

Early Childhood Parent Newsletter

Community Action Committee of Pike County



March/April 2014

Getting Your Child Ready for School

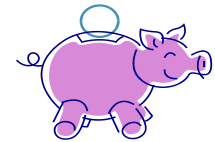
Parents can start getting their child ready for Kindergarten by doing the following things.

- ◆ Establish a bedtime and morning routine.
- ◆ Have your child eat a healthy breakfast.
- ◆ Make sure your child can do things for himself such as buttoning his pants, using utensils, etc.
- ◆ Talk to your child about the changes at school such as eating in the lunch room,
- ◆ Practice skills with your child over the summer such as writing, cutting with scissors, counting objects, recognizing letters, colors, and shapes.
- ◆ Always read to your child so he can begin

bells ringing, finding the school bus, raising his hand to speak and answer questions, playground equipment, behaving and following the rules.

to see how letters form words and how words form sentences.

- ◆ Talk to your child's preschool teacher about the skills he needs to work on.
- ◆ Allow your child to solve his problems on his own and encourage him to recognize and express his feelings positively.
- ◆ Visit your child's public school and teacher if possible.



The program has Money Smart CD Rom's and DVD's for parents to borrow if you need help with basic money management. Request one from your child's teacher if interested.

Inside this issue:

Parent Calendar of Events	2
Incredible Years Parenting Sessions	3
Fun Recipes	3
Applications	3
Menu	4

Free Tax Filing For Families

The Volunteer Income Tax Assistance (VITA) is tax preparation program being offered free to Pike County residents who meet the income guidelines. Interested individuals should call to make an appointment at the Community Action Agency at 740-289-2371.



Parent Calendar of Events

- ◆ **Policy Council Meetings**-Friday, March 21 and Friday, April 11 at 12:30 pm. Please call by Wednesday before the date if you need so enough food and child care can be provided.
 - ◆ **Family Reading Night** for the Piketon preschool classrooms will be held at the Community Action **Piketon site on Tuesday, March 18** from 5:00-7:00 pm. The infant and toddler classrooms will be held from 3:00-6:00 pm. There will be free books and stuffed animals will be given out when playing Bingo for Books. Activities will be provided in the classroom that will go along with a theme of a book. Dress up like your favorite storybook character or wear your pajamas.
 - ◆ **Western school is having a parent workshop literacy night on Thursday, March 27** from 5:30-6:30 pm. Kids can wear their pajamas this night. Please talk to your child's teacher about what literacy activities will be happening in the classroom. Another parent workshop is scheduled for April 16 from 5:30-6:30 pm.
 - ◆ **Head Start and Early Head Start Home-Based Socializations**-Friday, March 14 & 28 and Friday, April 11 & 25 at the Community Action Agency in Center A.
 - ◆ **Policy Council is having a Book Drive through March 14.** If anyone would like to donate new or gently used children's books for ages 0-5 years old, call Stephanie Remy, at 289-2371 or a Policy Council Member.
 - ◆ **Kinship Meeting**-Tuesday, April 15 from 9:30 -11:30 am at the Community Action Agency.
 - ◆ **The Spring Parent Training Day will be held on Friday, April 4** from 9:00-3:00. Sessions will include: Safety in the Home, Getting Ready for Kindergarten, Positive Discipline Techniques, and more. Lots of door prizes will be given out. Please contact Stephanie Remy, Parent Involvement Coordinator, at 740-289-2371 if you plan to attend by April 1 so babysitting, lunch, and supplies can be provided.
 - ◆ Home-Based families will be participating in the **Home Safety Checklist** with their Home Visitor in April and May. Parents who complete the assessments and surveys will earn safety items for their home.
 - ◆ **Daddy and Me Preschool Storytime**-Fathers and/or father figures are invited to attend with their preschool child to enjoy stories, songs, rhymes, and making crafts. Please let your child's teacher or Stephanie Remy know asap if you plan to attend so enough craft materials can be provided for everyone.
- Eastern classrooms-Tuesday, March 25 from 6:00-7:00 pm at the Beaver Library.
- Western preschool classrooms-Monday, March 10 from 6:30-7:30 pm at the Latham Library.
- Jasper and Piketon CAC classrooms and Home Based-Monday, April 7 from 5:30-6:30 pm at the Garnet A. Wilson Library in Waverly.
 - ◆ All families should be receiving a free issue of Parent and Child Magazine every month. Ask your child's teacher for a copy.

Vegetable Dip Recipe

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.



Homemade 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 tablespoons of cooking oil and 1 tablespoon of cream of tartar. 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 several weeks. Let your child help you mix the ingredients. Use cookie cutters and wax paper to use with the playdough.

The CAC of Pike County Early Childhood Program accepts applications year round for the Head Start and Early Head Start Programs. If you or someone you know is pregnant, or has a child ages 0-5 years old, call Sue Stevens, Enrollment Coordinator at 289-2371 to request an application. The program has sites located at the Community Action Agency, Jasper Elementary, Eastern Elementary, Western Elementary, and the Early Childhood and Family Center. The program offers part day preschool classrooms, full day preschool classrooms, home-based options, and full day/full year child care options for infants, toddlers, and preschool children.

Incredible Years Parenting Sessions Offered

The Incredible Years is a parenting series that helps parents develop the skills to promote children's social skills and reduce behavior problems such as: how to play with other children, social, emotional, and academic skills, effective praise and the use of incentives, establishing routines and rules, setting limits, managing misbehavior and teaching children to problem solve. The Incredible Years also teaches parents how to use effective communication skills, how to handle anger and depression, problem solving between adults, and ways to get and give support. The Incredible Years Parenting Sessions are informal, easy to follow, and encourages parents to ask questions. Sessions are available every Tuesday from 1:00-3:00 pm at the Partnership Against Domestic Violence agency located in Waverly. Please call Rhonda Carver at 947-1611 if you plan to attend any of the parenting sessions. Parents who attend weekly get tickets for door prize drawings such as gas and gift cards.



Monday, March 3

Breakfast-Milk, Juice, Golden Graham Cereal

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

Snack- Milk, Cheese Omelet, Toast

Tuesday, March 4

Breakfast-Milk, Juice, Egg McMuffin

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

Snack-Juice, Cheese It Crackers

Wednesday, March 5

Breakfast-Milk, Juice, French Toast

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

Snack-Milk, Applesauce Muffins

Thursday, March 6

Breakfast-Milk, Juice, Toast, Hash Brown Patty

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

Snack-Juice, Bean Dip, Crackers

Friday, March 7

Breakfast-Milk, Juice, Toast, Egg Patty

Lunch-Milk, Salisbury Steak, Bread, Oven Fries, Fruit Mix

Snack-Milk, Cereal

Monday, March 10

Breakfast-Milk, Juice, Cheerios

Lunch-Milk, Chili, Crackers, Broccoli Salad, Mixed Fruit, Vanilla Pudding

Snack-Milk, Graham Crackers

Tuesday, March 11

Breakfast-Milk, Juice, Cheese Omelet, Toast

Lunch-Milk, Baked Chicken, Roll, Potatoes, Banana

Snack-Juice, Ham Sandwich

Wednesday, March 12

Breakfast-Milk, Fruit Cup, Oatmeal, Toast

Lunch-Milk, Ham Slice, Bread, Green Beans, Stewed Applesauce

Snack-Milk, French Toast

Thursday, March 13

Breakfast-Milk, Juice, Waffles

Lunch-Milk, Roast Beef Sandwich, Vegetable Soup, Pears

Snack-Milk, Quaker Life Cereal

Friday, March 14

Breakfast-Milk, Juice, Egg McMuffin

Lunch-Milk, Beef Tips & Noodles, Bread, Buttered Carrots, Mixed Fruit

Snack-Juice, Pizza Snack

Monday, March 17

Breakfast-Milk, Juice, Wheaties

Lunch-Milk, Turkey & Gravy, Bread, Mashed Potatoes, Pears

Snack-Juice, Cheese, Crackers

Tuesday, March 18

Breakfast-Milk, Juice, Omelet, Toast

Lunch-Milk, Ham Sandwich, Potato Soup, Gelatin with Fruit, Crackers

Snack-Milk, Tortilla Fruit Wrap

Wednesday, March 19

Breakfast-Milk, Fruit Cup, Toast

Lunch-Milk, Spaghetti, Bread, Tossed Salad, Mandarin Oranges

Snack-Milk, Total Cereal

Thursday, March 20

Breakfast-Milk, Juice, French Toast

Lunch-Milk, PorkLoin, Bread, Baby Baker Potatoes, Banana

Snack-Juice, Deviled Eggs, Crackers

Friday, March 21

Breakfast-Milk, Juice, Total Cereal

Lunch-Milk, Chicken Leg, Roll, Steamed Broccoli with Cheese Sauce, Strawberry Applesauce

Snack-Milk, Graham Crackers

Monday, March 24

Breakfast-Milk, Juice, Corn Chex Cereal

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

Snack-Milk, Pancakes

Tuesday, March 25

Breakfast-Milk, Juice, Egg Patty, Toast

Lunch-Milk, Breaded Pork, Roll, Cauliflower w/ Cheese Sauce, Peaches

Snack-Milk, Fig Bars

Wednesday, March 26

Breakfast-Milk, Banana, Oatmeal, Toast

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

Snack-Juice, Goldfish Crackers

Thursday, March 27

Breakfast-Milk, Juice, Cheerios

Lunch-Milk, Chicken & Dumplings, Bread, Malibu Blend Vegetables, Mandarin Oranges

Snack-Milk, Waffles

Friday, March 28

Breakfast-Milk, Juice, Cheese Omelet, Toast

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

Snack-Juice, Egg Salad Sandwich

