

BEST START

Region 2



Resource Guide

Purpose

The Best Start Region 2 Resource Guide is intended to provide information to residents and families, specifically those with children prenatal to five years. This book also aims to empower the community with tools to make change by providing tips on public speaking, advocacy, policy and systems change, and parenting.

About

Region 2 includes Best Start Broadway/Manchester (*BSBWM*), Best Start Compton/East Compton (*BSCEC*), Best Start Watts/Willowbrook (*BSWW*), and Best Start West Athens (*BSWA*).

Coverage Areas

- Broadway / Manchester: 90003
- Compton / East Compton: 90220, 90221, 90224
- Watts / Willowbrook: 90002, 90059, 90061, 90222
- West Athens: 90044, 90047, 90250, 90303, 90301

Since 2018, Community Health Councils (CHC) has been serving as the Region 2 Grantee to provide oversight and support across all four communities. CHC is providing Capacity Building to ensure that each community is positioned to advance their individual and collective community change agendas.

CHC is a policy and systems change organization with the mission to promote social justice and achieve equity in community and environmental resources to improve the health and well-being of underserved populations. CHC works collaboratively with stakeholders to transform communities.

The information in the resource guide is current as of December 2020.

Funded by First 5 LA, a leading public grantmaking and child advocacy organization.

Region 2 Communities

Best Start Region 2 collaborates with key stakeholders and community leaders to improve the lives of children within Los Angeles and Compton through four community organizations: Best Start Broadway/Manchester, Best Start Compton/East Compton, Best Start Watts/Willowbrook, and Best Start West Athens.

Best Start Broadway/Manchester

Best Start Broadway/Manchester works for the well-being of children from birth until age five. The partnership is focused on building relationships in the community, connecting community members to resources, and having a dedicated initiative to strengthen families, specifically young, single, or first-time parents.

Best Start Compton/East Compton

The vision of Best Start Compton/East Compton is to provide high quality Early Childhood Education, and a nurturing and child-centered environment that creates world leaders by providing opportunities for continual growth for children prenatal to five.

Best Start Compton/East Compton will promote higher expectations and strengthen the community by empowering parents to lead by example and invest in ALL of Compton's children to create their Best Start.

Best Start West Athens

The vision of the Best Start West Athens community is to develop a collaborative community support system to enhance, enrich, educate and empower all stakeholders with a special focus on families with children prenatal to age five.

Best Start Watts/Willowbrook

The vision of Best Start Watts/Willowbrook is to provide access to educational, social and economic resources that support a healthy, environmentally friendly lifestyle for parents, children, and all community members in order to help them be productive members of society who contribute positively to all communities.

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The background is a solid teal color. It is decorated with several orange, hand-painted brushstroke-like marks scattered across the surface. On the left side, there is a large, white, stylized number '1' that extends from the bottom to the middle of the page.

Chapter 1

Advocacy and Public Speaking Tips

Policy and Systems Change

Residents and other community stakeholders are working together to make changes to public/community policies and systems to transform the community into one that promotes health and well-being.

POLICY

- » The goals, principles and/or procedures that guide a governmental body, organization, system, and/or groups of organizations/systems

SYSTEMS

- » Include people and services
- » Have values and perceptions
- » Include policies, routines, relationships, resources and power
- » Can have positive and negative impact on people, the community, or other systems
- » Are complex

EXAMPLES OF POLICY AND SYSTEMS CHANGE

- » Establish healthcare policies to help undocumented children
- » Convert motels to temporary shelters for homeless families through policy
- » Implement policy to guarantee school lunches each year



Advocacy Tips

No matter your age, you can move people to take action through community advocacy.



COMMUNITY ADVOCACY DO'S AND DONT'S

DO'S

- » Know your community
- » Understand the change you want
- » Be genuine
- » Be creative
- » Invest for the long haul
- » Build partnerships
- » Use social pressure
- » Hold folks accountable

DONT'S

- » Don't take "no" for an answer!
- » Don't take "yes" for an answer either!
- » Don't wait!
- » Don't break the law!
- » Don't give up!

Source: Community Advocacy Basics:
A Beginner's Guide to Advocacy from
The Campaign Workshop

Getting Involved: Advocacy Activities



**COLLECTING INFORMATION
AND DATA**



**TALKING ABOUT
LOCAL ISSUES**



**MEETING WITH ELECTED
OFFICIALS**



**WRITING LETTERS TO
ELECTED OFFICIALS**



**PARTICIPATING IN
DEMONSTRATIONS**



**CREATING ARTWORK
ABOUT A LOCAL ISSUE**



**PUBLISHING OR
PROMOTING RESEARCH**



**WORKING ON
CAMPAIGNS**



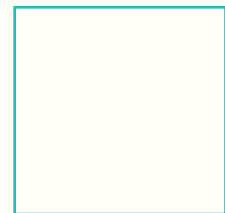
**ATTENDING PUBLIC
MEETINGS**



**SPEAKING AT
PUBLIC MEETINGS**



**REVIEWING PUBLIC
PROPOSALS OR PLANS**



WHAT ARE YOUR IDEAS?

Elected Officials Serving the Best Start Region 2 Communities



ERIC GARCETTI

Mayor

Los Angeles

LOS ANGELES CITY HALL

200 N. SPRING ST,
LOS ANGELES, CA 90012
213.978.0600



AJA BROWN

Mayor of Compton

Compton/East Compton

COMPTON CITY HALL

205 S. WILLOWBROOK AVE
COMPTON, CA 90220
310.605.5590



MAXINE WATERS

US Congress, 43rd Congressional District

South Los Angeles

LOS ANGELES OFFICE

10124 SOUTH BROADWAY, STE 1
LOS ANGELES, CA 90003
323.757.8900



NANETTE BARRAGÁN

US Congress, 44th Congressional District

Watts/Willowbrook, Compton/East Compton

COMPTON CITY HALL OFFICE

205 S. WILLOWBROOK AVE
COMPTON, CA 90220
310.831.1799



HOLLY MITCHELL

County Supervisor, 2nd District

*Broadway/Manchester, Compton/
East Compton, Watts/Willowbrook,
West Athens*

DOWNTOWN OFFICE

500 W. TEMPLE ST, STE 383
LOS ANGELES, CA 90012
213.974.1411



STEVEN BRADFORD

State Senate, 35th District

*Compton/East Compton,
Watts/Willowbrook*

INGLEWOOD DISTRICT OFFICE

1 MANCHESTER BLVD, STE 600
INGLEWOOD, CA 90301
310.412.6120

**VACANT SEAT ON TIME
OF PRODUCTION**

State Senate, 2nd District

Broadway/Manchester, West Athens

LOS ANGELES DISTRICT OFFICE

WALLIS ANNENBERG BUILDING
700 STATE DR, STE 113
LOS ANGELES, CA 90037
213.745.6656

The West Athens coverage areas of Hawthorne (90250) and Inglewood (90301, 90303) are represented by elected officials that service those cities.

**AUTUMN BURKE**

State Assembly, 62nd District
West Athens

**MIKE GIPSON**

State Assembly, 64th District
*Broadway/Manchester, Compton/
 East Compton, Willowbrook*

**JOE BUSCAINO**

City Council, 15th District
Watts

**MARQUEECE HARRIS-DAWSON**

City Council, 8th District
Broadway/Manchester, West Athens

**CURREN D. PRICE, JR**

City Council, 9th District
*Broadway/Manchester,
 West Athens*

**TANYA ORTIZ FRANKLIN**

LAUSD School Board, 7th District
*Watts/Willowbrook, Broadway/
 Manchester*

**GEORGE J. MCKENNA**

LAUSD School Board, 1st District
Broadway/Manchester, West Athens

**MICAH ALI**

President
Compton Unified School District

DISTRICT OFFICE

ONE WEST MANCHESTER BLVD.
 STE 601, INGLEWOOD, CA 90301
 310.412.6400

**FIELD OFFICE, CITY OF
COMPTON — CITY HALL**

1ST FLOOR, 205 S. WILLOWBROOK AVE
 COMPTON, CA 90220
 310.605.5557

WATTS DISTRICT OFFICE

1513 E. 103RD ST.
 LOS ANGELES, CA 90002
 323.568.2083

CITY HALL OFFICE

200 N. SPRING ST, STE 450
 LOS ANGELES, CA 90012
 213.473.7008

CITY HALL OFFICE

200 N. SPRING ST, STE 410
 LOS ANGELES, CA 90012
 213.473.7015

**LOS ANGELES UNIFIED
SCHOOL DISTRICT OFFICE**

333 SOUTH BEAUDRY AVE, 24TH FL
 LOS ANGELES, CA 90017
 213.241.6389

**LOS ANGELES UNIFIED
SCHOOL DISTRICT OFFICE**

333 S. BEAUDRY AVE, 24TH FL
 LOS ANGELES, CA 90017
 213.241.6382

CITY HALL OFFICE

200 N. SPRING ST, STE 410
 LOS ANGELES, CA 90012
 213.473.7015

Public Speaking Tips

Developing good public speaking habits will make it easier to speak to elected officials that have the power to make long lasting change in your community.



PREPARATION

Preparation is key to delivering an effective speech/presentation and making a good impression.



Know your
target audience



Speak with
passion



Be confident/
Be yourself



Organize your
message(s)



Practice in front
of a mirror



Smile!

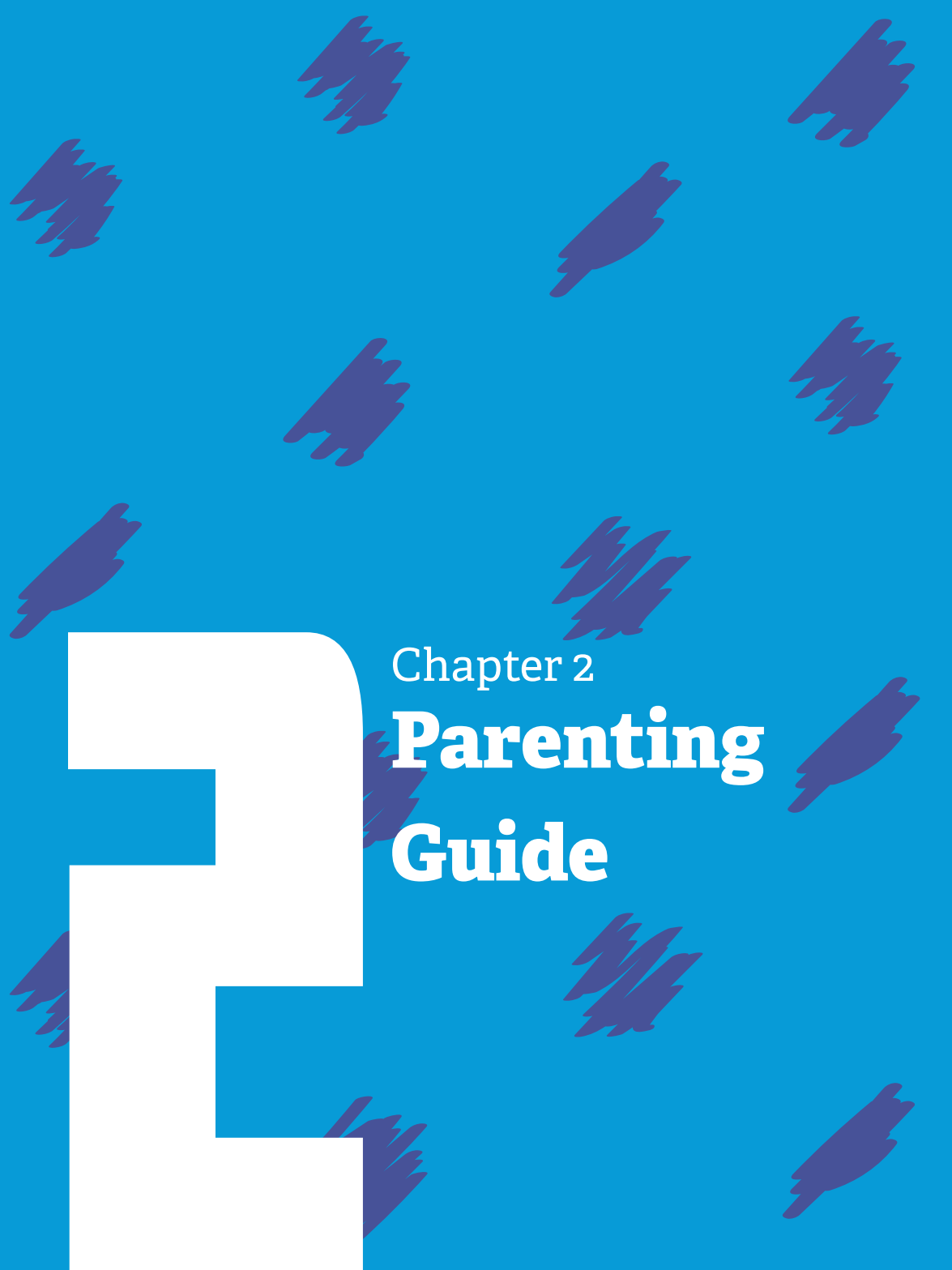
Develop your “Elevator Pitch” or Talking Points

Develop a 30 to 60 second statement about your purpose. Practice! Practice! Practice! Do not become frustrated if you make a mistake.

**WHAT DOES YOUR ORGANIZATION DO?
(WHAT DO YOU DO?)**

**WHAT VALUE DOES IT BRING TO
OTHERS, ESPECIALLY THE PERSON
YOU JUST MET?**

HOW CAN SOMEONE GET INVOLVED?



Chapter 2

Parenting Guide

Mental Health, Ages Prenatal to 5

AGES 0 - 1

- » Infants gaze at caregivers and bond with them. Hold your newborn skin-to-skin and be sure to speak and sing to them often.
- » By four months, most babies smile, respond to people and may even try to copy others' expressions.
- » Most babies respond to others' emotions, have a favorite toy or activity and seek attention through sounds or actions.

AGES 1 - 3

- » Children express a range of emotions, and begin to have temper tantrums. Empathize and validate feelings and teach children words to help express themselves.
- » Children also show affection and concern for other people in and outside of the family, play simple pretend games, and begin to enjoy playing with other children.
- » Begin to set up short, supervised play dates to encourage your child's socialization and connect with other parents yourself.

AGES 4 - 5

- » At ages four to five, most children can talk about what they like (and don't), enjoy trying new things, can play cooperatively, may imitate and/or want to be like friends and can follow rules.
- » Play-dates with other families continue to build social and emotional skills and prepares them for being positive and open to new relationships.

For more tips, please visit www.first5la.org.

Positive Parenting Tips

AGES 0 - 1

- » When you bond with your baby, you foster and teach trust. Holding your baby, smiling at them, talking, reading and singing to them, and meeting their needs all help to build attachment and security.
- » Smiling, responding to a baby's efforts to communicate, and validating feelings aloud so they feel understood, builds confidence, empathy and kindness.



DID YOU KNOW ?

Recent studies have found that physical punishment, such as spanking, hitting and other forms of causing pain, can harm a child's development. According to the American Psychological Association, physical discipline is linked to more aggression, antisocial behavior, physical injury and mental health problems for children.



AGES 1 - 3

- » Toddlers often engage in “parallel play” with others, which means that they enjoy being around others even if they are not always interacting with them.
- » When your child cooperates, shares, or controls impulses, take notice.



AGES 3 - 5

- » To help nurture preschoolers’ social skills, talk to children when they misbehave, explaining the reasons for rules.
- » Create opportunities for activities that involve cooperation or sharing, such as building something with friends or making something to give.



For more tips, please visit www.first5la.org.

Talking to Children About Traumatic Events

Traumatic events can't be avoided and are very likely to arise at any given moment. Below are seven tips to help children during difficult times.



1. LOVE AND NURTURE YOUR CHILDREN

- » Express your love.
- » Give them opportunities to express their thoughts and feelings.
- » Look for signs of anxiety.

2. REASSURE YOUR CHILDREN

- » Maintain normal routines as much as possible.
- » Encourage discussion or the expression of feelings.

3. TEACH YOUR CHILDREN

- » It is up to parents to interpret what has happened.
- » Tell your children about the heroes, such as police, firefighters, and everyday heroes.

4. BE A GOOD ROLE MODEL

- » Children are influenced by their parents' reactions.
- » Remain calm.
- » Children need your attention.

5. INVOLVE YOUR FAMILY IN HELPING ACTIVITIES

- » Bring a sense of control and hope.
- » Write letters or create cards to people who have helped during the crisis.

6. LIMIT YOUR CHILD'S EXPOSURE TO MEDIA IMAGES

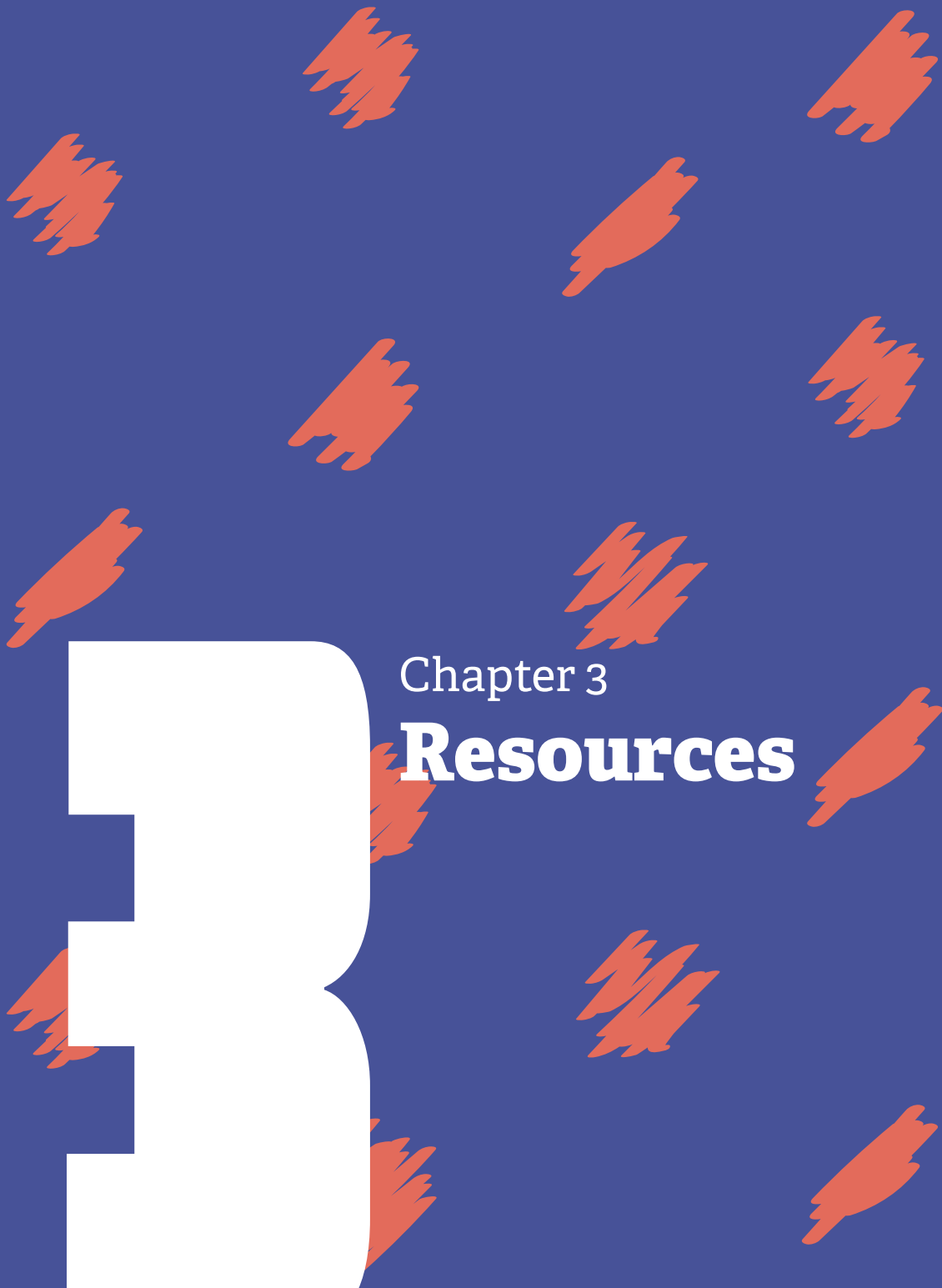
With the advent of 24 hours news coverage, it is possible to watch the same traumatic events over and over again, each time traumatizing the viewer anew.

- » Media viewing may exaggerate fears.
- » Watch the news with your school-aged and older children.

7. ENCOURAGE DISCUSSION OR THE EXPRESSION OF FEELINGS

- » Children need someone they trust.
- » Don't worry about knowing exactly the right thing to say.

To learn more about the tips provided by The Center for Parenting Education, visit their site at <https://centerforparentingeducation.org> and search for "Talking to Children about Traumatic Events".



Chapter 3

Resources

Resources

CHILDCARE SERVICES

Crystal Stairs Inc.

To search for child care providers please visit their website.

5110 W. GOLDLEAF CIRCLE, STE 150

LOS ANGELES, CA 90056-1282

323.299.8998

www.crystalstairs.org

COMMUNITY SERVICES

C.H.A.N.G.E.S

Dedicated to improving the health and well-being of children and families.

10717 S. WESTERN AVE

LOS ANGELES, CA 90047

323.531.2290

www.changesla.org

East Rancho Dominguez Services Center

15116 S. ATLANTIC AVE

COMPTON, CA 90221

310.603.7401

<https://wdacs.lacounty.gov/>

Girls Club of Los Angeles

A non-profit agency that meets the needs of underprivileged and at-risk children, youth and their families living in South Los Angeles.

2057 W. CENTURY BLVD

LOS ANGELES, CA 90047

323.754.2122 X 10

www.girlsclubla.org

SBCC Thrive LA

Empowers communities across Los Angeles to discover and develop tools for individual and collective well-being.

540 N. MARINE AVE

WILMINGTON, CA 90744

310.414.2090

www.sbccthrivelat.org

SHIELDS for Families

Serving individuals, children, and families through comprehensive and collaborative social services.

600 N. ALAMEDA ST

COMPTON, CA 90222

323.242.5000

www.shieldsforfamilies.org

Watts Century Latino

Supporting, developing, and implementing programs that build community, social capital, and promote racial harmony.

10360 WILMINGTON AVE

LOS ANGELES, CA 90002

323.564.9140

www.wattscencylatino.org

Watts Labor Community Action Committee (WLCAC)

Dedicated to improving the quality of life for South Central Los Angeles residents.

10950 S. CENTRAL AVE

LOS ANGELES, CA 90059

323.563.5639

www.wlcac.org

DISABILITY SERVICES

The Department on Disability, City of Los Angeles

Provides full access to employment, programs, facilities and services.

213.202.2764

FOOD BANKS

Ascension's Food Pantry

Provides emergency food boxes, perishable items, holiday assistance, and free meals.

517 W. 112TH ST

LOS ANGELES, CA 90044

323.754.2978

Food Net-Florence-Firestone

7807 S. COMPTON AVE

LOS ANGELES, CA 90001

323.586.6502

GOVERNMENT ASSISTANCE PROGRAM

Cal Fresh

www.getcalfresh.org

GREEN SPACES

Algin Sutton Recreation Park

Free Lunch (Summer), L.A. Kids, Seasonal Day Camp, CLASS Park (Teen Programming), Tutoring Available

8800 S. HOOVER ST
LOS ANGELES, CA 90044
323.753.5808

Gonzales Park/Aquatic Center

1101 W. CRESSEY ST
COMPTON, CA 90222
310.761.1463

Green Meadows Recreation Center

431 E. 89TH ST
LOS ANGELES, CA 90003
323.565.4242

Helen Keller Park

1045 W. 126TH ST
LOS ANGELES, CA 90044
323.241.6702

Jesse Owens Park

9651 S. WESTERN AVE
LOS ANGELES, CA 90047

Los Angeles Neighborhood Land Trust

Founded in 2002 to address LA's park inequities, focusing exclusively in communities of color that have little to no access to green spaces.

1541 WILSHIRE BLVD, STE 400
LOS ANGELES, CA 90017
213.572.0188

www.lanlt.org

Leuders Park/William Love Swimming

1500 E. ROSECRANS AVE
COMPTON, CA 90221
310.635.3484

Ted Watkins Memorial Park

1335 E. 103RD ST
LOS ANGELES, CA 90002
323.357.3032

For additional parks, please visit the City of Los Angeles Department of Recreation and Parks at www.laparks.org.

HEALTHY FOOD ACCESS

Athens Park Farmers Market

WEDNESDAY'S ONLY, 9AM - 1PM
12603 S. BROADWAY
LOS ANGELES, CA 90061

L.A. Food Policy Council (LAFPC)

Works to ensure food is healthy, affordable, fair and sustainable for all.

305 E. 1ST ST
LOS ANGELES, CA 90012
213.473.3520

www.goodfoodla.org

MLK Campus Farmers Market

The farmers market is held every Wednesday, rain or shine, from 9AM - 2PM.

1670 E. 120TH ST
LOS ANGELES, CA 90059
323.463.3171

Mother's Nutritional Center

Mothers Nutritional Center provides a solution for "Easy Voucher Shopping." Visit the website to find a location near you.

www.mothersnc.com

JOB PLACEMENT CENTER

Los Angeles County Workforce Development, Aging and Community Services

800.510.2020

<https://wdacs.lacounty.gov/>

Maxine Waters Employment Preparation Center

Partners with the community for educational advancement and workforce development of their learners.

10925 S. CENTRAL AVE

LOS ANGELES, CA 90059

323.357.7700

www.waterstrainingcenter.org

LIBRARY SERVICES (COUNTY AND CITY)

A C Bilbrew Library

150 E. EL SEGUNDO BLVD

LOS ANGELES, CA 90061

310.538.3350

Compton Library

240 W. COMPTON BLVD

COMPTON, CA 90220

310.637.0202

Dynasty's United Youth Association (D.U.Y.A.)

Provide free tutoring, homework assistance, college and career advisement, peer mentoring, and mental health counseling at five library locations and one recreation center.

323.306.2928

www.dynastysyouth.org

East Rancho Dominguez Library

4420 E. ROSE ST

EAST COMPTON, CA 90221

310.632.6193

John Muir Library

1005 W. 64TH ST

LOS ANGELES, CA 90044

323.789.4800

Southern California Library

6120 S. VERMONT AVE

LOS ANGELES, CA 90044

323.759.606

Woodcrest Library

1340 W. 106TH ST

LOS ANGELES, CA 90044

323.757.9373

For more Library Locations, please visit

www.lacountylibrary.org or text

626.394.4019.

MEDICAL SERVICES

Compton Central Health Clinic

201 S. CENTRAL AVE

COMPTON, CA 90220

310.635.7123

Compton County Mental Health

921 E. COMPTON BLVD

COMPTON, CA 90221

310.668.6800

Exodus Recovery Mental Health Wellness Center

8513 S. VERMONT AVE

LOS ANGELES, CA 90044

323.942.8415

www.exodusrecovery.com

Martin Luther King, Jr. Community Hospital

1680 E. 120TH ST

LOS ANGELES, CA 90059

424.338.8000

www.mlkch.org

Nueva Esperanza Medical Clinic

1704 W. MANCHESTER AVE, STE 109
LOS ANGELES, CA 90047
323.778.8485

Morningside Primary Care

617 W. MANCHESTER AVE
LOS ANGELES, CA 90044
323.778.6215

St. John's Well Child and Family Center Washington Prep Wellness Center

1555 W. 110TH ST
LOS ANGELES, CA 90047
323.541.1411
www.wellchild.org

Watts Health Center

10300 COMPTON AVE
LOS ANGELES, CA 90002
323.564.4331

RE-ENTRY AND HOMELESS SERVICES WLCAC Family Source Center

1212 E. 108TH ST
LOS ANGELES, CA 90059
213.202.2764
www.wlcac.org

A New Way of Life Reentry Project

PO BOX 875288
LOS ANGELES, CA 90087
323.563.3445
www.anewwayoflife.org

PATH Beyond Shelter

5101 S. BROADWAY
LOS ANGELES, CA 90037
213.202.2764

LAMP Community

4200 E. COMPTON BLVD
COMPTON, CA 90221
310.450.4050
www.thepeopleconcern.org

RESOURCES FOR FATHERS

Bienvenidos Family Services

Dedicated to healing children and
young adults, strengthening families,
and transforming communities.
501 S. ATLANTIC BLVD
www.bienvenidos.org

Dad Project

Non-profit organization that provides
resources, workshops, trainings, and events
for fathers and positive male role models.
310.929.0911
www.dadproject.org

Homeboy Industries

Support for fathers who have been
involved in gangs and/or who have a
criminal record.
130 W. BRUNO ST
LOS ANGELES, CA 90012
323.526.1254
www.homeboyindustries.org

L.A. Fathers Program Echo Parenting and Education

A program for fathers ages 15 to 25 that
provides workshops on healthy relationships,
job training and placement services, and
offers a network of support for young fami-
lies through several partner organizations.
1226 N. ALVARADO ST
LOS ANGELES, CA 90026
213.484.6676
www.echoparenting.org

The Pop Luck Club

A Los Angeles organization of gay dads, prospective dads, and their families.

323.942.9323

www.popluckclub.org

TRANSPORTATION

Compton Renaissance

Local transportation for the City of Compton.

310.605.5505

www.comptoncity.org

DASH

Provides bus service across the City of Los Angeles.

818.808.2273

www.ladottransit.com/dash (Los Angeles)

www.ladottransit.com/dash/routes/watts/watts.pdf (Watts)

Los Angeles County Metropolitan Transportation Authority

To search for a bus route, please visit:

www.metro.net

ONE GATEWAY PLAZA

LOS ANGELES, CA 90012-2952

For any threat to public safety on the Metro system, call Transit Watch at 888.950.SAFE, or download their App.

WELLNESS

Community Care Wellness Center

920 N. LONG BEACH BLVD, STE 1

COMPTON, CA 90221

310.669.9400

L.A. Trust for Children's Health

Bridging the worlds of health and education to achieve student wellness.

333 S. BEAUDRY AVE, 29TH FL

LOS ANGELES, CA 90017

213.241.3511

www.thelatrust.org

Watts Wellness Center

9901 COMPTON AVE

LOS ANGELES, CA 90002

213.784.0587

www.wattswellness.net

Weingart YMCA Wellness and Aquatic Center

9900 S. VERMONT AVE

LOS ANGELES, CA 90044

323.754.3191

www.ymcala.org

WIC - NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN

Please visit WIC's website to find the nearest one in your area:

www.wicprograms.org/ci/ca-los_angeles



Chapter 4

Activities and Recipes

Get Moving

MULTIGENERATIONAL ACTIVITIES

Being active may be more challenging, but active fun with your grandchild will benefit both of you.

START WALKING

- » Walk with your grandchild (or push a stroller), explore nature with them and make it a learning experience.
- » Give your grandchild “walking tasks” if you are less mobile, such as walking to touch a tree or other small tasks to get him or her moving.

GARDENING

- » Gardening is the perfect opportunity for hands-on learning.
- » Help your grandchild plant their favorite flower or turn on some tunes and dance in the falling water of a sprinkler.

YOGA POSES FOR THE WHOLE FAMILY

Yoga clears the way for effective learning by developing concentration and decreasing stress.

EASY POSE

Sit cross-legged on the floor/mat and rest hands on knees, palms up. Close your eyes and take a few deep breaths—in through your nose and out through your mouth. Have your child take a deep breath in through their nose and let it out through their mouth.

MOUNTAIN POSE

Stand tall with your child, stand and take big, deep breaths. As you breathe, bring hands to the sky, stretching fingers as wide as they will go and raising arms as high as possible.

For more activities and recipes, please visit www.first5la.org

Songs

THE WHEELS ON THE BUS

The wheels on the bus go round and round,
round and round, round and round.

The wheels on the bus go round and round,
A-ll da-y lo-ng!

The wipers on the bus go swish, swish, swish,
swish, swish, swish, swish, swish, swish,

The wipers on the bus go swish, swish, swish,
A-ll da-y lo-ng!

The doors on the bus go open and shut,
open and shut, open and shut, open and shut,

The doors on the bus go open and shut,
A-ll da-y lo-ng!

The horn on the bus goes beep, beep, beep,
beep, beep, beep, beep, beep, beep,

The horn on the bus goes beep, beep, beep,
A-ll da-y lo-ng!

The children on the bus go chatter, chatter, chatter,
chatter, chatter, chatter, chatter, chatter, chatter,

The children on the bus go chatter, chatter, chatter,
A-ll da-y lo-ng!

The people on the bus bounce up and down,
up and down, up and down,

The people on the bus bounce up and down,
A-ll da-y lo-ng!

The babies on the bus go fast asleep,
fast asleep, fast asleep,

The babies on the bus go fast asleep,
A-ll da-y lo-ng!



INCY WINCY SPIDER

The itsy bitsy spider
Went up the water spout
Down came the rain and
Washed the spider out

Out came the sun
And dried up all the rain
Now the itsy bitsy spider
Went up the spout again



Fruit Popsicles



INGREDIENTS

- » 2 cups fresh or frozen blueberries, raspberries, strawberries and sliced bananas, mixed
- » 2 cups plain or vanilla yogurt
- » $\frac{1}{4}$ cup sweetener, such as sugar, or honey *(optional)*
- » 8 small paper cups
- » 8 popsicle sticks *(optional, or just eat with a spoon out of the cup)*

INSTRUCTIONS

- » Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt and sweetener into a blender or food processor. Cover and blend until fruit is chunky or smooth, as desired.
- » Fill paper cups $\frac{3}{4}$ full with fruit and yogurt mixture.
- » Cover the tops of each cup with a strip of aluminum foil. If desired, poke a popsicle stick through the foil on each cup.
- » Place the cups in the freezer for 4–6 hours.

Smoothie Bowl for Kids



By: @ForkandBeans

INGREDIENTS

- » 1 c. frozen berries of choice
- » 1 frozen banana
- » ½ c. plain yogurt
- » 3 Tbsp. Ripple Foods milk, vanilla
- » 1 Tbsp. maple syrup

FOR THE DESIGN

- » 2 kiwi slices, for the eyes
- » 1 banana slices, for the eyes
- » 2 blueberries, for the eyes
- » 2 strawberry slices, for the wings
- » 2 kiwi slices, cut into triangles, for the feathers
- » 1 mandarin slice, cut in half, for the beak

INSTRUCTIONS

- » Cut up fresh fruit for topping prior to making the smoothie bowl so it's ready immediately.
- » Throw the smoothie bowl ingredients into a high speed blender and mix until smooth. You might need to stop, mix with a wooden spoon (or shake up), and then blend again because the consistency will be very thick.
- » Spoon the smoothie into a bowl. Top with fresh fruit for fun designs.