a handout including parental advice.

Pages 13-14: Instructions for Eagle Scouts or other individuals who are looking to do service projects in the area. We've received a lot of the items we use and give away at the events from Eagle Scouts and other organizations.

Page 15: Marketing sample

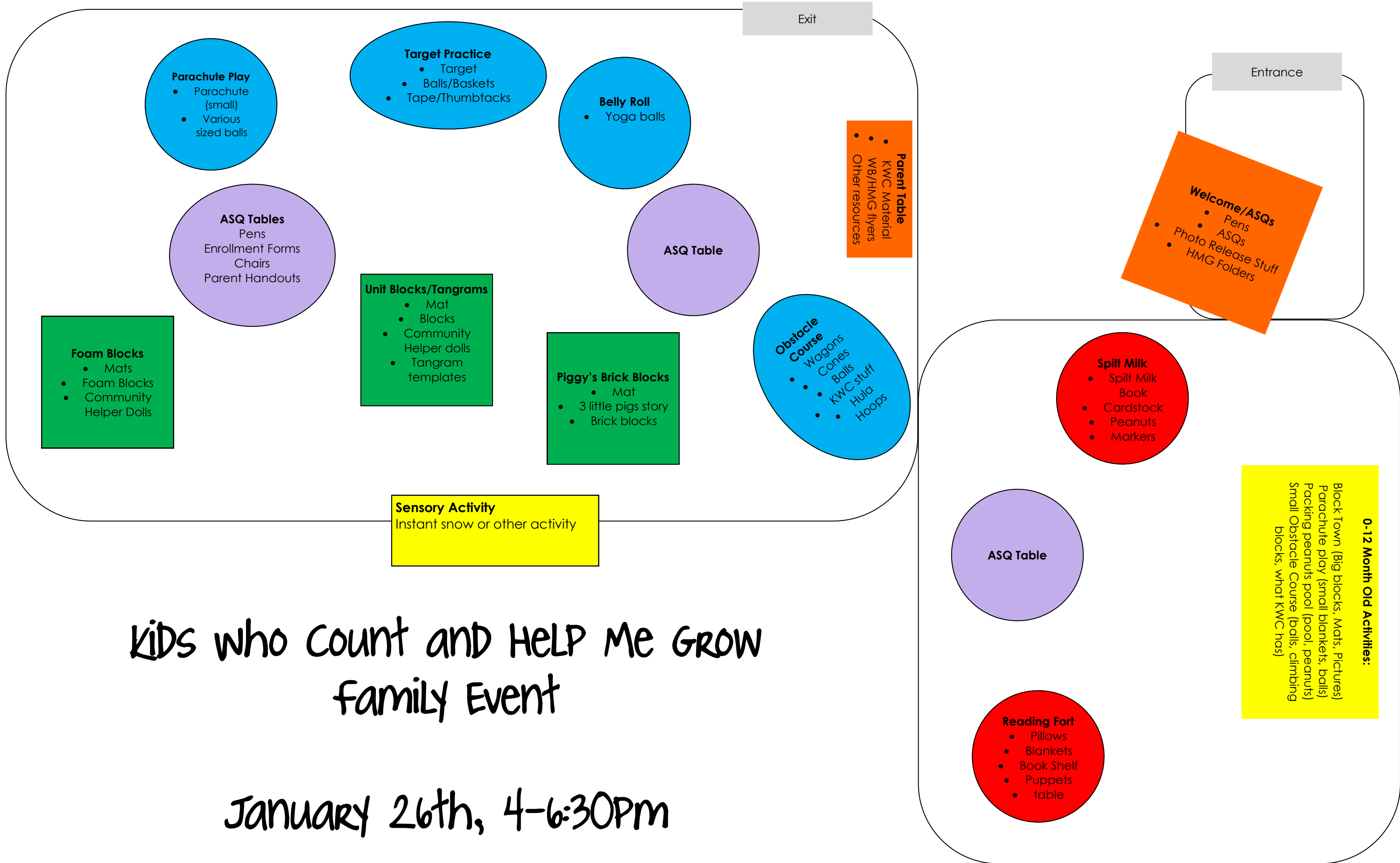
Page 16: Pictures from an event

If you have any questions about the event or why we do it, call us!

Help Me Grow Utah

Barbara Leavitt: 801-691-5304

Deborah Weiss: 801-691-5322



KIDS WHO COUNT AND HELP ME GROW Family Event

January 26th, 4-6:30pm

Master Items List for Family Event

Welcoming Table

- Janae's Arch
- Pens
- Photo release stickers
- Photo Release Forms
- ASQs (Spanish and English)
- HMG Folders
- First Aid Kit – (KWC)

Parent Table

- KWC brochures on groups/classes
- WB flyers/other agencies

ASQ Tables

- ASQs
- Pens
- Enrollment Forms
- Parent Handouts
- Chairs

Volunteers

- Assignment descriptions
- Name Tags (white)
- Permanent Markers

Set up:

- A-frames (11)
- Banners
- Mats
- Tables (6)
- Book Rack

Ball Area:

Parachute Play

- Parachute Small (Stephanie)
- Various sized balls

Belly Roll

- Yoga balls

Ball Target Practice

- Balls
- Targets (1)
- Electrical Tape/Duct Tape
- Thumbtacks

Obstacle Course

- Wagons
- Cones
- Ladders, Balance Beams (KWC)
- Hula Hoops

Block Area:

Piggy's Brick House

- Brick Blocks
- Mats
- 3 little pigs book

Unit Blocks and Tangrams

- Unit Blocks
- Tangrams
- Community Helper Dolls
- Mat

Foam Blocks

- Foam Blocks
- Community Helper Dolls
- Mats

Book Area:

Reading Fort

- Pillows
- Blankets
- Books
- Puppets
- Table

Spilt Milk Book Making

- Spilt Milk Book
- Cardstock Paper
- Bio-degradable packing peanuts
- Markers

Younger area:

Mats

Blocks Town

- Big box blocks
- Pictures of structures

Pools with Packing Peanuts

Small obstacle course

Parachute play for younger kids

- blankets
- cloth balls to roll around

Belly Ball Roll

The purpose of this event is to give parents the opportunity have fun and play with their children while learning about child development. Parents rotate through various activity stations to glean ideas of developmental activities they can do in the home. We also provide a developmental screening tool that teaches typical and normal child development to parents as they complete it. Your activity will be a fun and educational experience! Enjoy!

Item List: Yoga Balls, blindfold (optional)

Activity Information

1. With each new group always demonstrate the activity for the children.
2. Have a child lay on a yoga ball belly down. The parent, you or another available adult will hold the child securely around the waist.
3. Roll the child to the front until their hands touch the ground. Then roll them to the back until their feet touch the ground. You can also roll them to the right or left so both their feet and hands on one side touch the ground.
4. The child should give direction to the parent or volunteer about how much help they want with balancing on the ball.
5. Talk to the child and have him or her explain what they're feeling as they do this activity.
6. Possible variations include: use two yoga balls to balance on, lying on your back, using a blindfold or having two children balance at the same time on different balls.
7. This play helps development in the following ways:
 - a. Trust in others
 - b. Gross motor skills
 - c. Proprioception
8. HAVE FUN!! You get to be a kid again! Thank you for volunteering!!

Book Making

The purpose of this event is to give parents the opportunity have fun and play with their children while learning about child development. Parents rotate through various activity stations to glean ideas of developmental activities they can do in the home. We also provide a developmental screening tool that teaches typical and normal child development to parents as they complete it. Your activity will be a fun and educational experience! Enjoy!

Item List: Book: It Looked Like Spilt Milk, packing peanuts, cardstock, markers

Activity Information

1. With each new group always demonstrate the activity for the children.
2. Read the book It Looked Like Spilt Milk to the children. Ask them questions while you read, see if they can guess the shape of the cloud.
3. Once you've read the book, show them that you'll be making clouds with the packing peanuts.
4. First have the child write their name on the paper.
5. Show them how to moisten one side of the packing peanut so that it sticks to the paper. The children can either lick the packing peanut or use a sponge and water to moisten it.
6. Have them create a cloud with the peanuts and then describe what shape the cloud is in.
7. This play helps development in the following ways:
 - a. Fine motor development
 - b. Reading comprehension
 - c. Imagination
8. HAVE FUN!! You get to be a kid again! Thank you for volunteering!!

Ball Target Practice

The purpose of this event is to give parents the opportunity to play and have fun with their children while learning about child development. Parents rotate through various activity stations to glean ideas of developmental activities they can do in the home. We also provide a developmental screening tool that teaches typical and normal child development to parents as they complete it. Your activity will be a fun and educational experience! Enjoy!

Item List: Wall, targets, balls

Activity Information

1. With each new group always demonstrate the activity for the children.
2. Instruct the children to stand on the taped line about 3-5 feet away from the target.
3. Ask the child to identify what they want to hit with the ball. Then have them throw the ball toward that object.
4. If they hit the object, have the child move back a step or two and try again. When they hit the object have them keep moving back a little bit more.
5. If a child is having a difficult time hitting the target have them hold the ball as if they're ready to throw it, then have them look at the target, then at the ball in their hand, then at the target again and throw it. This helps to teach them hand-eye coordination.
6. This play helps development in the following ways:
 - a. Depth perception
 - b. Hand-eye coordination
 - c. Gross motor skills
7. HAVE FUN!! You get to be a kid again! Thank you for volunteering!!

Piggy's Brick House

The purpose of this event is to give parents the opportunity to play and have fun with their children while learning about child development. Parents rotate through various activity stations to glean ideas of developmental activities they can do in the home. We also provide a developmental screening tool that teaches typical and normal child development to parents as they complete it. Your activity will be a fun and educational experience! Enjoy!

Item List: Brick blocks, 3 Little Pigs story board

Activity Information

1. Place blocks on the mat and allow children to imagine and build any structure they would like. There will be a variety of sizes and shapes of boxes that will allow some unusual structures.
2. Encourage interactive play with other children and parents. Pair up a few children and have them discuss what they would like to build, and then begin using all the different shaped boxes to make the structure.
3. Have the parents help through encouragement, but allow the children to experiment with differences in stacking and balancing.
4. Once the structure is completed ask questions about the building and ask the children to tell a story about the building.
5. This play helps development in the following ways:
 - a. Understanding parts and whole
 - b. Differentiation of shapes and sizes
 - c. Team work
 - d. Imagination and planning
6. HAVE FUN!! You get to be a kid again! Thank you for volunteering!!

Block Town (ages 0-12 mo)

The purpose of this event is to give parents the opportunity to play and have fun with their children while learning about child development. Parents rotate through various activity stations to glean ideas of developmental activities they can do in the home. We also provide a developmental screening tool that teaches typical and normal child development to parents as they complete it. Your activity will be a fun and educational experience! Enjoy!

Item List: Brick blocks

Activity Information

1. Place blocks on the mat and allow children to imagine and build any structure they would like. There will be a variety of sizes and shapes of boxes that will allow some unusual structures to be made.
2. Encourage interactive play with other children and parents. Pair up a few children and have them discuss what they would like to build, and then begin using all the different shaped boxes to make the structure.
3. Have the parents help through encouragement, but allow the children to experiment with differences in stacking and balancing.
4. This play helps development in the following ways:
 - a. Understanding parts and whole
 - b. Differentiation of shapes and sizes
 - c. Team work
 - d. Imagination and planning
5. HAVE FUN!! You get to be a kid again! Thank you for volunteering!!

unit Blocks

The purpose of this event is to give parents the opportunity to play and have fun with their children while learning about child development. Parents rotate through various activity stations to glean ideas of developmental activities they can do in the home. We also provide a developmental screening tool that teaches typical and normal child development to parents as they complete it. Your activity will be a fun and educational experience! Enjoy!

Item List: Unit blocks, community helper dolls

Activity Information

1. With each new group always demonstrate the activity for the children with the other adults.
2. Have children sit on the mat and then remove the blocks from the buckets
3. Encourage children to play by talking and playing with the blocks to encourage their participation.
4. Have children do all the following: carrying, sorting, stacking, knocking down and cleaning up. All of these activities encourage learning about the following: weight, mass, size, developing sets, sorting, counting, cause and effect, force, observation, and following instructions.
5. This play helps development in the following ways:
 - a. Problem solving
 - b. Fine motor development
 - c. Spatial awareness
 - d. Cause and effect
 - e. Math skills
6. HAVE FUN!! You get to be a kid again! Thank you for volunteering!!

Volunteer Training (15 min)

The **purpose** of the event: Parent Education – Education: one of the 3 main areas of focus at UW. Engage the parents in the activities. Direct them to the **parent table** for more information.

The **basic layout** of this event is as follows: the children will play at each station under your direction and the direction of their parents. Encourage the children to be creative, but let them do what they feel like doing. Appropriate developmental play includes letting the children do what they feel like.

Watch the children in your area, they will be distracted and it's okay. Part of development is to let children direct their own play. Try your best to keep tabs on them. If you see a child who is not with their parent, let a HMG worker know.

In the unlikely case of **emergency**, please exit through the doors and exit out the main exit into the parking lot. Please help us to make sure that all of the families and children are able to exit.

Bathrooms are located _____ **Please find a representative from Help Me Grow** to direct you to the correct area and to take over for your volunteer assignment while you're gone.

Go to your area and a Help Me Grow rep will come to review the specifics of your activity area with you.

ASQ Table Training:

1. Score ASQ –
2. Go over results with parent
3. Tell the parent individually about HMG and the resources they might be interested based on the ASQ Results. Have them complete an enrollment form
4. Indicate on the enrollment form the outcome of your conversation with the parent– if they were interested in continuing with HMG or not, if you gave ASQ results, any resources you gave them information for or need to give information for.

Volunteer Sign-in sheet

Name	How they heard	Assignment	Photo Release
Holly O	Women In Philantropy	Parachute Play	
Cheryl G	211 Volunteer Opportunity	ASQ Table - Books (w/Kami)	
Charlene S	Welcome Baby Volunteer	Piggy's Brick Blocks	
Katie R	Early intervention	Set Up	
Megan S	Intern	ASQ Table - (with Deb)	
Allyson G	Intern	Reading Fort	
Tessa N	Intern	Belly Roll	
Andrea L	Intern	Unit Blocks/Tangrams	
Kathryn G	Intern	ASQ Table (with Barb)	
Sarah A	Intern	Welcome Table	
Karen B	WB Volunteer	0-12mo Activities	
Dallin L	Eagle Scout	Target Practice	
Wendy L	Eagle Scout's Mom	Belly Roll/Target Practice	
Lizzy	Past volunteer	Split Milk	
Kinley	Friend	Split Milk	
Ryan	Family	Obstacle course	
Rebekah T	Past volunteer	0-12mo Activities	
Megan P	211 Intern	Foam Blocks	

Block PLAY: the foundation of science and math

CHILD DEVELOPMENT AND BLOCK PLAY:

Children build spatial understanding and math skills while engaged in block play. They learn about counting, equality, addition, subtraction, planning, patterns, volume, classification, area and measurement. When a parent engages with their child in block play it provides teaching moments for social skills, language and exploration.

Activities and Ideas

Make your own blocks: Using standard size boxes (milk cartons, capri sun, etc.) you can make blocks by covering them with sturdy wrapping paper or contact paper. Allow your child to guide the activity and discuss the sizes as you create the blocks.

Invest in a good set of unit blocks: Purchase a good set of unit blocks to keep forever. Have a designated shelf for blocks so your child can always know where they are and how to clean them up.

Create YOUR HOME: Have your child look at the neighborhood and your home. Help them build a structure like your home. Make sure you take pictures and show off your child's work whenever friends or family are around.

How many blocks high am I?

Put some blocks in a basket and stand up a doll or stuffed animal so children can see it. Ask them, "How many blocks tall is the doll (from her head to her toes)?" Ask your child to remove from the basket the number of blocks he/she thinks the doll is tall. Lay the doll on the floor and lay the blocks next to it to check their guesses. How close are the children's guesses? Ask the children to add or subtract blocks to get to the right count for the doll's height. You can do this same activity for the height of the child.

The Chain Reaction

With your children, set your blocks on end in line, one after the other. Have the blocks spaced so that a chain reaction happens when someone tips over the first block. Once all the blocks are in a line, ask them to predict what will happen if the first block is pushed against the second one. After each child has made a prediction, ask one of the children to push over the first block. Were their predications correct? What happened? Why?

Roads, Train Tracks, and Tunnels: Provide blocks to create roads or train tracks for miniature cars or trains. Cut round boxes in half to create tunnels for them to travel through.

Knock 'Em Down: Margarine tubs are best for this. Children stack them up, then with flourish, knock them down. Of course, everyone applauds. Then you do it all over again. Kids love the drama and repetition, so hang in there.

Name It: Ask children to write their initials or first name using alphabet blocks instead of paper and pencil. Stretch it out across the whole room.

Block Maze: If you have a pet mouse, hamster, or guinea pig, children can build a block maze for their pet to play in. (Make sure kids are way past the stage of throwing blocks.)

Stuffed Animal Homes: Have children build block homes to fit different-sized stuffed animals.

Ramp It: Create a variety of ramps with blocks. Roll a small ball down the ramps. Which incline makes the ball roll slower? Faster?

Mirror Images: Provide a table-top three-way mirror. Children build with small blocks in front of the three-way mirror. The children learn to use the reflections in their design.

Making Patterns: Provide blocks of different shapes or colors. Create a pattern for children to repeat, such as square, rectangle, square, rectangle or red, blue, red, blue. Ask children to create new patterns for you to repeat.

I Spy a Block: Place a variety of blocks in the middle of the floor. Encourage children's observation skills by describing blocks for them to find. Use characteristics that help children focus on shape, color, or size. Example: "I spy a triangle block. Where is it?"



ASQ Domain: Communication milestones

Birth to 3 Months

- Startles to loud noises
- Makes throaty pleasure sounds (cooing)
- Quiets to soothing voice

4 to 6 Months

- Simple babbling begins
- Looks in the direction of sounds
- Responds to change in tone of voice

7 to 12 Months

- Begins to imitate (actions and sounds)
- Recognizes words for common items
- Begins to use words (approx. 12 months)

12 to 18 Months

- Points to body parts
- Responds to simple commands/questions
- Says new words each month

18 to 24 Months

- Puts two words together and asks simple questions
- Follows novel directions
- Uses words to request and comment

24 to 36 Months

- Uses 3–4 word sentences to talk about things
- Speech mostly understood by strangers
- Follows two-step direction

Concerned about your baby or toddler's development? Receive a free evaluation through Utah County Early Intervention Programs to see if your child's development is on track!

Alpine School District | Kids on the Move | 801.221.9930 | www.kidsonthemove.org
Provo School District | Provo Early Intervention Program | 801.852.4525 | esgw-nrm.easterseals.com
Nebo School District | Kids Who Count | 801.423.3000 | www.kidswhocount.org

BOOKS

Go on a reading campout. Build a tent in your living room or backyard. Ask your child to bring his or her favorite books and stuffed animals. Grab some flashlights and read together.

Have a reading scavenger hunt. Choose a letter of the alphabet and talk about the sounds it makes. Go on a walk around your house or neighborhood and find as many things as you can that start with that letter.

Make your own book. Using photographs and your child's drawings, make a picture book together. Write the words to the story and then read your book together.

Pause as you are reading a book to talk about how the characters may be feeling or what they could be thinking.

Let children pick their own books. Don't worry if they choose the same one over and over. It takes an adult six times to recognize a word; it takes even longer for an infant or toddler.

For **babies to toddlers** use facial and vocal expression as you talk and play with your child. When repeating rhymes or fingerplays, let children act them out as you say them.

For **older toddlers, 2-4 years old**, help them use all of their senses during an activity. For example, if you go for a walk, have them listen to the sounds outside and feel different objects. Ask them open-ended questions about what they are seeing and feeling. When reading rhyming books, pause to let the child finish the word and tell the story.

BLOCKS

Name It: Ask children to write their initials or first name using alphabet blocks instead of paper and pencil. Stretch it out across the whole room.

BALLS

The Rhyming Ball Game

This is a fun game to play one on one with your child, as a family or with a group of children.

Have everyone sit in a circle. Hold a ball and say a word then roll it to the next person.

The person who receives the ball needs to say a word that rhymes with your word. Let everyone take turns choosing the first word and the rhyming word.

Another variation is for each person who receives the ball to say two words that rhyme with each other.

OTHER IDEAS

Use variety of word types when talking to your child: nouns, verbs, prepositions

Talk about what you are doing, as you're doing it

Narrate what your child is doing as they are doing it

Repeat, Repeat, Repeat

SHOW them what your words mean

TELL them what you expect them to do/say (model)

WAIT for them to process and respond

Avoid asking too many questions



HELP ME GROW
148 n 100 e
PROVO, UT 84601
801.691.5322
helpmegrowutah.org



Dear Volunteer,

Thank you for your willingness to help United Way of Utah County's Help Me Grow program. Help Me Grow is a parent information line, designed to connect parents to information about child development and community resources. In working with parents, we know that play is crucial to a child's development. Help Me Grow encourages play at the family events that we have around the county. We need your help to collect blocks that we can give to families and utilize at these family events.

The following are some guidelines for making the block kits:

- The following page has information on the exact size and dimensions of the blocks.
- The blocks need to be **sanded well**. You do not need to cut rounded corners, but please make sure that the corners are sanded so that they are smooth. These blocks are for young children, who will most likely be putting them in their mouths, we do not want them to get splinters.
- Painting the blocks is optional. If you do decide to paint the blocks, make sure that the paint is **safe for kids** to put into their mouths. You can do this by asking the paint manufacturer.
- After you have put the kits together, please deliver them in a box, **no bags**, to the address listed below.

We hope that you have fun with this project. If you have paperwork to be signed, please let us know.

Thank you again for your great service!

The Help Me Grow Team



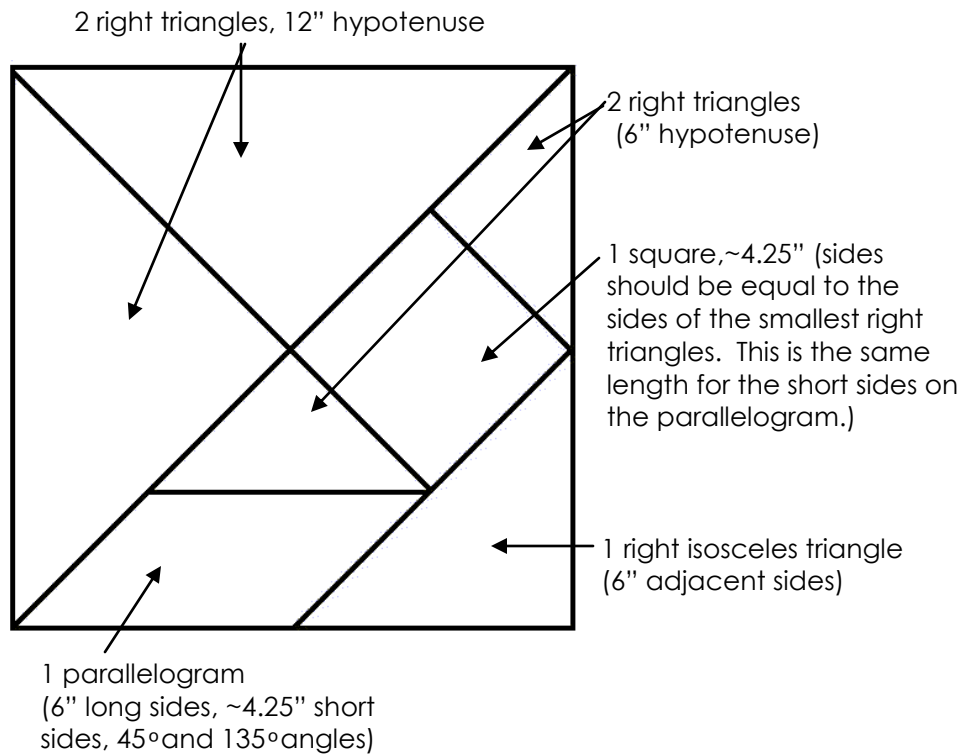
Block Kit Instructions

HELP ME GROW | united way of utah county



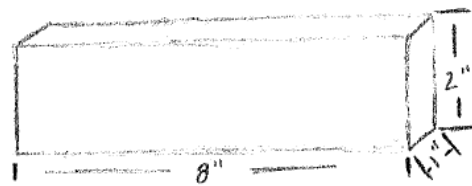
Tangram Sets

Tangrams can be made out of wood about 3/4" - 1" thick. The overall dimension of the tangram is 12"x12". The diagram below shows the exact measurements.

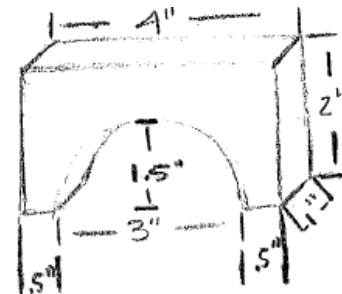


Unit Block Kit

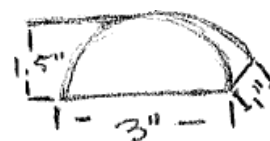
- 100 unit blocks (4"x2"x1")
- 50 double unit blocks (8"x2"x1")
- 10 triple unit blocks (12"x2"x1")
- 5 quadruple unit blocks (16"x2"x1")
- 20 arch/bridge pieces (take a unit block and cut out a semi-circle in the center of the 4" side with a 3" diameter, leaving 1/2" on each side of the semi-circle in the original unit block.)
- 20 semi-circle pieces (the ones cut out from the unit blocks to make the arches)



Double Unit Block



Bridge/Arch



Semi-circle

YOUR CHILD'S brain on BLOCKS



Einstein used blocks as a baby.

Come Learn how Books, Balls and Blocks
stimulate your child's development!

Thursday, January 26, 2012, 4:00 - 6:30pm

Drop by as you please. Ages 0 to 5, siblings welcome!

A HELP ME GROW family Event in connection with Kids Who Count

Hosted by Kids Who Count Early Intervention Program

345 N. SR 198 | Salem, Utah 84653 | Across from the Chevron

www.helpmegrowutah.org
Questions? call 801-691-5322



United Way
of Utah County

