

# Families for Literacy Program Newsletter

## July, 2019

**Tutors:** please go over this newsletter (whatever is appropriate) with your adult students and encourage them to visit the Story Times with their children, it's a lot of fun!



**Lakeport Library,** Library Park, Lakeport, **Fridays, 10:15 am and 2:30 pm**  
**Middletown Library,** 21256 Washington Street, Middletown, **Tuesdays, 11:30 am**  
**Redbud Library,** 14785 Burns Valley Road, Clearlake, **Thursdays, 10:30 am**  
**Upper Lake,** 310 2<sup>nd</sup> Street, Upper Lake, **Thursdays, 2:30 pm (through August 29<sup>th</sup>)**

**Start to prepare NOW and stay safe: Planned power outages** as expected this summer with kids can be extra stressful. However, you can prepare ahead of time to keep the little ones safe and entertained without TV, video games, or other electronics.

### First: Create a Power outage kit

Find a large storage container to keep all of your emergency supplies in and designate a space for it so that you will find it when you need it.

### Here are some emergency kit basics

- **LED lanterns**, flameless candles, and/or a different constant light source, like
- **Tap Lights** - Battery operated and great to have for bedrooms and bathrooms. Maybe a cute star and moon tap light that projects stars and the moon onto the ceiling for the kids' bedrooms?



**TIP:** Use them for an art project by painting them with glass paint. Seal with Modge-Podge so the paint won't peel off with use). You can create a whole solar system this way! →



- **Flashlights** and/or **head lamps** - One for each person in the family, or more - in case they break during the shut-off. Flashlights are great for making shadow puppets on the wall with the kids!
- **Batteries:** AA, AAA, C, and D batteries for the different lights, games for the kids etc.
- **First Aid Kit**
- **Water** - Store cases of water in a convenient location, but keep at least one jug in your kit as a backup.
- **Food and Snacks** - Include a few of your favorite snacks in your kit that have a long shelf life, such as canned goods (can opener!), nuts, trail mix, granola bars, chocolate etc.

**Tip: Treat Yourself** during the outage: You might as well indulge in melting ice cream by making a massive sundae: Find a big bowl, scoop all the ice cream into it, and throw in cereal, sprinkles, and any other toppings you want. Then, grab a bunch of spoons and dig in!

### Items to Include in Your Emergency Kit for Kids for Entertainment

Keeping the children entertained during a power outage can be a challenge if there is no plan. Children might not understand what is happening and can be frightened. Distract them by keeping them busy! Include activities for the kids in your kits, like

- **Books** - Put children's books in your emergency kit. Kids of all ages love using flashlights, so give them a flashlight and allow them to read in the dark.



**Did you enjoy our Talk-Read-Sing workshops?**  
Now is the time to practice what you experienced there!

○ **Coloring Books with Crayons and Markers** - Coloring can be very calming for children (and for adults alike: try mandalas!) Print them ahead of time... (<https://www.free-mandalas.net/>)

○ **Stickers and Paper** - Stickers are always fun to keep around. Let your children create picture scenes on their paper using stickers.

○ **Games** - including board games and card games, memory, puzzles, or even battery operated games they can play. "Elefun" is a great game because it includes Glow in-the-Dark Fireflies - perfect for an electrical outage - and keeps kids moving and entertained. This game requires batteries - see emergency kit!



Be sure to charge electronic games before the shut-down as well.

○ **Glow Sticks, Glow Bracelets and Glow in-the-Dark Stars** - Lots of fun for little ones, and they also help light the way. Simply bend the stick to activate it. Sticks come in various shapes, colors, and sizes - many form bracelets and necklaces for extra fun. Store them in your kit. Hang *Glow in-the-dark stars* on the wall and watch them glow for hours! Great for your kid's bedroom at night to ease fear and anxiety. Do you trip over your dog? Put a glow stick around his neck!



○ **Fun Dough** - Kids love using their hands and it develops their fine motor skills →

### Activities for Kids during power outage

○ **Build an indoor fort or tent**

Allow the kids to get creative with pillows, sleeping bags, blankets or sheets and build a fort or tent in the family room. Grab flashlights and tell stories, or snuggle and read books in the fort.



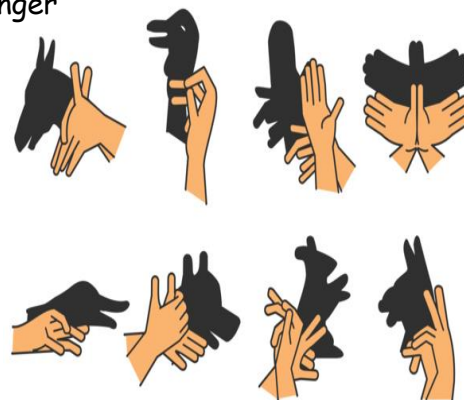
Turns out that uncooked s'mores taste pretty good, too.

○ **Get Social**

Invite family, friends and neighbors over, especially ones with children the same ages as yours. Ride out the outage together by playing games, charade, host a tea party for all the favorite stuffed animals, hide & seek with flashlights, have a scavenger hunt, paint everybody's toenails make a gratitude list, art project, or

○ **Put on a Puppet Show**

Use flashlights to shine onto the wall and make shadow puppets with your hands as a family. Who knew that a flashlight could be so much fun?



**And most of all: Try to Have Fun!**

Make the most out of this time - or at any time! A great opportunity to cuddle and rediscover being with family and friends. Make memories that will last a lifetime.



Remember the **cuddle song**? Refresh your memory here:

<https://www.youtube.com/watch?v=bQ-zJhB5KdU>

*It's so nice to have a cuddle with a person that you love.*

*Feels so good to have a snuggle with a person that you love.*

*When I'm happy or in trouble I run fast right on the double.*

*Just to sit and have a cuddle with a person that I love.*

For a list of businesses open during outages call the office: Tina Woelbling-Hamner, Families for Literacy, 263-7633