

Early Childhood News



JANUARY FEBRUARY 2011

Inside this issue:

What is Early Head Start	2
Snack Recipes	2
Kool-Aid Playdough Recipe	2
Parent Calendar of Events	3
Maintaining a Healthy Weight	3
Building Self Esteem in Children	3
January Menu	4

Begin With a Book

Here are some fun activities to do that are inspired by a favorite storybook.

Caps for Sale-a good one to act out.

Use puppets to read the Three Billy Goat Gruff.

Make animals sounds and movements to Over in the Meadow.

Plant seeds and watch them grow after reading

The Carrot Seed.

Mix together red, blue, and yellow paint after reading Mouse Paint.

Make and eat Green Eggs and Ham with green food coloring when reading this Dr. Seuss classic.

Pancakes, Pancakes by Eric Carle-add fruit to batter and make faces out of pancakes.

Brown Bear, Brown Bear

What Do You See is the perfect book for teaching your child about colors and making your own book and animals.

Encourage your child to taste new foods with

The Very Hungry Caterpillar.



Inclement Weather Procedure

If there is bad weather, such as snow, ice, or flooding, the Early Childhood Program Director will contact the following radio stations: WXIZ/WXIC, WPAY, WKKJ, and WXZQ.

Parents may also sign up with the Early Childhood Program to receive a telephone call at home if there are any school cancellations or delays. This is through the One Call Now recording system.

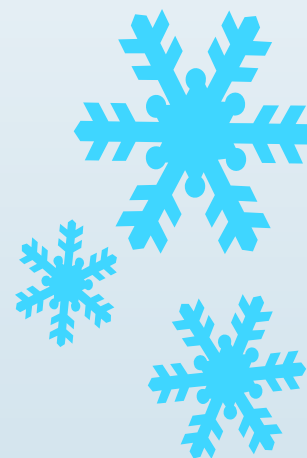
If Pike County public schools are closed due to bad weather, the CAC Early Childhood Program will also be closed. Child care may be open to those children enrolled in the Full Day/Full Year and Early Head Start center-based programs at the Piketon and ECFC sites.

If school is open, but your road is too bad to travel, please call your child's school or the CATS Department so the bus

driver knows ahead of time.

Piketon CAC-289-2371
Idaho-493-3385
CATS-before 8:00am
289-4525.

Eastern parents should call the CAC or CATS number.



What is Early Head Start

The Early Head Start Program is a developmental program providing services for income eligible pregnant women and families with children birth to three years old. The Early Head Start Program builds an understanding of child development, offers parent support, involves parents in their child's play through socialization times, provides each

child with a complete health plan, and caring staff.

This program has two options for families. The center-based program operates 6:00 a.m. to 6:00 p.m. Monday-Friday on a year round schedule at the Piketon site and the Early Childhood and Family Center. These classrooms are for families who need childcare on a full-time basis while

working or going to school. Children attend developmentally appropriate classrooms and receive a wide range of screenings. The home-based program serves pregnant women and families with infants and toddlers through a home visiting program. A qualified home visitor provides one home visit per week for at least 1½

hours to each family enrolled. Home Visitors use the Parents As Teachers curriculum. Another part of the home-based option is for each family to attend socialization experiences each month that are held at the Idaho site. Applications are taken year round. Call Tiffany Benson, Enrollment Clerk at 289-2371 for more information.



Rice Cake Tiger

Rice cake, cream cheese, cheddar cheese, pretzel sticks, hard-boiled egg, celery or green pepper
Using a plastic knife, spread cream cheese on the rice cake. Cut cheddar slices into triangles to use for ears and the nose. Cut two slices from the peeled hard-boiled egg to form the eyes. Cut pieces of celery to make the mouth. Use pretzels for whiskers.

Veggie Dip

2 cups cottage cheese
2 Tablespoon milk
2 Tablespoon lemon or lime juice
1 teaspoon onion flakes
1/4 teaspoon garlic powder
2 teaspoon parsley flakes
1 teaspoon dill weed
Blend ingredients in a blender until smooth and creamy to dip fresh vegetables into for a healthy treat.

Kool-Aid Playdough

Dissolve 2 packages of unsweetened kool-aid in 1 1/2 cups of boiling water. Let cool. Then add 1/2 cup salt, 3 Tbs. cooking oil and 1 Tbs. alum. Slowly mix in 2 1/2 cups of flour. You may need to use more or less flour. Knead the dough on a floured surface. The dough should be firm and pliable, but not sticky. Store in an airtight container. This supply will last for weeks.



Parent Calendar of Activities

Early Head Start Home-Based Socializations

*Friday, January 7 & February 4 from 10-12 at the Idaho site.

*Thursday, January 13 & February 10 from 5:30-7:30 pm at the Idaho site.

*Thursday, January 20 & February 17 from 1-3 pm at the Idaho site.

Head Start Home-Based Socializations

*Friday, January 7 & 21 &

February 4 & 18 from 9:30 -12:30 at CAC.

Policy Council Meetings

*Friday, January 14 & Friday, February 11 at 12:00 noon at CAC.

Parent Discussion Group

*Wednesday, February 23 from 1-3 pm at CAC.

Parent Meeting

*Wednesday, February 23 from 12:30-1:00 at CAC.

No School-Agency Closed

*Monday, January 17 & Monday, February 21.

Congratulations to November monthly drawing winners Laura Browning and Brianna Miller.

Congratulations to December monthly drawing winners Holly Wheeler and Sheena Blair.



Maintaining a Healthy Weight

People usually worry about their weight after the holidays. Here are some tips to help you and your family maintain a healthy weight.

Ask your doctor what your healthy weight should be and what the risks are if you are over-

weight.

Watch what you eat by spacing meals out evenly, eating slowly, eating smaller portions, and avoiding fatty foods.

Plan meals that contain a variety of different foods that provide essential vitamins, minerals, and

nutrients. Read product labels to get this information.

Take time to exercise as a family such as go bowling, skating, swimming, biking, hiking, etc. Housework, walking, and gardening are other ways to keep physically active.



Building Self Esteem in Children

Parents are the single most influence on their child's self esteem. Self-esteem is the way one thinks and feels about himself. Self-esteem influences your child's ability to learn and grow, relate to others, make healthy choices, and reach their

goals.

Don't assume your child knows how you feel. Show your love to him/her every day with smiles and hugs to make your child feel wanted and accepted.

Offer praise, support, and encouragement, compli-

ment positive actions, set firm but fair rules, listen to your child, show respect, be a good role model, and show you appreciate small favors.

Be careful with criticism, put downs, and negative labels.

Don't compare your child to other children, or push him/her to do things that interest you. Let him/her decide what they would like to do and support them. Your child's self-esteem is worth the effort.

January Menu

Monday, January 10

Breakfast-Milk, Juice, Wheaties Cereal

Lunch-Potato Soup, Roast Beef Sandwich, Pears, Carrot Chips, Crackers, Milk

Snack-Fruit & Cereal Bar w/Milk

Tuesday, January 11

Breakfast-Milk, Juice, Toast, Cheese Omelet

Lunch-Spaghetti, Cheesy Biscuit, Cole Slaw, Fruit Cocktail, Milk

Snack-Juice, Cheese & Crackers

Wednesday, January 12

Breakfast-Milk, Fruit Cup, Toast

Lunch-Ham Sandwich, Scalloped Potatoes, Broccoli, Cake, Milk

Snack-Milk & Total Cereal

Thursday, January 13

Breakfast-Milk, Juice, French Toast

Lunch-Chicken & Noodles, Bread, Mashed Potatoes, Tossed Salad, Banana, Milk

Snack-Juice, Deviled Eggs, Crackers

Friday, January 14

Breakfast-Milk, Juice, Cornflakes Cereal

Lunch-Meat Loaf, Bread, Corn, Brown Rice, Pineapples, Milk

Snack-Graham Crackers & Milk

Monday, January 17

No School-Holiday

Tuesday, January 18

Breakfast-Milk, Juice, Corn Chex Cereal

Lunch-Beef Stew, Biscuit, Green Beans, Mandarin Oranges, Milk

Snack-Fig Bars & Milk

Wednesday, January 19

Breakfast-Milk, Juice, Cheese Omelet, Toast

Lunch-Chicken Parmesan, Bread, Sweet Potato Fries, Peas, Vanilla Pudding, Milk

Snack-Gold Fish Crackers & Juice

Thursday, January 20

Breakfast-Milk, Juice, Cheerios

Lunch-Mini Meatballs in Sauce, Bread, Tossed Salad, Corn, Mixed Fruit, Milk

Snack-Waffles & Milk

Friday, January 21

Breakfast-Milk, Banana, Oatmeal, Toast

Lunch-Ham Mac & Cheese, Bread, Mixed Vegetables, Beets, Peaches, Milk

Snack-Juice, Egg Salad Sandwich



Monday, January 24

Breakfast-Milk, Juice, Wheaties Cereal

Lunch-Chicken Salad Sandwich, Cream of Broccoli Soup, Carrot Chips w/Dip, Mixed Fruit, Crackers, Milk

Snack-Milk, Peaches, Yogurt

Tuesday, January 25

Breakfast-Milk, Juice, Pancakes

Lunch-Pork Tenderloin, bread, Mashed Potatoes, Lima Beans, Apple Wedges, Milk

Snack-Juice, Meat & Cheese Rollups

Wednesday, January 26

Breakfast-Milk, Juice, Cheese Omelet, Toast

Lunch-Chili, Crackers, Cheese, Applesauce, Cole Slaw, Brownie, Milk

Snack-Cinnamon Toast & Milk

Thursday, January 27

Breakfast-Milk Juice, Kix Cereal

Lunch-Chicken Leg, Bread, Blended Vegetables, Rice, Pineapples, Milk

Snack-Milk, Tropical Fruit Blend, Soft Bean Taco

Friday, January 28

Breakfast-Milk, Juice, Boiled Eggs, Toast

Lunch-Chuck Wagon Steak, Bread, Potato Wedges, Green Beans, Peaches, Milk

Snack-Fruit & Cereal Bar w/Milk