

Issue 4  
April May 2009



# Early Childhood News

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April is Child Abuse Prevention Month

April is Stress Awareness Month

April is Autism Awareness Month

April 12-Easter

April 20-24 National Volunteer Week

April 20-24-Week of the Young Child

May is Asthma and Allergy Awareness Month

May is Better Hearing and Speech Month

May is National Mental Health Month

May is National Sports and Physical Fitness Month

May 4-8 is Teacher Appreciation Week

## *Getting Ready for Kindergarten*

Parents can prepare their children for Kindergarten more easily by following these suggestions.

Talk to your child about their feelings about starting a new school. Going to Kindergarten is a new experience for children and their parents to look forward to, but it can create a lot of fear and anxiety. Parents can prepare their child for the

changes by reading books about going to school, visiting the school your child will be attending, and marking days off on a calendar until school starts.

Parents should also start setting a bedtime routine every night to avoid any delays and stress in the mornings. Having a bedtime routine will also help your child adjust to school and be well rested.

Planning ahead and preparing your child for a new experience will help build self-confidence and excitement about starting Kindergarten.



## *Stress Can Cause Angry Outbursts*

Most of us are brought to our boiling point through an accumulation of stresses such as; running late, unpaid bills, and children not listening, etc. Children can become a lightning rod for our stress and frustration. You're more inclined to explode when you're overworked, tired or stressed. We all know that screaming, yelling, and hitting does not

accomplish anything positive and has a negative effect. It instills fear, low self-esteem, and teaches children the wrong way to handle their own problems. An adult is more likely to come up with helpful solutions to problems when he or she feels relaxed or in control.

If you find yourself feeling overwhelmed and stressed, try and take a few minutes away from the situation and calm down. Many times

if you feel like exploding, the feelings will pass if you are able to walk away. By learning new ways to reduce your stress, you are also teaching your children healthy ways to deal with their stress.

- Take a Walk
- Read a Book
- Take a Hot Bubble Bath
- Listen to Music
- Go Out With Friends

## Fatherhood Program News



The CAC of Pike County, Early Childhood Program has 18 fathers currently participating in the program. The CAC of Pike County, Fatherhood Program is one of several other programs that has formed the Southern Ohio Fatherhood Coalition. Fathers from all over Southern Ohio have been offered a variety of opportunities to get more involved in their children's lives through training, meetings, and fun

activities. Some of the activities fathers have enjoyed are Daddy and Me Bowling Day, Fall Activity Night, 24/7 Dad workshops, and CPR training. A Daddy and Me Fishing Outing is scheduled in May and a Father's Day picnic in June. There is still time for fathers to enroll in the Fatherhood Program. All activities and training are free for enrolled participants. Enrolled fathers earn \$10.00 gas

cards and nice gifts for participating. If you are interested in completing a short application and your family is at or under 200% of the income guidelines, call Stephanie Remy, Parent Involvement Coordinator at 289-2371 or talk to your child's teacher. The Fatherhood Program for this school year will end in June 2009.

## Community News

The Partnership Against Domestic Violence is offering a survivor support group on Tuesdays at 1:00 pm at 14534 US 23 North beside the Family Dollar Store.

They are also offering Parenting Classes every Monday at the Pike County Government Center from 10:00-12:00. The Incredible Years Parenting Classes are

free and are geared toward parents of preschool children. Please call 947-1611 for more information about any of these services.

The Partnership Against Domestic Violence will be having a Yard Sale on Friday, April 3 from 8:30-2:00 at their location on US 23 North and a Bake

Sale in front of Wal-Mart on Friday, April 10 from 10:00-2:00.

The Community Action Clothing Center is open Tuesdays and Fridays from 10:00-1:00. The Clothing Center is located on West Street in Piketon beside Giovanni's Pizza.



*It's time for Kindergarten Registration.*

## Kindergarten Registrations

Parents who have children who will be going to Kindergarten in the Fall can register them on the following dates.

Scioto Valley (Jasper)-  
Week of May 4, 2009.

Eastern-April 15 from 8-2,  
April 16 from 1-7, and April  
17 from 8-2:30.

Western-June 3, 4, 5, 2009

Waverly- May 8, 11, 12,  
2009.

Parents should be sure to  
take your child's birth

certificate, social security  
card, immunization  
record, health information  
and all emergency card  
contacts.

## Creative Ways to Paint

Many parents don't allow their children to paint at home, but painting is an art that allows a child to express his/her creativity and feelings.

Allow your child to paint by providing a covered work surface and an apron or old clothes. Always ask your child about his/her pictures by using open ended questions. Try not to make their picture the way it

should be in your eyes, such as saying grass should be green, skies are blue, etc.

Here are some fun ways to paint. Try them at home.

Put paint in a squeeze bottle such as a mustard or dish detergent bottle.

Fill a spray bottle with liquid paint or water mixed with food coloring.

Use empty containers of

all sizes such as boxes, cans, paper cups, or cardboard tubes or cut sponges into different shapes. Dip them into an aluminum pie plate filled with paint and press them onto paper.

Put paper into a box with a few blots of paint and place marbles in the box. Let child roll the marbles through the paint by tilting the box at different angles.



## Healthy Snacks

### Yogurt Dip

1 cup plain nonfat yogurt  
 1 tablespoon honey  
 1 tablespoon frozen fruit juice concentrate (orange, grape, lemonade)  
 Mix together, Great with fruit.

### English Muffin Pizzas

Allow child to spread of spoonful of pizza sauce onto an English muffin. Top with cheese, pepperoni, and other favorite toppings.  
 Parents can put the muffins into an conventional or microwave oven for about 5 minutes.

### Fruit Kabob Patterns

Cut different types of fruit into bite sized chunks. Use a drinking straw as a skewer and thread the fruit forming a pattern.  
 Invite your child to copy your pattern onto his straw. Then he/she can do another pattern. Eat and enjoy!!

## Bird Nest Activity



**Collect** a variety of nest building materials. Look for things like yarn, scraps of fabrics, burlap, dryer lint, small feathers,

pet hair and dried grass. Make sure nothing is longer than 6 inches. Loosely stuff nesting materials into an empty mesh onion bag. Hang securely in a nearby tree. Watch your feathered friends come to your nest.

### Bird Feeders



Gather some pine cones, yarn or string, peanut butter and bird seeds.

Pour the bird seed in a large bowl. Help your child spread peanut butter onto a pine cone. Roll the peanut butter covered pine cone in the bowl of bird seed. Tie a string on the end of the pine cone, then take a walk and hang the pine cone feeder in a tree for the birds to eat.

**CAC of Pike County,  
Early Childhood Program**

CAC-Piketon 289-2371  
Early Childhood & Family Center 289-1681  
Idaho -493-3385  
Eastern-226-6402



[www.pikecac.org](http://www.pikecac.org)

**The Early Childhood Program  
webpage has been updated.**



Congratulations to Tina McMahan and Gina Halcomb, Center Teachers in the Early Childhood Program, who will be receiving their Early Childhood Education Associate Degree in April 2009.

All the Early Childhood Staff would like to extend our thanks and appreciation to all the parent and community volunteers who have donated their time during this school year.

We are aware that the program offers so many opportunities for parents to participate in that it is impossible to do it all. Your help in the classrooms, on field trips, riding the bus, attending meetings, trainings and special functions has been a great help to our program. Thank you very much for your time.

Parent Calendar of Events

Head Start Home-Based Socialization-April 3 and 24 and May 8 and 15 at CAC from 8:30-12:00.

Early Head Start Home-Based Socialization-April 3 and 17 and May 1 and 15 at CAC from 10:00-12:00.

Volunteer Recognition Week and Parent Meetings will be held Tuesday, April 21 11:00 and 2:30 at Idaho, Wednesday, April 22 11:00 & 2:30 at Early Childhood and Family Center, and Thursday, April 23 11:00 and 2:30 at Piketon CAC site.

Kindergarten Transition Workshop for Parents-Thursday, April 23 from 6:00-8:00 pm at Community Action on Pike Hill, Piketon.

Policy Council Meeting-Friday, April 17 and Friday, May 8 at 12:00 noon at CAC. Lunch served at 11:30.

Father and Me Fishing Outing-Thursday, May 7 from 5:00-7:00 pm at the OSU Research Center on Shyville Rd., Piketon. Bring a fishing poles, bait, chair or blanket to sit on. All fathers and all their children are invited to attend. Call Stephanie Remy, Parent Involvement Coordinator at 289-2371 if you plan to attend by May 6.

Parents can redeem their volunteer coupons for chances to win prizes during the week of May 11-14 from 8:00-4:00. Drawings will be held Friday, May 15 at 8:30 am.

Teachers will notify parents of any end of the year activities planned for their classrooms.

Full day classrooms at Piketon will be closed on Thursday, May 28, and Friday, May 29.

No school or child care on Monday, May 25. Holiday.

Please complete the Parent Program Surveys to your child's teacher or bus driver by May 21, 2009.

Please call your child's teacher or Stephanie Remy, Parent Involvement Coordinator at 289-2371 if you plan to attend any of the events so babysitting can be arranged and refreshments can be served..