



# Dear Parents...

**Are your kids getting tired of eating the same thing for breakfast every day? It's time they tried a breakfast wrap! Wraps are any kind of bread that is flat, round, and rollable such as tortillas or chapati. They're easy to make and even easier to carry which makes them the perfect "Grab-n-Go" breakfast. Try these wraps.**

## Step One

place a wrap (tortilla or chapati) on a clean microwave-safe plate, a paper plate, or a napkin. Soften the wrap by cooking in the microwave

## Step Two

Top with one of more of the following spreads:

- Applesauce
- Refried beans
- Low-fat plain or flavored cream cheese
- Jam or jelly
- Cottage cheese
- Salsa
- Peanut butter

## Step Three

Add one of more of the following toppings:

- Shredded cheese
- Chopped nuts (use sparingly)
- Cooked scrambled egg
- Dried fruit (raisins, dates, cranberries, cherries)
- Chopped veggies such as tomatoes, green pepper, carrots, lettuce, onion, broccoli, etc.
- Chopped apple
- Chopped low-fat deli meat
- Sliced banana or strawberries

## Step Four

Wrap, roll, and go. You're off to school!

**There are lots of great books that can motivate your kids to eat breakfast. Check out these books from your school or local library:**

***Mr. Belinsky's Bagels*** by Ellen Schwartz

***Noisy Breakfast*** by Ellen Blonder

***Pancakes, Pancakes!*** by Eric Carle

# Raising a Reader



## “Writing around the house” teaches children reading, writing and responsibility

One of the brightest smiles you’ll ever see is on the face of a young child with a pencil. **Children love to write.** *Did you know that teaching your child to write is an important first step in learning to read?*

You can help your children get excited about writing (and reading) by giving them paper, pens, markers, and crayons. Tell your child what a good job he or she has done even when it’s scribbles or parts of letters.

There are lots of different ways you can help your child learn to write by linking it with everyday activities or chores around the house.

**Try these suggestions for turning little readers into little writers:**

**1. Write letters.** Grandmothers and grandfathers, aunts, uncles, cousins, and friends love to receive letters from loved ones. Hand-written, homemade cards or thank you notes are the best kind.

**2. Redecorate.** When your child draws or paints a picture encourage him or her to write a few sentences on the bottom of the picture describing what’s happening. Hang it up where everyone can enjoy it.

Young children are very proud of their first attempts at writing.

**Parents should be proud too.** Be realistic in what you expect from your child. Young children ages 4-6 are just developing the fine motor skills they need to hold a pencil and to control how it moves on paper. When your child gets tired of writing, move on to something else.

**3. Make shopping lists.** Ask your child to help you prepare a shopping list. As you are adding foods to the list, talk about which foods you should eat more of (fruits, vegetables and whole grains) and which you should eat less of (foods from the top of the *Food Guide Pyramid*).

**4. Create a chore chart.** Get a large piece of poster board and have each child write his or her chores on it. Allow children to check off chores when they are done.

**5. Record family memories.** Ask children to write a few sentences about special events for a family journal or photo album.

**6. Work on the computer.** With your help, ask children to find letters and type out words. Older children can use the computer to write stories, do their homework, or send e-mail.

## Be ready to write!

**Carry a pen or pencil and a  
small notepad wherever you go.**



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