

Early Childhood Newsletter

Community Action Committee of Pike County



10 BUDGETING TIPS FOR FAMILIES

1. Avoid eating out and plan meals ahead of time. Use your food budget when buying groceries to make family meals at home.
2. Drink water instead of buying fruit juices and soda which is more expensive and less healthy.
3. Buy bulk items that have a long shelf life such as rice, beans, dry pasta, laundry detergent, toilet paper, soaps, toothpaste, shampoo, etc.
4. Shop with coupons to stretch out your grocery budget. Benefits are better if you use the coupons when the stores have sales on the items you need.
5. Buy second hand clothing from thrift stores when possible. Kids out-grow their clothes so fast that buying new clothes all the time can strain your budget.
6. Purchase used furniture from thrift stores, yard sales, and flea markets when you can't afford new furniture at the time.
7. Avoid buying disposable plates and paper towels. A family can go through several rolls of paper towels and plates each week which is simply throwing money away.
8. Do not rent or buy DVD movies. Instead go to your public library and check them out for free.
9. Don't play the lottery. Stop focusing on getting rich quick. Take that money and save it back for something else your family needs or for unexpected emergencies. It will add up quick.
10. Pay yourself first by having a portion of your paycheck directly deposited into a savings account. Even \$25.00 per month will add up to hundreds over time.

Maintaining a budget will make life easier if your family is living on a fixed income and teach your children the value of money.



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LEARNING TO WRITE

Scribbling and drawing are ways that children learn to write. They are developing the muscle strength and coordination needed to control pencil movements needed later to form letters. Give your child plenty of opportunities to experiment and practice writing. Every child develops at his/her own individual pace. Make a box of writing supplies for your child to use such as; paper, junk mail, greeting cards, note cards, note pads, pencils, pens, markers, envelopes, stamps, and crayons to encourage more writing skills.



IT'S LEARNING TIME

Parents and other guardians have the power to teach their children through play in every day activities at school and at home. Play is the language of children. Here are some easy fun activities you can do with your child.

- * Read short books and talk about the pictures and what they think will happen in the story.
- * Wash your hands and brush your teeth together.
- * Play simple games together such as Simon Says, hide

and seek, flashlight tag in the dark, and peek-a-boo (for babies).

- * Go to the park, play outside games, play in the snow, or take walks.
- * Let your child draw pictures with you and explain to you what his/her picture is.
- * Teach your child self-help skills such as putting on his shoes or socks, zipping up his coat, cleaning up after meals, or helping with small chores.
- * Play counting or color games by finding things around the house

to enhance the game.

- * Sing songs and recite finger plays together.
- * Finger paint with clear Karo syrup or make homemade playdough.
- * Make puppets with socks or lunch sacks and put on a show.



UPCOMING PARENT EVENTS

January is Daddy/Father Figure Volunteer Month. Schedule a day with your child's teacher to spend with your child.

February will be Mommy/Mommy Figure Volunteer Month.

Policy Council Meeting Friday, January 10 and February 14 at 12:30 p.m. at the Community Action Agency. All parents are invited. Babysitting and lunch is provided if you call Stephanie Remy at 289-2371 ahead of time.

The Policy Council members will be having a book drive in February so children in the program can receive books during the month of March. Books in good condition may be donated to the program throughout the month.

Agency Closed-No School or Child Care on Monday, January 20 or Monday, February 17.

Head Start & Early Head Start Home-Based Socializations will be held on Friday, January 10 & 24 & February 7 & 21, 2014 at the Community Action Agency.

Congratulations to following parents who won the monthly door prize drawings.

September-Misti Tenney

October-Samantha Johnson

November-Daisy Stevens

December-Blenda Ward

Parent Committee Meeting-Thursday, February 6, 2014 at the Community Action Agency. 10:30-11:30 am and 1:00-2:00 pm. Parents will be planning themes for Family Reading Night.

Parents and guardians who are interested in getting First Aid and CPR certified should contact Stephanie Remy, Parent Involvement Coordinator at 289-2371 or email stremy@pikecac.org by February 7. A date will be set if 10 people commit to attending the training and can provide their own transportation and child care.



SNOW SAFETY

With cold weather upon us, parents need to take extra precautions to keep their children safe while still allowing time for fun.

Dress in multiple layers, and wear hats, gloves, and scarves.

Limit time playing outdoors to avoid frostbite and hyperthermia.

Do not allow children to touch or lick exposed metal in winter.

Keep roof and gutters free from snow and icicles that could collapse and injure a child.

Do not allow children to wear winter clothes with drawstrings. They can cause strangulation and cut off circulation causing frostbite.

Avoid snowball fights that can lead to injuries.

Wear sunscreen on all exposed skin to prevent burns from bright sunlight and snow glare.

Remove all wet clothing immediately and change into warm clothes after playing in the snow.

De-ice and shovel sidewalks, driveways, and patios to avoid falling injuries.

Always supervise young children when sledding and playing in the snow.

Do not allow your children to walk across frozen lakes and ponds.

Always keep water, blankets, flashlights, and other emergency items in your car in case of sudden bad weather or car problems while you are driving.

Following these safety tips will keep you and your family safe this winter.



FIRE SAFETY

Home fires are more likely to happen during the months of December, January, and February. Here are some heating and fire safety tips to keep your family safe this winter.

- ◆ Keep anything that can burn at least 3 feet away from wood stoves, heating equipment, fireplaces, and space heaters. Have a 3 feet kid free zone around open fires and space heaters.
- ◆ Remember to turn off any portable heaters when leaving the room or home, and before going to bed.
- ◆ Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- ◆ Test smoke alarms monthly and replace batteries twice a year when daylight savings time changes.
- ◆ Have chimneys and wood stoves cleaned out and furnaces inspected. Wood stoves should be vented to the outside to avoid carbon monoxide poisoning.
- ◆ Make sure electrical cords are in good condition and are not overloaded with cords from appliances or lights.
- ◆ Make sure your clothes dryer has a clean vent and filter with no lint build up.
- ◆ Make sure an adult is always in the kitchen when cooking.
- ◆ Never leave candles or cigarettes burning unattended.
- ◆ Always double check before leaving your home that countertop and hair appliances are turned off and unplugged before leaving home.
- ◆ Have an escape route for your family in case of a fire and practice it often. Make sure your escape route is free of clutter and easily accessible. Teach your family members never to run back into a burning building.
- ◆ Teach your children to stop, drop and roll in case their clothes would catch on fire.



MENU FOR PIKETON AND ECFC SITES

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PIKECAC.ORG

Monday, January 13

Breakfast-Juice, Milk, Corn Chex Cereal

Lunch-Milk, Country Fried Steak, Bread, Peas & Carrots, Tropical Fruit Blend

Snack-Milk, Pancakes

Tuesday, January 14

Breakfast-Juice, Milk, Toast, Egg Patty

Lunch-Milk, Pork, Roll, Cauliflower w/cheese sauce, Peaches

Snack-Milk, Fig Bars

Wednesday, January 15

Breakfast-Milk, Banana, Oatmeal, Toast

Lunch-Milk, Beef Stew, Bread, Beets, Pears, Cookie

Snack-Juice, Goldfish Crackers

Thursday, January 16

Breakfast-Juice, Milk, Cheerios

Lunch-Milk, Chicken & Dumplings, Bread, Vegetable Blend, Mandarin Orange Slices

Snack-Milk, Waffles

Friday, January 17

Breakfast-Juice, Milk, Cheese Omelet, Toast

Lunch-Milk, Mac & Cheese w/ Ham, Bread, Green Beans, Pineapples

Snack-Juice, Egg Salad Sandwich

Monday, January 20-No School or Child Care-Holiday

Tuesday, January 21

Breakfast-Juice, Milk, Wheaties Cereal

Lunch-Milk, Garden Chili, Turkey & Cheese Sandwich, Mixed Fruit, Cole Slaw, Crackers

Snack-Milk & Graham Crackers

Wednesday, January 22

Breakfast-Juice, Milk, Oatmeal, Toast

Lunch-Milk, Chicken Leg, Mashed Potatoes, Biscuit, Stewed Apples

Snack-Milk, Cinnamon Toast

Thursday, January 23

Breakfast-Juice, Milk, Cheerios

Lunch-Milk, Pot Roast w/ Carrots, Potatoes, Celery, Roll & Pineapples

Snack-Milk, Soft Bean Taco, Tropical Fruit Blend

Friday, January 24

Breakfast-Milk, Juice, Waffles

Lunch-Milk, Johnny Marzetti, Bread, Tossed Salad, Peaches

Snack-Juice, Meat & Cheese Roll Ups

Monday, January 27

Breakfast-Juice, Milk, Golden Grahams Cereal

Lunch-Milk, Pork Slice, Bread, Baked Beans, Apricots

Snack-Juice, Cheese Omelet, Toast

Tuesday, January 28

Breakfast-Juice, Milk, Egg McMuffin Sandwich

Lunch-Milk, Meatloaf, Roll, Mashed Potatoes, Apple Crisp

Snack-Juice, Cheez It Crackers

Wednesday, January 29

Breakfast-Juice, Milk, French Toast

Lunch-Milk, Beef Vegetable Soup, Crackers, Cole Slaw, Banana

Snack-Milk, Applesauce Muffin

Thursday, January 30

Breakfast-Juice, Milk, Hash Brown Patty, Toast

Lunch-Milk, Chicken Noodles, Bread, Green Beans, Pineapples

Snack-Juice, Bean Dip, Crackers

Friday, January 31

Breakfast-Juice, Milk, Egg Patty, Toast

Lunch-Milk, Salisbury Steak, Bread, oven Fries, Tropical Fruit Blend

Snack-Milk, Guess What Cereal