



HELLO PARENTS,

Summer has finally come, and what better snack to treat and cool your children than ice cream! It is harder nowadays to go out for ice cream, so a better, and more fun, alternative would be homemade ice cream. When you make ice cream by hand, you can ensure that the ingredients you are using are fresh and natural. Also, this way you can choose the ice cream flavours that your children like the most and find new flavour ideas. In this newsletter, you will find different ways to make and enjoy delicious ice cream made by you and your child.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

ICE CREAM SENSORY PLAY

MATERIALS:

- Different ice cream flavours
- A bin/high-chair tray

DIRECTIONS:

- Start by putting one flavour of ice cream into the bin or highchair tray.
- Your child can explore the ice cream with their senses: taste, touch, and smell.
- Continue by adding other flavours of ice cream, and have your child explore.

For Popsicle ideas for teething babies, click [here](#).

TODDLERS (19 MONTHS – 2.5 YEARS)

SCOOPING ICE CREAM

MATERIALS:

- Ice cream
- Spoons
- Edible cones or small plastic cups

DIRECTIONS:

- Prepare all materials on a tray.
- Have your child feel the ice cream container and discuss how it feels.
- Let your child open the lid and look inside. Talk about the colour of ice cream, smell it, etc.
- Now your child can scoop some ice cream into cones or cups for you and themselves.
- Enjoy!

For a toddler story about ice cream, click [here](#).

PRESCHOOLERS (2.5 – 5 YEARS)

ICE CREAM PARLOUR

MATERIALS:

- Big cardboard box
- Markers
- Paint (optional)
- Knife/scissors
- Coloured papers
- Bowls
- Spoons
- Ice cream or cotton balls/tissue paper/cut-up paper

DIRECTIONS:

- Cut out a big window on each side of the box.
- Have your child decorate the box with coloured paper, markers, paint, etc.
- Make a sign for the ice cream shop.
- Once your ice cream shop is done, go inside the box and start selling some ice cream!
- If you do not have ice cream at home, here are some ideas to make pretend ice cream: cotton balls, crumpled up tissue paper, cut up pieces of paper for sprinkles.

For more ice cream activities, click [here](#).

JK/SK (4 – 6 YEARS)

HOMEMADE ICE CREAM IN A BAG

MATERIALS:

- ½ cup half and half (cream or milk)
- ¼ tsp vanilla
- 1 tbsp sugar
- 3 cups ice
- 1/3 cup salt
- Gallon size Ziploc bags
- Quarter size Ziploc bags
- Sprinkles, chocolate syrup, fruits (optional)

DIRECTIONS:

- Have your child measure cream/milk, vanilla and sugar, and add to a quarter-sized bag. Seal the bag tightly.
- Measure and place the ice and salt in a gallon size bag.
- Place the quarter-sized bag inside the gallon-sized bag filled with ice, and shake the bags for about 5 minutes until your milk turns solid.
- Your ice cream is done! Add sprinkles, chocolate syrup, or fruits to enjoy!

For more ice cream activities, click [here](#).

SCHOOL-AGERS (6 – 12 YEARS)

HOMEMADE POPSICLES

MATERIALS:

- Popsicles molds (if available), or ice cube trays
- Juice
- Fruit available at home
- Popsicle sticks or toothpicks

DIRECTIONS:

- Juice or blend some of the fresh fruit. You can also use store-bought juice.
- Cut up small pieces of the rest of the fruit you have.
- Add fruit pieces into each popsicle mold or ice cube tray and add juice.
- Cover the Popsicle mold with the lid or add Popsicle sticks to each section of the ice cube tray, and place it in the freezer.

Click [here](#) for a homemade ice cream recipe.

WE WOULD LIKE TO HEAR FROM YOU!
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR
SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

Here are some fun facts about ice cream:

- The most popular flavour of ice cream is vanilla, then chocolate.
- The country that consumes the most ice cream is New Zealand, followed by the USA, Australia and Finland.
- The average number of licks to finish a scoop of ice cream is 50.
- The first written ice cream recipe was found in a 1665 English recipe book.
- The tallest ice cream cone was over 9 feet tall in Italy.