



# Parents as Partners

## Did You Know?

Singing is good for the brain. It increases oxygen intake which increases alertness. It is a happy activity that also increases endorphins. Endorphins are a substance our bodies make naturally that reduces pain and brings about feelings of pleasure. Endorphins help keep our immune system healthy and our stress in check.

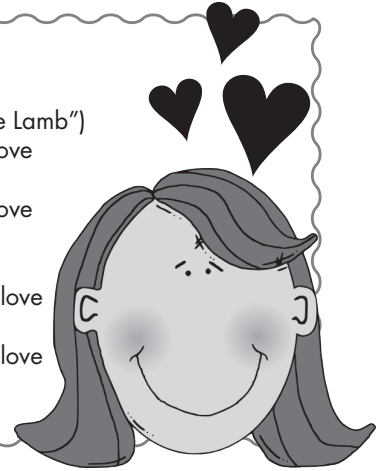
## Try It Out

This week your child learned a song about you! Sing this song to the familiar tune of "Mary Had a Little Lamb." Use this tune, or one of your own, to create a special and unique song just for your child. Sing it to him or her many times.

### Mommy's Face

(Tune: "Mary Had a Little Lamb")  
Mommy's face is full of love  
Full of love, full of love.  
Mommy's face is full of love  
When she smiles at me.

Daddy's arms are full of love  
Full of love, full of love.  
Daddy's arms are full of love  
When he holds me tight.



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## Did You Know?

Children are enriched by every person who loves them. This week we are learning about extended family members. Talk with your child often about aunts, uncles, cousins, grandparents, and family friends.

## Try It Out

Talk with your child during dinner about the nice things extended family members do for them. Review this song with your child that we learned this week about grandma and grandpa. You can change the names grandma and grandpa to the names used by your child for his or her grandparents.

### I Love You, Grandma (or Grandpa)

(Tune: "You Are My Sunshine")  
You are my grandma  
My sweet, sweet grandma.  
You make me happy every day.  
I love your hugs and I love your kisses.  
Hope you know that I love you.

