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FROM THE EDITOR

Mary Kay Smith

n our house it is clear that all men are not created equal. In fact, the self-evident truths suggest very strongly otherwise.

This was driven home to my youngest daughter and me as we watched her physics professor lecture on computer memory. We like the professor a great deal and have learned a lot in this course, but it is quite obvious that his mind and our minds are nowhere near equal.

Recently we listened in awe as he discussed flip-flop semiconductor memory and explained his logical NOR gate circuit chart. But we just couldn't help it. As he went over the chart—and rapidly over our heads—the two of us looked at the diagram and discussed how we'd color it in.

We won't be applying for a science scholarship.

Your children aren't equal either. That realization might make you panic a bit at first, but in the end it should be liberating. Since this issue is devoted to preschool and homeschoolers just starting out, let me say two things clearly. The first is that it is important to give your children the freedom to be the people God made them to be. Yes, you need to expose them to every subject, but, just as you can't—and shouldn't want or expect to—turn willow trees into oaks, you can't force your artistic children to become mathematical geniuses (or the other way around).

The second thing is that we're dealing with preschool here. You don't have to start with all the information your children will ever need to know in life. It is important to remember that "pre" means "before." Preschool children are not in school yet. This is the time to play with your kids, read to them, take them on field trips, and teach them skills at home. You don't need a curriculum in order to teach colors—go for walks in your garden and point them out. You don't need a curriculum in order to teach counting—take your kids grocery shopping and count the items in your cart. You don't need a curriculum in order to teach measuring—bake cookies together. You don't need a curriculum in order to teach matching—sort socks from the clean laundry. You don't need a curriculum in order to teach shapes—go on a shape hunt through the rooms in your house.

What you need instead is a guide, and our goal is to provide that for you here with ideas for activities, resources, and skills that will help prepare your children for kindergarten. After all, one of the wonderful benefits of homeschooling is flexibility and the chance to tailor your program to your own children. So relax and just enjoy your kids. You can be assured that they are going to pick up the skills they need. Remember that these skills are like potty training: by the time your children get to college, no one will care how old they were when they mastered them!

For those of you past the preschool years who don't need this information, **please share** it with a friend or donate this issue to your church, library, or pediatrician's office.



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Home Educator O Home Educators Association of Virginia News Magazine

The purpose of the *Virginia Home Educator* is to provide information, resources, and encouragement to Virginia homeschool parents. The views expressed in this magazine do not necessarily reflect those of the Home Educators Association of Virginia.

The *Virginia Home Educator* is sent quarterly to Virginia's homeschooling families without charge. To receive a free subscription, sign up at www.heav.org.

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Submission Deadlines:

Winter 2011 (Issue 1)—December 1 Spring 2011 (Issue 2)—March 15 Summer 2011 (Issue 3)—June 15 Fall 2011 (Issue 4)—September 15



HOMESCHOOL SEMINAR

My husband and I attended the "So You're Thinking about Homeschooling" seminar, and I just want to say thank you! Yvonne was wonderful! She covered a wide range of information, told personal stories of her family's homeschool experiences, and answered all of our many questions. We learned so much valuable information! HEAV is an AMAZING organization—what a blessing!

Thank you!

Amy Hatfield, Mechanicsville

VIRGINIA STATE FAIR

We braved the weather on Monday and had a wonderful day! We were surprised that it wasn't as wet as we had thought it would be, and we were able to enjoy everything without too many crowds getting in the way. Let it be added that we are English and are therefore used to bad weather...and making the most of things no matter what is falling from the sky.

The children are already looking forward to next year.

Thanks to HEAV for offering homeschoolers the chance to go to events for less money.

Lynne Harris

View other upcoming events at www.heav.org/events!

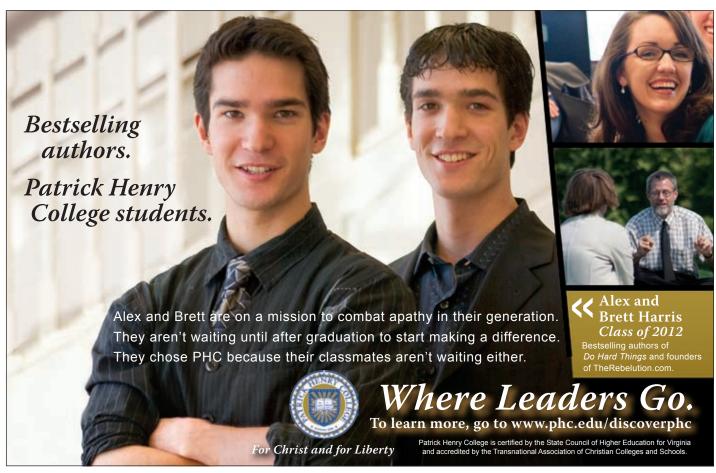
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FROM THE DIRECTOR OF HOMESCHOOL SUPPORT Yvonne Bunn

've had many young mothers of two-, three-, and four-year-old children ask what they should be doing to homeschool their preschoolers. What curriculum should they use? When should they begin a reading program? What are the best math programs? My answer is this: You don't have to worry about all of that yet. While academic subjects will be important later on, preparation is what is important during the preschool years.

Because you're not doing a formal academic program, don't think for a minute you're not teaching your child. When your child is experiencing something new with you, you're teaching him. You don't need to consult an "expert." You are the expert—you're the parent.

Nor do you need to send him to a formal preschool with a play kitchen and dress-up clothes. You have the "real deal" in your home!

Homeschooling preschool is just a continuation of what you've already been doing. By the preschool age, your child has already learned to walk and talk, go potty, feed himself, get dressed, and follow your direction—to different degrees. He's inquisitive, full of energy, ready to master new skills, and eager to learn. How has he reached this new, somewhat-independent stage so quickly? You've taught him day after day! Now that he's a preschooler, just keep up the good work!

The path to kindergarten readiness is often messy and cluttered, but you can be sure valuable learning is taking place. You're teaching him when he throws or catches a ball or helps you in the kitchen by measuring ingredients and stirring the cake batter. Even emptying a kitchen cabinet while you do the dishes is a learning activity (and maybe an exercise in patience for you!). These tasks help a child develop important large motor skills. By hearing the same books again and again before bedtime, children are learning auditory discrimination, building vocabulary, and increasing verbal

expression. When they put together wooden puzzles or begin to cut paper or color, they're learning visual discrimination and exercising fine motor skills. All of these activities help a child develop important pre-reading skills that need to be mastered before formal academic instruction begins. You don't need to purchase a preschool curriculum in order for your child to master these skills.

Homeschool pioneers Dr. Raymond and Dorothy Moore stated in one of their early books that a child's play is his work. When children play, they are creatively using their minds and newly developing physical skills to increase their ability to think and reason. Through movement and play, the right and left brain are forming important neurological connections that will become the early pathways for successful reading and writing. Play is important. Move into more structured activities gradually.

When you feel your child is ready for something new, you can naturally transition from puzzles and Play-Doh to flash cards with shapes and colors. Gradually incorporate counting and the alphabet into your child's play time. Keep it fun, simple, and short. A preschooler's attention span is very limited. If he becomes frustrated, he is letting you know that you're doing too much. Don't be pressured by other moms or book sellers to begin "academics" before your child is ready. Academic readiness is as important as academics.

God has given you the responsibility and the ability to teach your child. You can do it! But enjoy the preschool years; don't rush them. Take time to "be" with your child. The dishes can wait; the laundry will be there tomorrow. A good foundation for learning during the preschool years will make a smooth transition into kindergarten. Remember, you're already homeschooling your preschooler. It's called good parenting.



onsidering Homeschoolis HERE ARE SOME IMPORTANT STEPS TO TAKE TO GATHER MORE INFORMA

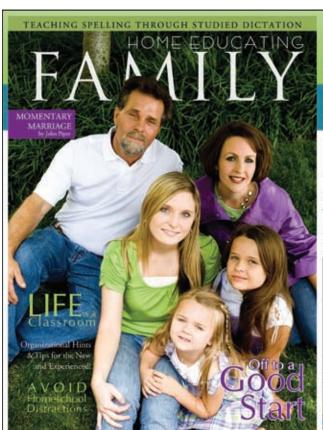
- Attend HEAV's "How to Begin Homeschooling" Success Seminars or Webinars
- Read The Virginia Homeschool Manual
- Research topics and the law on the HEAV website
- Read how-to-homeschool books
- Subscribe to one or more homeschool magazines or newsletters
- Attend local presentations and workshops
- Visit local support groups
- Talk with homeschoolers
- Read homeschool blogs
- Join support organizations— HEAV, HSLDA, and local support groups
- COME TO THE CONVENTION!

Find links, information on the law, and other homeschool steps. Subscribe to HEAV's FREE newsletters and mailings at WWW.HEAV.ORG/BASICINFO/HOWTOBEGIN.

- FREE CONVENTION FOR PARENTS OF PRESCHOOLERS*
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*To attend for free, your eldest child must be under five years of age (his or her fifth birthday must be after June 30, 2011), and this must be your first HEAV convention—that's it!

EDUCATOR | FALL 2010



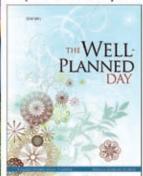
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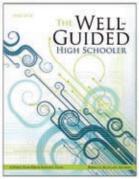
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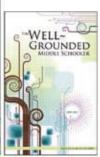
HOMESCHOOL PLANNERS FOR TEACHERS & STUDENTS

Would you like to be more organized and plan your homeschool days more effectively and easily in 2010?

The Well-Planned Day is a family homeschool organizer that is filled with helpful articles and tools for organizing your home and your homeschool. Fully dated, full-color planners for teachers and students in 4th-12th grades.







HOME EDUCATING FAMILY MAGAZINE

... Changing the World Starts at Home.



VIRGINIA KIDS DID IT!



Congratulations to Lamar Johnson, Adrian Bills, and Seyi Olusina, who recently earned the pinnacle of Royal Rangers' advancement—the Gold Medal of Achievement—at Outpost 187 (Faith Landmarks Ministries) in Richmond. The Royal Rangers, a Christian scouting program for boys, was proud to recognize these young men. Very similar to the Boy Scouts of America's Eagle Scout Award, this prestigious award recognizes boys who have met all the requirements established by the Royal Ranger National Office: 18 required merits, 8 elective merits, a service project, a 500-word essay, and leadership positions. The boys' service project consisted of planning and constructing a stage to benefit the outpost camping facility at Faith Landmarks Ministries. You can learn about the Royal Rangers at http://royalrangers.ag.org.

Congratulations to 13-year-old Jeffrey Scot Wrobel, Jr., 12-year-old William Turner Wrobel, and 9-year-old Benjamin Stocking Wrobel (all from Henrico County), who participated in the Pennsylvania Society Sons of the Revolution "Let Freedom Ring" Liberty Bell tapping program on the Fourth of July in Philadelphia. The Wrobel boys, descendents of John Penn of North Carolina, are junior members of the Descendants of the Signers of the Declaration of Independence, officers in the Colonel Alexander Spotswood Society Children of the American Revolution, and active members of Boy Scout Troop and Pack 1807 in Richmond

Congratulations to junior **Hannah Underhill** (Appomattox), who received honorable mention in the national Exquisite Prompt writing contest, sponsored by Reading Rockets and AdLit.org.

The contest is a series of monthly writing challenges designed for kids in grades K-12. Students can select just one of the monthly challenges or try a new challenge every month. The writing challenge's prompts are based on the works or the lives of the 18 participating authors and illustrators. The prompts for May were inspired by Steven Kellogg and Lemony Snicket; Hannah's work was inspired by author Lemony Snicket's *A Series of Unfortunate Events*' and the at-risk youth who live in America's inner cities. Hannah's work will be published on Reading Rockets and **www.AdLit.org**.





Jeffrey Scot Wrobel, Jr.

Congratulations also to **Jeffrey Scot Wrobel, Jr.**, for being awarded his Eagle Scout Award on July 1! His Eagle Scout leadership service project was to build a 425-foot guardrail around the Bison enclosure at Maymont Park in Richmond.





BIRTH DATES NOT REQUIRED BY LAW

After filing a Notice of Intent, several parents reported that their school superintendents responded by letter or phone saying they would not "approve" their NOI or "consider their request to homeschool" until birth-date information was received. Some superintendents insisted on having both birth dates and grade levels. Their response exceeds the requirements of the law in several ways.

First, the homeschool law does not give a superintendent authority to "approve" or "consider a request" to homeschool. When filing a Notice of Intent, parents are NOT asking for approval or requesting permission to homeschool. Parents are NOTIFYING the superintendent that they have complied with one of the four ways the law indicates parents can educate their children at home.

Second, the Virginia homeschool law (\$22.1-254.1) DOES NOT require parents to disclose the birth dates or the grade levels of their children in order to homeschool. A name and birth date can be used as identifiable tracking information. Rather than a birth date, a parent can provide a child's age. This indicates whether or not a child is under compulsory attendance laws. Since the homeschool statute does not require parents to provide birth date or grade information, there is little the superintendent can do to gain compliance with his request. He can ask; however, the law does not back him up.

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Because school superintendents and their designees are accustomed to having birth dates for public school students, some think they must have the same information for homeschooled students as well. To add to the confusion, the sample Notice of Intent form found on the Department of Education's website includes a place for birth dates. Again, according to the homeschool law, this is not required.

Some parents may be intimidated by a phone call or letter from the superintendent's office and quickly supply the requested information for fear of jeopardizing their right to homeschool. **Please consider the implications of providing more information than is legally required.** If enough parents comply, we can expect future requests for additional information—such as social security numbers, parent income or employment information, discipline methods, etc.

Laws are made to protect citizens and limit what government can do. While homeschooling parents don't want to create unnecessary problems or controversy for themselves, they must stand up for their rights. We all want to promote good will with those in authority, but good will is fostered when both parties live within the parameters set by the law.

HEAV helps protect homeschool freedoms by being there to answer questions that arise. You can find more questions and answers in the new Q&A series on our blog at www.heav.org/blog.

MATHCOUNTS REINSTATES HOMESCHOOL TEAMS FOR UPCOMING YEAR

In mid-August, MATHCOUNTS announced a ban on home-schooling teams. This was in spite of the fact that homeschool teams had been allowed to compete for the past twenty years. MATH-COUNTS creates a fun way to get middle school students involved in math, and Home School Legal Defense Association (HSLDA), as well as many homeschoolers, contacted MATHCOUNTS to express concerns about the new policy. MATHCOUNTS agreed to a temporary change in policy that allows homeschool teams who participated in last year's competition to be allowed to compete again in this year's program. While this revised policy does limit some homeschoolers, MATHCOUNTS has committed to work with HSLDA to find a long-term solution to this problem.





In the whole scheme of things, toddler years are very short. But these are the years when the most aggressive training should take place and the ones that should produce the most fruit.

Training in these years yields benefits in the school years. Even though it takes a lot of energy, we need to condition children to right habits when they're young.

We need to train young children to say "no" to fleshly impulses and negative emotions. Children need to understand that there are more people in the home than just them. They need to learn that parents will gladly help them with their needs, but not with their every want. And they need to know they must contribute to the family and not just take—because they are a precious part of a whole unit and also have something to offer others.

TRAIN YOUR CHILD

You are a partner with God in training your preschool child, so use biblical terminology with these concepts. For example, don't say "listen to me" because listening is not the same as obeying. Use the correct words: "obey me," "show honor to me," etc.

Also, separate the call from the command as Eli showed Samuel to do. Call, and

after the children come, tell them what they need to do—don't give them commands from another room. This ensures you have their full attention. As the children get older, have them repeat the command back.

Babies are born demanding! It takes consistent, daily training with purpose to yield a peaceful home. You will have short-term goals and long-term purposes, and training for those requires a great amount of time and repetition. It often happens in the little moments. With toddlers, issues for training are things like potty training and eliminating picky eating, whining, screaming, and clinging. Set priorities and only work on one goal at a time. Remember that during the toddler years, we're dealing with external behavior. They won't understand mercy without first understanding justice, and it isn't until later that the internal desire to please will come.

But yielding a peaceful home also takes flexibility. Learn to live with a little bit of mess. Don't set up standards of perfection for either yourself or your children. Catch yourself and your reaction to your children's missteps, and humble yourself before your kids when your response to them is sinful. Nothing is more valuable than building relationships with your kids. Anger can be a red flag that your standards are too high.

THREE SPECIFIC AREAS TO WORK ON WITH YOUR PRESCHOOLER

1. Obedience

God esteems and requires obedience. Even though He is merciful, there are consequences when we disobey. Sickness and tiredness are not excuses. We can accomplish so much more when we are obedient.

2. Respect
God tell us to honor parents. The

God tell us to honor parents. The lines of authority in children's lives need to be clearly defined. Role-play respect with your children so they understand how it sounds when we talk to one another respectfully.

God wints us to learn to say "no" to bad behavior and inappropriate responses.

STRUCTURE YOUR CHILD'S ACTIVITIES

Make a plan for each day, because without structure, nothing is accomplished. Young children do better with routine and sleep, so your plan should include naptime (or—at a minimum—quiet, on-the-bed time), mealtimes, family time, structured play time, and activity time. Don't leave home often to run errands. Children need to be home in an ordered environment.

Have your preschool children help with the house work. Do chores a little at a time between school time and your time with them. Toddlers delight in entering your world to help with chores. Even the youngest can do simple chores such as helping empty the dishwasher or placing the pillow back on the bed after you've made it. Maintain the necessary routines to accomplish these chores. Use a chore chart and make children accountable, reminding them that work is a gift—it was in the Garden of Eden before there was sin. Work is a way to use our energy, manage time, learn to follow authority, and learn to get along with others. As your children get older, don't pay allowance for chores that are their part of helping the family; instead, pay only for extra jobs.

Preschool children have a lot of energy to get out every day. After lunch is a good time for high-energy activity. Then settle down gradually with a book and a nap.

TEACH YOUR CHILD BOUNDARIES

During your school time with older children, the job of preschool children is to be cooperative. Divide their toys into categories—what they can do alone and what requires help. Alone-time toys and books are only given during this time. Divide your room into sections, and have each toddler and preschool child play alone with two to three toys in a specified section. Indicate the boundaries that they must not leave and that no other child may enter. This time alone helps children learn focus and self-control in increasing amounts of time. Eventually this skill leads to children being able to and loving to learn on their own—a skill they need in high school and college!

Make lists of other activity ideas your toddler or preschool child will need help with (such as puzzles, books, and shape-sorting), and do those during your time with them or an older child's time with them. You are asking for problems, frustration, and burnout if you pair young children with young children and expect them to play. They don't know *how* to get along or share yet. When multiple toddlers and preschool children are together, a parent or older child needs to be with them to direct their play and help them learn to work things out.

Sometimes, no matter how well you've planned, the day doesn't go well. When you have an unusually bad day, give it up and do activities together as a family.

Finally, it is very helpful to find a mentor who enjoyed the busyness of the toddler and preschool years. Call her when you need advice or help to temper a bad response to your children. With help, a routine, flexibility, and understanding, you can enjoy these years too.

Kerin is the mother of eleven children and the grandmother of three. She gets her "little-kid fix" by teaching babies, toddlers, and preschoolers to swim, and she loves to encourage moms of young children in the early phases of parenting.

Camp Willow Run

Summer Camp 2011

Camp Willow Run is an interdenominational Christian camp located on Lake Gaston in Littleton, North Carolina. The camp is built on a unique railroad theme using air-conditioned boxcars for dormitories. The three-fold purpose of Camp Willow Run is to win youth to Christ, help mature those who are already Christians, and demonstrate that you can be a Christian and have fun. Every effort is made to ensure a safe, action-filled experience for each camper. Activities include: swimming, sailing, waterskiing and wakeboarding, archery, riflery, high ropes, giant swing, climbing wall, crafts, model rocketry, canoeing, low ropes, and more! The Christian lifestyle is demonstrated by a carefully selected staff and taught through Bible study, devotions, music, and times of personal interaction. Our program is available to rising 3rd grade through 12th grade students without regard to race, color, national origin, gender, limited disabilities, or religious preference.

Please contact us today, for more information, or to be added to our mailing list. Registration forms will be mailed the last weekend of January. Registration is on a first come, first serve basis and most weeks fill quickly. The weeks of June 5-11 and June 12-18 are two excellent options for campers who are in home schools and private schools since many public schools will still be in session at that time.











www.campwillowrun.org

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learning throug play

emily krisko



hildren have an undeniable thirst to learn. If you have ever been driving a car while a child barrages you with "why" questions from the back seat, you have experienced that compelling desire. As a parent and a teacher, it is important to understand how to quench a child's thirst to learn and to encourage the child to develop a lifelong love of learning. Preschool is an important time for children to develop this love.

Preschoolers are very curious about their world. They are trying to understand it and learn more about it. They are beginning to understand people. They are learning about their own feelings and the feelings of the people around them. They are learning how to express their feelings, how to handle them, and why other people's feelings are important. They are learning to have self-discipline and to test their world, make decisions, and relate to others in play. Children learn to master these skills—and many more—when they play.

DISCOVERY LEARNING

In purposeful play, children are learning to think. They are organizing ideas, talking, solving problems, trying new ways, repeating what works, and challenging themselves. They are making friends by doing things together. Children at play are not waiting to be entertained. They are discovering that they possess the source for finding joy, achievement, and happiness. Children need to have fun and to learn how to create that fun.

Their bodies are developing, too. With large- and small-muscle activities, children develop basic physical abilities and fundamental movement patterns that build more refined and mature patterns later. As they develop large-muscle coordination, small-muscle coordination will follow. By going outside to play, children get a sense of freedom. They have a chance to talk, shout, sing, run, laugh, and enjoy the sunshine and fresh air. Body movement contributes to sensory perception, space, imagery, and thought. Developing eye-hand coordination helps develop the skills they need to write.

Small-muscle activities such as cutting, pouring, climbing, and swinging build confidence. They help develop small motor skills for dressing, eating, and washing. This development allows children to do more for themselves. Fine motor materials provide experience in seeing relationships, likenesses, and differences. They lead to classifying, seriating, discriminating, and problem-solving. Human hands are like tools. As children learn to use them to control and make changes, they develop feelings of confidence. Motor activities also help foster descriptive, comparative vocabulary.

TOYS ARE A CRITICAL COMPONENT OF LEARNING

Toys are important learning tools for children to use as they gain mastery of themselves and their environment. While toys are important at every age level, they fill different functions at various ages. Throughout the childhood years, toys stimulate children's social, physical, personality, and intellectual development. Social development helps children progress from solitary to cooperative play. It helps them learn to play with others. Physical development encourages the development of large and small muscles, including large-muscle control and small-muscle coordination. Personality development encourages maturity of behavior and fosters the uniqueness of each child. Intellectual development expands the child's knowledge of the physical properties of the world, fosters creative thinking, and increases vocabulary.

Children ages three to five are in the "pre-academic" period. They are developing pre-math and pre-reading skills, exploring dramatic play, increasing language development, refining sensory perception, and continuing large- and small-muscle development. At this stage, parents and teachers should choose toys that encourage the following:

- Visual discrimination of shapes and pictures
- Eye-hand coordination
- Concrete pre-math experiences
- Self-expression in dramatic and creative play
- Sequencing as a pre-math and pre-reading skill
- · Recognition of spatial relationships

Choose learning toys such as push-in pegboards, hand-and-finger puppets, dominoes, matching games,

lotto, paper dolls, doll houses and furniture, simple construction and science experiment sets, and simple games that teach colors, shapes, and relationships. Avoid toys that are too heavy for a child's strength, that are sharp or cutting, or that are poorly made and come apart, break, or splinter.

When preschoolers play, they are exploring their world and satisfying their innate desire to learn. By inhabiting a fun, nurturing, and safe environment, the preschooler will discover that learning is fun. The appropriate activities and toys will help prepare children for the transition to kindergarten. As a parent and a teacher you can foster a lifelong love of learning. Discover the power of play with your child.

Emily Krisko is an executive director with Discovery Toys. A former teacher, she now holds Discovery Toy workshops in the home to help parents understand the value of play in education. You may contact her at KRISKODT@aol.com.

Five important points to remember when buying toys

- 1. Safe, with no sharp edges, points, or toxic paints
- 2. Durable and of high quality, made to last a long time
- **3.** Open-ended and able to be used in many ways
- **4.** Span several stages of child's growth—at least one year
- **5.** Suitable to the age and stage of child



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TEACHING FINE ARTS

BONUS

We were touring the Virginia Science Museum's "Christmas Trees Around the World" exhibit when my two six-year-olds stopped in their tracks and expressed simultaneously, "Look Mom, it's *The Night Watch*. It's a Rembrandt!"

The lady standing next to

them was awestruck. How could six-year-olds know a Rembrandt? It led to an interesting conversation about the joys of homeschooling.

But, how *do* six-year-olds know a Rembrandt or Alexander Calder? The answer is easier than you think.

Teaching the fine arts to the younger set isn't just for the gifted or for those with artistic parents. I didn't know the first thing about the fine arts until I became a homeschooling mother. But I have learned that teaching the fine arts to younger children helps them in so many ways. They learn to slow down and see things that many others miss, to find joy in the beauty around them, and to lay a foundation for mathematics, science, and history.

Read the rest of this article, "Fine Art Adventures for the Younger Set," by Jan Surface at www.heav.org/basicinfo/preschool.

UNDERSTANDING CHILDREN'S DEVELOPMENT

ARTICLES!

It is important to understand how children develop because you have a particular window of opportunity related to that development, and you need to gear your training to that opportunity. Understanding your children's development also helps you not exasperate or anger them by expecting too much of them. Remember that developmental changes are a gradual process. All children are different, and the Creator has a specific design for each child. Don't compare your children—to each other or to other people. And don't let your children confuse your approval with love, as love is not connected with their behavior.

In addition to specific developmental needs, every age group needs to know they are loved, accepted, and believed in. They need to have friends, hope for the future, and people to confide in. All must learn to love others, be unselfish, act in a cheerful manner in spite of feelings, serve others, and understand the gospel.

To discover the specific age-appropriate tips that Inge Cannon recommends, look for "Tips for Working with the 'Little People' in Your Home" at www.heav.org/basicinfo/preschool.

HAVING DEVOTIONS WITH YOUR CHILDREN

In a Christian homeschool family, God's Word is the foundation of all other study, so our biblical worldview impacts all learning in subtle ways. But there are also times we want that impact to be more deliberate. How can a busy homeschool family incorporate Bible study, everyday-life application of biblical principles, and prayer in their day?

To begin our school day, I would put on some music that would help us focus on the Lord, and the children would either sing along or listen quietly (and hopefully reverently). Then we would have a brief devotional lesson followed by a short time of prayer. This fifteen minutes gave us a deliberate start to our day and helped us to begin with cheerful hearts.

Read more ideas from Vicki Bentley's article

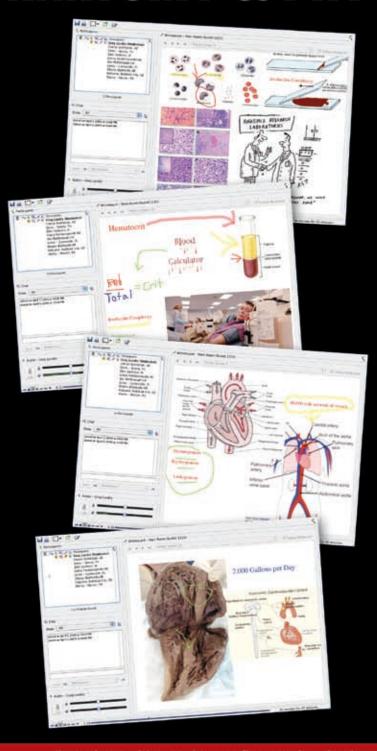
"Deliberate Devotions" at www.heav.org/basicinfo/preschool.



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Places to Visit and Things to Do!

Virginia Discovery Museum (Charlottesville) advertises their weekly Toddler Time program for ages two to five with an adult. The Discovery Art Studio is also always open for children for make-and-take crafts. 434-977-1025 • www.vadm.org/programsDayWeek.html

Science Museum of Western Virginia (Roanoke) is preparing four preschool field-trip programs, including one on chemistry and one on being a critter detective. In addition, preschool children will enjoy a visit with live animals as well as the planetarium show "The Sky Above Mr. Rogers." Kindergarten classes can be modified for Pre-K. 540-342-5710 • www.smwv.org

Cox Farms (Chantilly) Fall Festival includes a hayride, slides, baby animals, a rope swing, and a wooden train for preschoolers, and lots of fun activities for their older siblings. Includes all-you-can-eat apples and cider on site, and a small pumpkin to take home. 703-830-4121 • www.coxfarms.com

Ellanor C. Lawrence Park (Chantilly) has a small visitor center, woodland walks, and programs for every age. Their monthly preschool program, *Kids' Korner*, is for children ages three to five accompanied by one parent. The program includes outdoor activities and crafts. Reservations are required. 703-631-0013 • www.fairfaxcounty.gov/parks/ecl

Sully Historic Site (Chantilly) will plan a preschool field trip of your choice for a group of five or more (even if just one or two families). Instead of the house tour, they have eight options of age-appropriate historic activities and crafts, and your trip will include a child's hornbook activity book or other special item for your preschool child to take home. One-week-advance reservations are required. 703-437-1794 • www.fairfaxcounty.gov/parks/sully

Frying Pan Park and Kidwell Farm (Herndon) offer horse shows, farm animals, and a playground. There is a small charge for wagon rides. 703-437-9101 • www.fairfaxcounty.gov/parks/fpp

The Curiosity Zone (Ashburn) built the Little Lab Science Room just for toddlers and preschoolers. The room includes sensory panels, a giant magnetic wall, sand and water tables, blocks and gear centers, play mirrors, bubble tubes, jumbo microscopes, and more. Weekly classes for children ages two to five last 45 minutes, and run in 10-week units.

703-723-9949 • www.curiosityzone.com

Science Museum of Virginia (Richmond) suggests "Wonderplace," a special field-trip program for children ages four through grade two. Children visit various stations for hands-on activities and crafts related to a different theme each semester. The minimum number of kids is 10; maximum is 25, with one chaperone per five children (five adults maximum). 804-864-1400/800-659-1727 • www.smv.org

Virginia Museum of Fine Arts (Richmond) offers many fine arts programs specifically for preschoolers. 804-340-1400 • www.vmfa.state.va.us/Learn

Children's Museum of Richmond includes a variety of hour-long field trips geared toward preschool children. Topics range widely from composers to senses to puppet play. They also offer many other handson projects and discovery activities. 804-474-7015 • www.c-mor.org

Maryland Science Center (Baltimore, MD) promotes their Kids Room, an enclosed area designed for kids eight and younger. It features a water table, pneumatic table, stethoscopes, dress-up area, and deep-sea cove (a play area with nooks and crannies). Buy tickets in advance and pick them up at Will Call. 410-685-2370 • www.mdsci.org

The National Aquarium (Baltimore, MD) includes hundreds of exhibits featuring more than 16,500 animals—and not just fish. The aquarium includes birds, amphibians, invertebrates, and mammals. Kids of all ages will also love the dolphin show. 410-576-3800 • www.aqua.org

Virginia Living History Museum (Newport News) is a nature center and museum rolled into one. They have a nice variety of preschool programs built on nature themes. 757-595-1900 • www.thevlm.org

Children's Museum of Virginia (Portsmouth) offers a smorgasbord of science, art, and history activities. One look at their website, and you will want to visit! 757-393-5258 • www.childrensmuseumva.com

Shenandoah Valley Discovery Museum (Winchester) is a handson museum for ages two through twelve. They also offer Wee Discoverers, a series with a different program each week for preschoolers and a parent. 540-722-2020 • www.discoverymuseum.net

Captain Barry's Back Bay Cruise (Chincoteague Island) is recommended in several family magazines as a cruise that teaches even preschoolers about crabbing, different types of jellyfish, and the other wonders of the bay. 757-336-6508 • www.captainbarry.net

Other Great Resources

Sign up for HEAV's FREE *Virginia Homeschool Update* to learn about upcoming events and field-trip opportunities throughout Virginia.

For other kid-tested destinations, read *Kids Love Virginia* by George and Michele Zavatsky. www.KidsLoveTravel.com

NOTE: Inclusion in this listing does not denote endorsement of every or any program offered. We assume parents will use their own discretion when choosing.

Field-Trip Ideas

- County and state parks
- Fire stations
- Police stations
- Bakeries/grocery stores
- Pottery studios
- Bead stores
- Libraries (Ask about story hour; call ahead to find out what book(s) will be read.)
- Farms
- Orchards (Check out www.pickyourown.org/VA.htm)
- Train stations
- Airports
- Music stores/studios
- Zoos
- Aquariums
- Pet stores
- Recreation centers (art, dance, swimming, gymnastics)
- State or local fairs
- Historic sites

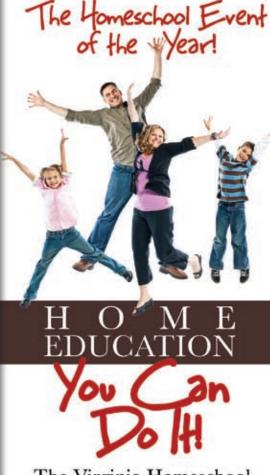
Ministry Possibilities

- Collect items and pack shoeboxes all through the year for Operation Christmas Child. www.samaritanspurse.org
- One day in December, gather all the coins you can find around the house (include pockets and purses) and donate them to a Salvation Army ringer.
- Choose and save for a project from
 Harvest of Hope. www.harvestofhope.org
- Shop for your community food-basket/ pantry program.
- Collect items for a homeless shelter.
- Attend Teen Missions Mustard Seed Camp in Florida (ages four to six with parent/s). www.teenmissions.org
- Make simple cards, crafts, or cookies and hand them out at a local nursing home or to neighbors.
- Go to a nursing home with other families and sing for the residents.
- Make cards for sick friends or for a believer in prison. www.prisoneralert.com

Activity Ideas

- Play-Doh (Recipes to make your own dough are readily available online.)
- Art supplies
- Sewing cards
- Beads or noodles to thread
- Books
- Books on CD
- Cars and floor car maps and towns (You can make your own with brown butcher paper.)
- Matching games (dominoes, memory, Playful Patterns)
- Counting games (Hi-Ho! Cherry-O)
- Shapes and color games
- Sequencing games (It's a Match)
- Coordination games (bowling, quoits)
- Building sets (Duplos, large-size Tinker Toys)
- Play sets (Fisher-Price Little People, Playmobile—check for ones with appropriate content.)
- Play house (You can make one out of a large appliance box that the kids decorate.)
- Dress-up clothes
- Career kits (doctor, fireman, chef, hair dresser, etc.)
- Sidewalk chalk or paint
- Rubble
- Felt or magnetic play sets
- Puzzles
- Child's shopping cart (Use cart to shop, collect things, or pick up toys.)
- Educational videos
- Post office play (Give kids appropriate junk mail; they can also write and distribute letters to family members.)
- Store play (Set up a little grocery store with a toy cash register and empty food boxes.)
- Zoo play (Use plastic animals for play, or draw them on a floor car map.)
- Dolls
- Irucks
- Sandbox

Get creative and don't feel pressured to spend a lot of money. Have fun as you begin to develop an educational mindset that will benefit your child for a lifetime!



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PARENTING BOOKS

Parenting Isn't for Cowards and The Strong Willed Child are just two of the excellent parenting books by Dr. James Dobson. www.focusonthefamily.com

Sacred Parenting by Gary Thomas isn't a how-to book on raising kids; rather, it discusses how God uses our kids to change us as parents. This unusual perspective is very helpful to assist us in responding properly to our children. Sacred Pathways, another of Gary's books, discusses nine personality patterns of how we respond to God, and is an eye-opening and excellent resource for parents as they help their children grow spiritually. www.garythomas.com

- ★ The Five Love Languages by Dr. Gary Chapman helps you identify the ways in which your children understand and receive love.
- ★ Don't Make Me Count to Three by Ginger Plowman encourages parents to look beyond their children's behaviors into their hearts. Her book No More Whining teaches about power struggles and self-control.
- ★ Spiritual Power of a Mother by Michael Farris answers letters and questions from homeschool moms. In his book, Mike—a homeschool father of ten—offers the encouragement we sometimes need to keep making a spiritual difference in the lives of our children.
- ★ Shepherding a Child's Heart by Ted Tripp shows us how to speak to the heart of our child, bringing deep biblical principals to the task of parenting. It helps us to concentrate on what is going on inside a child rather than on just his outward behavior.
- ★ Parenting from the Heart encourages readers that anyone can be a successful par-

ent—the only ingredient required is a heart wholly devoted to Jesus Christ. Author Marilyn Boyer has taught her fourteen children at home.

- ★ Mommy, Teach Me! by Barbara Curtis, a Montessori teacher and mother of twelve, helps parents tune into their child's developmental needs and turn everyday life at home into learning adventures our children will never forget. User-friendly and packed with hands-on preschool activities, crafts, worksheets, and lesson plans.
- ★ Find these excellent books and other preschool materials at www.heav.org/store!

PARENTING SEMINARS

"Growing Kids God's Way" by Gary and Anne Marie Ezzo. www.growingkids.org

EDUCATIONAL BOOKS

The Big Book of Home Learning: Preschool and Elementary Volume 2 by Mary Pride is a wonderful resource for parents of young children. Mary compiles, reviews, rates, and recommends curricula, products, and programs for young children. If you begin here, you'll save lots of time looking through resources elsewhere. www.amazon.com

Before Five in a Row provides ideas for creative learning for children ages two to four, and Five in a Row provides instructions to use children's literature for teaching children ages four to eight. www.fiveinarow.com

Christian Liberty Press offers a preschool program with plans for each week's activities. The curriculum centers on a letter of the alphabet, a number, and a theme based on the letter, and includes ideas for crafts, family activities, and Bible stories.

www.christianlibertypress.com

★ Educating the WholeHearted Child by Clay and Sally Clarkson shows how to make your home the natural center of learning using books and real-life experiences rather than textbooks. www.heav.org/store

EDUCATIONAL TOYS FOR PRESCHOOL

Discovery Toys: Especially recommended for preschoolers are It's a Match, Playful Patterns, and Place and Trace.

www.discoverytoyslink.com/emilykrisko

Young Explorer: They have wonderful educational toys and games for all ages. Look at their preschool "I Spy" game, and check out their Time Tracker Time Management system. www.youngexplorers.com

MindWare: These are expensive, but well worth the money. As your children get older, the toys, books, games, and kits just get more fascinating. www.mindwareonline.com

GROUPS FOR PRESCHOOL

- Cubbies (AWANA) www.awana.org
- Mothers of Preschoolers (MOPS)
 www.mops.org

Local homeschool support groups – Many local groups welcome parents of preschoolers! A few even have mentoring programs where you can learn from experienced moms. See the listings at www.heav.org.

PRESCHOOL NEWSLETTER

Sign up for HEAV's FREE preschool e-newsletter at www.heav.org/basicinfo/preschool.

WEBSITES

View more sites, resources, articles, and information at www.heav.org/basicinfo/preschool.



Identify and draw shapes

Know Numbers up to ten

Recognize colors

Dress SELF

Tie SHOES

Hold A PENCIL CORRECTLY

Write NAME

Cut OUT NEATLY

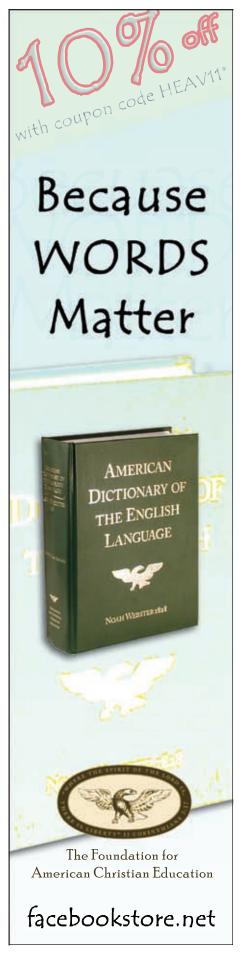
Complete SIMPLE SEQUENCES & PATTERNS

Group OBJECTS BY SPECIFICS
(SHAPE OR COLOR OR USE)

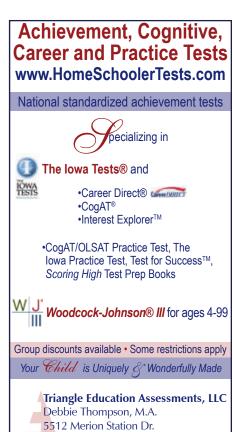
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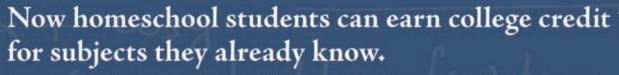






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