

EARLY CHILDHOOD NEWS

CAC of Pike County Early Childhood Program

Program Receives Stars

February-March 2009

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The CAC of Pike County Early Childhood Program was recently named a One and Two Star Step Up to Quality Program by the State of Ohio. Only the top child care programs in Ohio receive this prestigious award, so you should be proud that your child is enrolled in one of Ohio's best.

We received this award because of our overall commitment to quality and our excellent early care and education program.

We offer a wonderful environment for children to grow and develop, and it is an honor to receive state recognition for our efforts.

As a parent, this award is yours as well. Your ideas and support have inspired us to bring a world of discovery and excitement to your child each day. Our goal is to build your child's confidence, develop their social and emotional skills, and instill a love of learning that

will follow them the rest of their life.

We are extremely pleased to have won this award and hope you are too. We tell our children to reach for the stars. Today we feel like they are in our grasp.



Reading Checklist

Parents, review the checklist to encourage your child to read.

Do you encourage your child to find joy and fun in reading?

Do you let your child pretend to read parts of a book when you read together?

Do you talk to your

child about stories and make connections to things that happen in your own lives?

Do you help your child write notes or make books even if his writing only looks like scribbles or marks?

Do you ask questions when you read stories with your child?

Story Time

Each library in the county holds a free pre-school story time hour if anyone is interested in attending.

Waverly-Tuesdays 10:30 am

Piketon-Thursdays 6:30 pm

Beaver-Tuesdays 6:00 pm

Latham-Mondays 6:30pm





Parenting Classes Offered

The Incredible Years is a 12 week parenting session designed for parents of preschool children. Classes started January 26 but parents can attend the rest of the sessions at any time. They are held from 10:00-12:00 every Monday at the Pike County Government Center's conference room. Classes

are free however, you will need to make arrangements for own child care. All parents who complete the sessions will receive a certificate of completion that can be used for court documentation if needed.

The first half of the sessions will deal with learning to appropriately play with and

reward children. The second half of the sessions discusses behavior and discipline issues.

If you are interested in attending these parenting classes, please contact Stephanie Remy, Parent Involvement Coordinator at 289-2371.

Important Recalls

Here is a short list of recent recalls. Parents should contact the recall hotline at 1-800-638-2772 or visit www.cpsc.gov for more information.

- Infantino Lion & Lamb Grabby Rattles
- Fisher Price Rainforest Play Yards
- Products that contain Peanut Butter
- Stork Craft Baby Cribs
- Children's Sunglasses
- Home Heating Air Vents
- Giant Bicycles, Inc.
- Rolling Toy Xylophones
- Bosch & Siemens Model Dishwashers

Goop, Glop, Gunk and Goo



Bags of Goo

What You Need

1/4 cup water, 4 tablespoons of cornstarch, 1/4 cup oil, food coloring, plastic baggies, and duct tape.

What To Do

Put the water and cornstarch in the plastic bag, close and squeeze until blended. Add oil and 2-3 drops of food coloring of two different colors to show children how colors can be mixed to make one color. Seal bag with duct tape and squeeze bag to see what happens.

Oozy Gunk

Add 1 cup water to 1 cup of cornstarch. Mix with your hands until it is an even consistency. Add a few drops of food coloring and squeeze, squish, and let it rest to see how it changes.

Fingerpaint Goop

What You Need

2 tablespoons, sugar, 1/3 cup cornstarch, 2 cups cold water, 1/4 cup dishwashing soap, and food coloring.

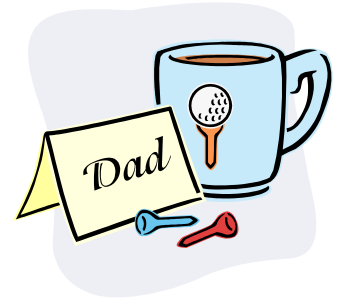
What To Do

Combine sugar and cornstarch in a saucepan. Slowly add cold water and cook on low heat, stirring constantly until mixture is clear, thick, and a smooth gel. Remove from heat and let cool. When cool, slowly stir in dishwashing soap, add food coloring and put in plastic containers.

Fatherhood Program Taking Applications

All fathers or father figures are encouraged to complete an intake form to participate in the Coach Dads Fatherhood Program. All fathers who complete an intake form and are eligible for the program can earn prizes at the end of the year Fatherhood Picnic.

There are lots of fun activities planned for the rest of the year with transportation such as; bowling, fishing, and picnics. Meetings, trainings, and special events are usually held in the evenings and fathers receive a \$10.00 gas card for attending fatherhood functions. Funding is also available for



24/7 Dads Workshops

The 24/7 Dad curriculum will teach fathers how to be the best father they can be by participating in each scheduled session. There will be a total of five week sessions starting in March that cover 12 topics. All fathers who attend will receive a \$10.00 gas

card at each session and their own father activity handbook. Each father who completes all the sessions will receive a certificate of completion and a nice gift.

Fathers and mothers can get online and visit www.fatherhood.org to

read more about the 24/7 curriculum and its benefits to your entire family. Any father who would like to register for the 24/7 Dad Workshops should contact Stephanie Remy, Parent Involvement Coordinator at 289-2371 by February 13.

Moms Should Encourage Father Involvement

Mothers may feel a little unsure about why the program encourages father involvement. Studies show that if the father or a father figure is involved in the child's life, they are more apt to do better in school, stay out of trouble,

and have a positive self-image.

Some mothers may be a gatekeeper between the father and his children.

Understanding that having the father involved in your child's life helps takes the

pressure of you because mom's most often do all the school work, chores, taxi rides, etc. Helping fathers be a positive role model in their child's life will teach them how to be committed to his children and his family.





**CAC OF PIKE COUNTY
EARLY CHILDHOOD
PROGRAM**

**Community Action Committee of Pike
County 289-2371
Idaho Site-493-3385
Early Childhood and Family Center
289-1681
Eastern Site-226-6402**



We're on the web
www.pikecac.org

Upcoming Events

- Family Reading Night Tuesday, February 3 from 5:30-7:30 pm.
- Tuesday, February 10-Parent Meeting at Idaho 6:00-7:30 pm at the Idaho site. Sherry Williams from OSU Extension Office will be doing a nutrition activity with parents. Child Care offered.
- Thursday, February 12-Parent Meeting at Picketon 5:30-7:00 pm at the Community Action Agency. Child Care offered. Parents will be doing a nutrition activity.
- Friday, February 13 and March 13-Policy Council Meeting at the Community Action Agency at 12:00 noon. Lunch at 11:30. Child Care offered. Member slots still available.
- Early Head Start Home-Based Socialization Dates-Friday, February 6, February 20, March 6, and March 20 from 10:00-12:00 at the Community Action Agency.
- Certified CPR training for fathers on February 17 from 6-9 pm. Must be registered to attend and complete an intake form. Call Stephanie Remy at 289-2371. Limited slots available.
- Head Start Home-Based Socialization Dates-Friday, February 6 and February 27, March 13 and 27 from 9:00-12:00 noon at the Community Action Agency.
- 24/7 Dad Workshops will be held for 5 weeks starting in March. Fathers must be able to attend all the sessions each week. Call 289-2371 to register by February 13.
- The Pike County Health Department has an abundance of children's flu vaccines available on a walk in basis from 8:00-4:00 Monday-Friday. Flu vaccines are recommended for children.

February Menu

Feb. 2-Bkft-Cheerios, Milk, Juice
Lunch-Polish Sausage, Bread,
Mashed Potatoes, Fruit, Milk
Snack-Pancakes & Milk

Feb. 3-Bkft-Sausage, Toast, Milk,
Juice
Lunch-Beef Stew, Biscuit, Salad,
Pears & Milk
Snack-Pineapples & Cottage
Cheese

Feb. 4-Bkft-Toast, Banana & Milk
Lunch-Fish Shapes, Succotash,
Fruit, Bread, & Milk
Snack-Cornflakes & Milk

Feb. 5-Bkft-Toast, Omelet, Milk &
Juice
Lunch-Chicken Drumsticks, Bread,
Green Beans, Carrots, Cake & Milk
Snack-Meat & Cheese Roll Ups

Feb. 6-Bkft-Cinnamon Toast, Juice
& Milk
Lunch-Chili, Cheese, Salad, Apple-
sauce & Milk
Snack-French Toast & Milk

Feb. 9-Bkft-Rice Chex Cereal,
Juice & Milk
Lunch-Taco Macaroni, Biscuit,
Cole Slaw, Peas, Oranges & Milk
Snack-Fig Bars & Milk

Feb. 10-Bkft-Egg McMuffin, Milk &
Juice
Lunch-Ham Loaf, Bread, Sweet
Potato Patty, Brussel Sprouts,
Peach Cobbler & Milk
Snack-Cheez-It Snack Crackers

Feb. 11-Bkft-Waffles & Milk
Lunch-Cream of Broccoli Soup,
Ham Sandwich, Salad, Banana,
Crackers & Milk
Snack-Fruit Bites, Toast & Milk

Feb. 12-Bkft-Kix Cereal, Juice &
Milk
Lunch-Turkey, Bread, Vegetables,
Potatoes, Jello & Milk
Snack-Bean Dip & Crackers

Feb. 13-Bkft-Fruit, Toast, Hash
Brown Patty & Milk
Lunch-Meat Loaf, Potatoes,
Carrots, Celery, Pears & Milk
Snack-Cereal & Milk

Feb. 16-No School

Feb. 17-Bkft-Oatmeal, Toast, Juice
& Milk
Lunch-Salmon Patty, Bread, Maca-
roni & Cheese, Carrots, Apple-
sauce & Milk
Snack-Goldfish Crackers & Jungle
Shake

Feb. 18-Bkft-Mixed Fruit, Apple-
sauce Muffin & Milk
Lunch-Spaghetti, Bread, Salad,
Peaches, Pears & Milk
Snack-Kix Cereal & Milk

Feb. 19-Bkft-Total Cereal, Juice &
Milk
Lunch-Tenderloin, Dressing,
Bread, M. Potatoes, Oranges &
Milk
Snack-Chicken Nuggets & Juice

Feb. 20-Bkft-Cheese Omelet,
Toast, Juice & Milk
Lunch-Beef Barley Soup, Crack-
ers, Cole Slaw, Apple Brown Betty,
Fruit & Milk
Snack-Lorna Doone Cookies &
Milk

Feb. 23-Bkft-Chex Cereal, Juice &
Milk
Lunch-Cube Steak & Gravy, Roll,
Green Beans, Rice, Fruit & Milk
Snack-Waffles & Milk

Feb. 24-Bkft-Hash Brown Patty,
Toast, Juice & Milk
Lunch-Chicken Vegetable Soup,
Pineapples, Pudding & Milk
Snack-Fruit & Grain Cereal Bar

Feb. 25-Bkft-Cheerios, Juice &
Milk
Lunch-Ham on Bun, Potato Salad,
Oranges & Milk
Snack-Fruit Pizza

Feb. 26-Bkft-Oatmeal, Toast, Juice
& Milk
Lunch- Chicken Enchiladas on
Soft Taco Shell, Salad, Jello & Milk
Snack-Deviled Eggs & Crackers

Feb. 27-Bkft-Fruit Yogurt, Toast &
Milk
Lunch-Sloppy Joes, Oven Fries,
Corn, Applesauce, Pickles & Milk
Snack-Ice Cream Graham
Sandwich