

Dear Caregivers:

Today we used some of these books, fingerplays, and other materials in our storytime. Please continue helping your child develop by sharing these at home!

BREAKFAST



LETTER OF THE DAY

B b

ASL SIGN OF THE DAY

"Breakfast"



The sign for "breakfast" is a combination of two signs -- "eat" and "morning."

Start with signing "eat" by using your dominant hand, with the tip of your thumb touching the tips of your fingers and tapping them on your mouth.

Then, sign "morning" by placing your non-dominant hand arm flat in front of your body and making your dominant hand (palm up) move above it (like a sun rising over the horizon).

BOOKS TO SHARE

Hungry Jim
by Laurel Snyder

Little Mouse's Big Breakfast
by Christine Pym

Early Bird
by Toni Yuly

Truck Stop
by Anne Rockwell

Nobody
by Liz Rosenberg

Pancakes, Pancakes!
by Eric Carle

Pancakes For Breakfast
by Tomie DePaola

Bear's Big Breakfast
by Lynn Rowe Reed

Lady Pancake and Sir French Toast
by Josh Funk

Everyone Loves Bacon
by Kelly DiPucchio

Max's Breakfast
by Rosemary Wells

FUN WITH FINGERPLAYS AND

SONGS

Toast in the Toaster

I'm toast in the toaster
I'm getting very hot
Tick tock, Tick tock,
Up I pop!

For babies and small children, this can be used as a bounce rhyme -- ending with a lift or tip forward on "pop!"

Bread and Butter

Bread and butter
Marmalade and jam,
Let's say hello as quiet as we can [*whisper 'hello'*]

[Verses: loud; slow; fast; high; low]

Making Pancakes [action rhyme]
[mime actions as you recite the rhyme]

Mix a pancake;
stir a pancake;
pop it in a pan;
fry a pancake;
toss a pancake;
catch it if you can!

Eggs On The Griddle [fingerplay]

Give it a whack, [*clap hands*]
hear it crack, [*hand behind ear*]
Drop it in the middle, [*pat hands on your lap*]
One egg frying on the griddle. [*hold up one finger*]

[Verses: count up to five eggs]

Five Fat Sausages [fingerplay]

Five fat sausages frying in a pan **[hold up 5 fingers]**

All of a sudden one went BAM! **[clap hands]**

[Verses: count down to "no more sausages frying in the pan!"]

How Do You Like Your Eggs?

[Tune: "If You're Happy And You Know It"]

If you like your eggs scrambled, clap your hands,
If you like your eggs scrambled, clap your hands,
Yes, they're yummy and they're yellow,
So you'll be a happy fellow,
If you like your eggs scrambled, clap your hands!

[Verses: eggs fried, jump up high; bacon with your eggs, wiggle your legs]

Who Wants A Pancake?

Who wants a pancake, piping hot?

"I'll take the one with butter on top."

Who wants a pancake, fresh off the griddle?

"I'll take the one with butter in the middle."

[Verses: syrup, blueberries, strawberries, etc.]

"How D'Ya Like Your Eggs?" by Dean Martin and Helen O'Connell (1958)

MORE FUN!

Painting Pancakes

Materials:

Pancakes

Syrup (or honey)

Food coloring

Non-toxic paintbrushes

Small cups/containers

If you're planning on making multiple colors available to your child, lay out multiple small containers to avoid color mixing.



Mix three to four drops of food coloring into a few tablespoons of syrup.

Let your child make their pancake masterpiece!

This is a great way to turn an everyday part of your family's routine into a fun family memory!

As the syrup sinks into the dough of the pancake, this is also an opportunity to introduce the scientific concept of absorption.

If you're concerned that your child may want to play with ALL their food, take a moment to explain that this is a special experiment you're doing together.

Try to include your child in food preparation and setting the table for meals.

This is an easy way to introduce basic science and math concepts like counting and measuring.

It also helps build their self-confidence and make them life-long helpers!

Research with your child about the common breakfast foods around the world. Get adventurous and try a simple recipe for one (or more!) of the foods you discover.

LINCOLNWOOD LIBRARY

4000 W. Pratt Avenue | Lincolnwood, IL 60712 | (847) 677-5277