

# Contents

<i>Introduction</i>	11
The Purpose of this Book	11
How this Book is Organized	12
How to use this Book	12
PART I: FUNDAMENTALS	
CHAPTER 1: <i>The Value of a Playgroup</i>	17
What is a Playgroup?	17
What the Playgroup offers the child	17
What the Playgroup offers the mother	21
CHAPTER 2: <i>The Playgroup Child</i>	23
Characteristics of the Playgroup child	23
About children's play	26
CHAPTER 3: <i>Organization</i>	29
Getting your Playgroup together	29
Choosing the other mothers for your Playgroup	30
The mothers' meeting	31
CHAPTER 4: <i>The Playroom</i>	40
The importance of a well-planned Playroom	40
Basic equipment	40
Optional equipment	44
Organizing the Playroom into areas of interest	45
Setting up before the Playgroup arrives	47
CHAPTER 5: <i>The First Days and Before</i>	48
The problems that face your child	48
Making the unknown more familiar	49
Making separation easier to manage	51
Delayed reactions and later separation problems	54
The first days	55
CHAPTER 6: <i>Your Playgroup Morning</i>	58
Supervising Young children	58

## Contents

Talking to young children	60
Discipline and behaviour problems	62
When children misbehave	63
The home child	66

### PART II: ACTIVITIES

<b>CHAPTER 7: Art</b>	<b>71</b>
Meaning of art for young children (	71
Stages of development in art	71
Guidelines for an art programme	72
Painting	73
Finger painting	78
Gadget painting	79
Collage	84
Clay and other modelling materials	88
Crayons	92
Chalk	94
Constructions: mobiles and stabiles	94
Puppets	101
Developing concepts through art	103
Making a wall easel	104
<b>CHAPTER 8: Music</b>	<b>108</b>
Singing	108
Dramatizing to music	112
Dancing	114
Rhythms	115
Introducing rhythm instruments	119
Using rhythm instruments	120
Developing concepts through music	121
Song and music books	122
Some suggested children's records	123
<b>CHAPTER 9: Science</b>	<b>124</b>
Science equipment	124
Science in the kitchen	125
Growing plants	131
Animals	133
Science in the house	134
The Telephone	135
Science in the street	136
Magnets	137
Sensory games	137

## Contents

<b>CHAPTER 10: <i>Stories and Poems</i></b>	140
Choosing books for your Playgroup	140
Reading to your Playgroup	142
Poetry	145
Some books for Playgroup age children	148
Bibliography	151
<b>CHAPTER 11: <i>Talking and Listening</i></b>	156
Talking	156
Listening activities	160
<b>CHAPTER 12: <i>Blocks</i></b>	162
Wooden unit blocks	162
Value of blocks	164
Hints on picking up	166
Developing basic concepts through block building	167
Larger building blocks	169
<b>CHAPTER 13: <i>Trips</i></b>	171
Preparing the Playgroup	171
Getting there	171
Trips in the neighbourhood	172
Shops	173
The community	175
Trips outside the neighbourhood	177
After the trip	179
<b>CHAPTER 14: <i>The Playgroup Outdoors</i></b>	181
Walking in the park or woods	181
The weather	186
If you have your own garden	189
Outdoor games	190
<b>CHAPTER 15: <i>Dramatic Play</i></b>	194
Make-believe play	194
Ideas for make-believe corners	197
How you can help in make-believe play	200
Acting out stories	204
Puppets	206
<b>CHAPTER 16: <i>Water and Sand</i></b>	211
Water	211
Sand	213
Developing concepts through water and sand	215
<b><i>Index</i></b>	217