Parent  Activity

Letter

## **Today**, we recommend you read “**Brush, Brush, Brush”** by Alicia Padron. This is a great book to review the steps to brush teeth and the importance of keeping teeth healthy.

##  **At home,** you can brush teeth together and review the steps to make sure those teeth are clean! Don’t forget you tongue! To extend this activity have your child sing the song “Brush, Brush, Brush your teeth, Brush them every day. Tops and bottoms, in between, brush those germs away” after they are done. This activity will help your child with language skills.

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child.*** ![C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf]()

**The PAL letters are developed to support your child’s academic/social emotional progress and related to the programs School Readiness goals.**

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rate this activity from 1-5, circle your rating (5= highest rating): **1 2 3 4 5**

Comments about the activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room: **N1 &N2**