



Sesame Family Newsletter

July 26, 2006

The nonprofit organization behind Sesame Street and so much more



For Parents

Beach Time Together

by *Jordan Brown*

A father helps his daughter explore sand, seagulls, and more.

Featuring:

- Presenting Sesame Beginnings!
- The Biggest Sandbox Ever
- Here Comes a Wave!
- Safety in the Sun
- Winding Down with a Good Book

> [Read this issue](#)

Games and More: Online Fun with Baby

Enjoy together time on the computer.

- [Sesame Beginnings Video Clips](#)
- [Keyboard-O-Rama](#)
- [Peek-A-Boo](#)
- [Sounds Around Town](#)
- [Weekly Trivia](#)

From the Workshop



[A charitable gift to support Sesame Workshop will go a long way...](#)

Sesame Store



[Now on DVD -- Sesame Beginnings!](#)

Pampers Baby-Dry - A Proud Sponsor of Sesame Street



Did you know that sleeping well plays a big role in a baby's development? That's why Pampers Baby-Dry Diapers have a contoured fit and UltraAbsorb(tm) Core to help keep babies dry overnight, giving them the rest they need to prepare for bright mornings. Plus, Elmo from Sesame Street appears on every diaper!

Read all about it!

Beach Time Together

PRESENTING SESAME BEGINNINGS!

Today's Sesame Family Newsletter is brought to you by **SESAME BEGINNINGS**, a groundbreaking program from Sesame Workshop. This new program is based on research that shows children learn best when exploring their world with the help of a thoughtful, supportive adult.

Sesame Beginnings was created for babies and toddlers, and their caregivers to support everyday learning moments. Sesame Beginnings offers [DVDs](#), [books](#), toys, Web resources, and more. The first two DVDs -- [Beginning Together](#), [Make Music Together](#) -- include catchy sing-along tunes, and are designed for parents and caregivers to watch with children ages 6 months and up. Together, children and adults will meet the baby versions of Elmo, Big Bird, Cookie Monster, and Prairie Dawn as they play with and learn from their Muppet caregivers. These DVDs feature ideas for nurturing a child's curiosity and making the most of everyday learning experiences. The DVDs, distributed by Sony Wonder, are available in stores.

Today's Sesame Family Newsletter focuses on the wonderful relationship between adults and their youngest children. Writer Jordan Brown shares stories of how a family trip to the beach with his 20-month-old daughter provided many wet and wonderful opportunities to help her learn and grow, as they played together.



THE BIGGEST SANDBOX EVER

My 20-month-old daughter Olivia has loved playing with sand for as long as I can remember. When we go to the playground together, slides and swings are fun for a while, but as soon as she reaches the sandbox, Olivia's heart soars. She giggles and coos anytime she can scrunch her toes and fingers in the grains, or use a shovel to fill a bucket. She also gets a big kick out of filling a cup with sand, then dumping it on herself--or me! Sand is also marvelous for burying our feet and hands, then making them pop out, "peek-a-boo!" As long as she doesn't put any sand in her mouth, I let Olivia get as dirty as she wants.

After an active morning in the sandbox, Olivia is ready for a bath. These days when I say "It's tubby time!" Olivia giggles with anticipation. This was not always the case. When she was younger, Olivia cried before baths, and clung to me, fearful of even dipping her fingertips in. But once I showed her that her favorite plastic doll "Baby" enjoyed splashing



SPLISH-SPLASH! IT'S BATH TIME

[A Sesame Beginnings article about making the most of bath time.](#)

SPLASH DOWN

[Get all wet with these fun games to play with your kids](#)

and singing in the tub, her fears started to melt away.

A few weeks ago, Olivia got to explore her love of sand and water in a whole new way. To escape the heat and humidity of the city, our family took a vacation to one of our favorite beaches. My wife Ellen and I had visited there many times before we had kids, and had a great time bringing our son Finn (now 5) there over the years. Now it was Olivia's turn to discover its magic.

Olivia had been to this beach once as a newborn, but this time was different. At almost 2 years old, she can now walk, run, climb, and says hundreds of words. As we arrived at the beach, I wondered what she would think of the experience. Would the sight of the ocean frighten her? How would Olivia react once she realized that beaches are essentially gigantic sandboxes? I couldn't wait to enjoy the beach through Olivia's eyes, and help her discover its endless wonders.

HERE COMES A WAVE!

Upon arriving at the beach, we sniffed the salty air, and gazed at the crashing waves. Finn then suggested we play "Crab!" This beach game that we invented years before involves one player yelling out random numbers until he or she gets to the agreed-upon "magic number." When the number is said, the other players scream "crab!" as they try to escape from the first player's pretend claws. Olivia quickly caught on to the idea of the game, realizing that if Finn was running around laughing, that she could join in, too. She even shouted out some random numbers. After playing "Crab!" Finn ran around the beach, gleefully plotting where to dig a moat. Meanwhile, Olivia took a few steps on the sand, and then clung to me. Every time I tried to put her feet back on the ground, she protested, "No! No!" and leapt back up into my arms. To put her at ease with the new surroundings, we played some of her favorite games, like "peek-a-boo" and "tickle monster." In addition, I helped her make sense of what she was seeing (kites, seaweed, snails), hearing (crashing waves, children laughing), and feeling (soft sand, fluffy towel, chilly water). By giving words to the new sensations, I hoped she would find the place more comfortable. I pointed out every seagull we saw. Olivia was already familiar with pigeons, and peacocks, so teaching another bird name both interested and soothed her. After a few examples, she eagerly pointed to the birds and said, "gull, gull!"

at the pool and the beach.

FOOTPRINT ALPHABET
Get your feet wet with a fun
alphabet beach game.

**BEACHFRONT
DOLLHOUSE**
Create a sandcastle
dollhouse out of shells and
pebbles!



SWIMMING STRUGGLES
My 3 year old is terrified of
the pool. What can I do to
help her learn how to swim?

Eventually, Olivia saw how much fun Finn was having, and she, too, wanted to collect shells and stones in a bucket. She laughed as she stomped around in the small puddles that had formed on the beach during high tide. Seeing her big brother drawing trains in the sand, she gave me a stick, and said, "Baby!" Fortunately I knew this meant that Olivia wanted me to draw a simple face in the sand. Once I had carved out the eyes, nose, mouth and ears, Olivia pointed to my picture, and grinned as she said, "Baby!" That is until the ocean "erased" my sand face. "Happened!" said Olivia, her shorthand for "hey, something strange happened."

As we dipped our toes in the ocean, I pointed outward and said to Olivia, "Look! A wave!" Olivia smiled then wiggled her hand in the air. Ellen and I realized that Olivia heard the word "wave" and thought we were encouraging her to wave her hand. So, we all waved at the waves, and had a wonderful time together.

SAFETY IN THE SUN

By the end of the first day at the beach, Olivia felt right at home. She joined Finn in searching rocks for snails, and basked in the pleasure of being able to run in any direction for as long as she could. Of course we kept a close eye on her, but she found the freedom of the beach exhilarating.

We brought plenty of water to the beach to keep the children hydrated, and had them wear hats in the sun. We also made sure to slather on sunscreen, and avoid too much direct sunlight during the hottest times of the day. After a morning of beach time, Olivia and Finn were eager to come inside to play with puzzles, bake cookies together, or read their favorite books.



SUN-SAFE STRATEGIES
[Tips to keep your little ones safe at the beach or the pool.](#)

HOT-WEATHER HEALTH
[Here's how to keep your child safe and well in hot weather.](#)

WE'RE COOKIN'!
[A Sesame Beginnings article about making kitchen time fun and educational.](#)

WINDING DOWN WITH A GOOD BOOK

After running around the beach all day, Olivia and Finn were completely pooped. So after dinner, they were eager to get into their pajamas, and have Ellen and I read them a story. Before the trip, we had stocked up on a bunch of library books. Olivia is enchanted with the moon, so naturally she loves PAPA, PLEASE GET THE MOON FOR ME by Eric Carle. She loves to look for the details of each page, saying things like "Cat!" "Ladder!" and "Little Moon... BIG Moon!" Olivia also enjoys flipping through the book that her older brother is crazy about: ANIMALS NOBODY LOVES by Seymour Simon. She listens intently as Finn dazzles us with facts he's just learned about cobras, Gila monsters, Portuguese man-of-war, and vultures. Luckily, none of these creatures made an appearance on the beach during our stay--except in the imaginative games that Finn created for our family.

Here's to having fun in the sun with your little one!

Jordan Brown

Sesame Workshop



SESAME BEGINNINGS BOOKS

[Colorful, sturdy board books featuring Muppet babies making reading time interactive and fun!](#)

ONCE UPON A TIME

[A Sesame Beginnings article about the magic of a good story.](#)

READ TO ME!

[A Sesame Beginnings article that helps bring books to life.](#)

Weekly Trivia

In the Sesame Beginnings home video Make Music Together, what song does Auntie Nani and Big Bird sing together in Hawaiian?

- A. Mary Had a Little Lamb
- B. The Itsy Bitsy Spider
- C. Twinkle Twinkle Little Star

C. The answer is Twinkle Twinkle Little Star. Auntie Nani's Hawaiian heritage comes out when she sings to her little nui manu (Big Bird in Hawaiian). They love to sing songs together and do traditional movements and dances along with the music.

FROM THE WORKSHOP

In 1968 when it began, it was one little street. Now Sesame Street reaches around the world to over 120 countries. Your gift of support will allow Sesame Workshop, the non-profit organization behind Sesame Street, to use media for what may be the greatest good, helping children around the world reach their highest potential.

[Support the Workshop today!](#)

COMMENTS? QUESTIONS?

[Tell us what's on your mind.](#) Kindly note that we are unable to respond to every email received.

ABOUT THE WORKSHOP

Sesame Workshop is a nonprofit educational organization making a meaningful difference in children's lives around the world. Founded in 1968, the Workshop changed television forever with the legendary Sesame Street. Today, the Workshop continues to innovate on behalf of children in 120 countries, using its proprietary research methodology to ensure its programs and products are engaging and enriching. Sesame Workshop is behind award-winning programs like Dragon Tales and Sagwa, The Chinese Siamese Cat, Pinky Dinky Doo and ground breaking multimedia productions in South Africa, Egypt and Russia. As a nonprofit, Sesame Workshop puts the proceeds it receives from sales of Sesame Street, Dragon Tales and Sagwa products right back into its educational projects for children around the world. Find the Workshop online at www.sesameworkshop.org

Sesame Workshop

[Click here to unsubscribe](#)