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# Jefferson County Early Head Start

Volume 3, Issue 2

1st Quarter 2010

## Important Dates

Mon., 1/18/10, MLK Day  
 Center will be closed

Tues., 1/19/10, 4:00 p.m.:  
 Parent Meeting, JCEHS

Tues., 2/23/10, 4:00 p.m.:  
 Parent Meeting, JCEHS

Tues., 3/23/10, 4:00 p.m.:  
 Parent Meeting, JCEHS

Save the Date: Kidsfest  
 2009 is Sat., May 1, 2010 at  
 N. Florida Fairgrounds, 10  
 a.m.— 4 p.m.

## Message from the Area Director

Welcome back. I hope everyone had a safe and happy holiday season.

The last parent meeting we had went very well. We discussed family literacy and at the end of the meeting, everyone made a book to take home and share with their family. We also started going over the curriculum we use at our centers. For the next 8 parent meetings we are going to be discussing the different areas of our curriculum and what each area develops in our children. The curriculum topics discussed at the last meeting were: Helping Parents Understand Curriculum Activities and Development and Helping Parents Understand Curriculum Teacher Directed & Child Initiated. The topics that will be discussed concerning the curriculum at the next 3 meetings are: January: Helping Parents Understand Curriculum Building Trust and Helping Parents Understand Curriculum Promoting Independence; February: Helping Parents Understand Curriculum Encouraging Respect and Helping Parents Understand Curriculum Self Control; and March: Helping Parents Understand Curriculum Self Control. We look forward to seeing you at these parent meetings. At the end of these parent meetings we are also going to begin experiencing and learning about different and inexpensive activities that you can do at home with your child.

I would like to encourage you to check your child's cubby to see if your child has changing clothes at the center. Also, make sure that the changing clothes that your child has still fit and is seasonal. The days have been cold, so the changing clothes need to be warm. I would also like to remind everyone that we cannot wash your child's clothes at the center. If your child has an accident in their clothes, the only thing that we can do is put them in a bag and send them home. This is due to sanitary reasons. If you have any questions, please see your Area Director or Family Advocate.

I look forward to the New Year with you and your family.

-Ramona Fritzen

Today's Birthdays

- Xavier 1/16
- Keyshawn 1/23
- Ms. Robin 2/3
- Ms. Irene 2/28
- Ms. Gail 3/1
- Danica 3/16
- Rodrick 3/21
- Eric 3/22
- Markia 3/29

## Read...Read...Read...Read

- My Dream of Martin Luther King by Faith Ringgold
- Dreams by Ezra Jack Keats
- How Do I Love You? by P.K. Hallinan
- Baby Faces: Hugs and Kisses by Roberta Grobel Intrater
- Guess How Much I Love You? by Sam McBraitney
- Polar Bear, Polar Bear, What Do You Hear? By Eric Carle
- The Snowy Day by Ezra Jack Keats
- Clifford's First Snow Day by Norman Bridwell
- Stone Soup by Heather Frost



## Activities

### Friendship Wreath

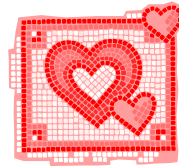


Materials: Construction paper (black, white, red, yellow, brown) pencil, glue and scissors.

Description: Trace child's hands using various colors of construction paper to represent various skin tones found across our nation. Cut them out. The child may color or decorate the hands. Then, glue the hands together in the shape of a wreath and hang.

(Talk about Martin Luther King, Jr. and how he dreamed of a world where people didn't fight and hate people because their skin was different.)

### Valentine Play Dough



Materials: 1 cup flour, ½ cup salt, 1 small package of red Kool-Aid, 1 cup boiling water, 2 T cooking oil, Small-medium-large heart shaped cookie cutters

Description: Mix dry ingredients. Add water and oil. Mix with spoon until cool enough to handle. Knead dough until desired consistency. Use heart shapes and talk about sizes.

### Birdfeeder



Materials: Corn cobs, butter or peanut butter, breadcrumbs or crushed crackers

Description: After all the corn has been eaten off the cob, wash it and let it dry. Tie a string around on end of the cob. Spread butter or peanut butter all around the cob. Then, roll cob in crumbs. Hang on a low tree branch in the yard and watch for birds. Talk about the color and sizes of the birds and the sounds they make.

### Grow a Potato Vine



Materials: White potatoes will grow dark green leaves; sweet potatoes will grow a purple vine, large mouth jar, toothpicks

Description: Choose an oblong potato. Wash and scrub potato well. Fill jar with water. Cut off one end of potato. Stick 3-4 toothpicks around potato to hold it in the jar with the cut end on the bottom. Some of the potato eyes need to be under water. Place jar in light but not direct sunlight. In about a week white, stringy roots will start to grow on the bottom. Then leaves will grow on the top half. Keep the jar filled with water and change if it gets cloudy. Move to another jar, if needed.

### Ideas for Recycling Holiday Cards & Old Calendar Pictures



1. Make a puzzle: Cut one card into several pieces. For younger children, you may want to cut the card in half or fourths while for older preschoolers, you may want to cut the card into many pieces (no more than 8 – 10). Encourage your child to put the card back together again. Put the card in a plastic baggie for safe keeping and use over and over again.

2. Make a book: Cut pictures from cards or calendars and glue onto paper (leaving room for words). Ask the child to tell you a story about the pictures. Write their words down on each page, then staple together.

## Family Advocate Corner

-Melissa Morgan

Happy New Year!! I hope the New Year brings many positive things for you and your family.

I would like to encourage you to come to the center and spend some time with us. You can volunteer in a classroom, cut things out for teachers, and even have meals with your child. We have an open door policy so we welcome you at any time. If you are interested in volunteering, we offer many volunteer opportunities and we would love to see you. I would like to encourage everyone to be mindful of our attendance policy. We have to maintain at least an average daily attendance rate of 85%. This means that each child can only miss 3 days a month or we will fall below in our attendance for the month. If your child is consistently absent, we are going to enforce our attendance policy and you may lose your child care services. If you have any questions about our attendance policy, please see your Family Advocate, and you can also refer to your Parent Handbook that was given to you at the beginning of the program year.

I would like to encourage prenatal clients to see a dentist during your first trimester of pregnancy. Poor oral health care during pregnancy could increase the risk of premature labor. This is because the hormone that your body releases to fight oral infections and bacteria is very similar to the hormone that your body releases to trigger labor. If you are on Medicaid and are 21 years old or younger, Medicaid will cover a dental exam and cleaning. If you don't have Medicaid or any other dental insurance, Taylor Dental Clinic in Perry, FL uses a sliding scale for fee payment.

I look forward to spending this new year with you and your family.

## Songs

### Friendship

(Sing to the tune of Three Blind Mice)

Love, love, love,  
Love, love, love,  
See how it grows,  
See how it grows.  
I love my friends and they love me.  
We love each other that's plain to see.  
There's plenty for a big family.

### Hibernation Song

(Sing to the tune of Wheels on the Bus)

The weather's getting cold so bundle up, bundle up, bundle up  
The weather's getting cold so bundle up, winter's coming soon.  
The bears in the cave sleep all the time  
The squirrels in the trees get lots of nuts  
The frogs and toads go deep in mud  
The ducks and the geese go flying south  
The people in the town wear hats and gloves

### Hugs

(Sing to the tune of Mary Had a Little Lamb)

It's nice to get a hug from you,  
Hug from you, Hug from you.  
It's nice to get a hug from you,  
So let's give one right now.

### My Heart

When I say I Love You (point to lips)

It comes from my heart (hand on heart)  
You hear it in your ear. (point to ear)  
I Love it when you're proud of me (stand very tall)  
You say it all day long. (stretch arms wide)  
And when I hear you say it (point to ear)  
My heart sings a happy song. (hand on heart)

## Winter Fire Prevention and Safety Tips

As the outside temperature starts to drop, individuals search for several different type of ways to heat their homes. Wood stoves, electric space heaters, kerosene heaters, and fireplaces are being used to heat many homes during the winter months. These ways of heating may be acceptable, however, they are a major contributing factor in residential fires. The following fire safety tips can help you prevent fires and help you maintain a fire safety home this winter.

**Wood Stoves:** Wood stoves cause over 4,000 home fires every year. Carefully follow the manufacturer's installation and maintenance instructions. Look for solid construction, such as plate steel or cast iron metal. Check for cracks and inspect legs, hinges and door seals for smooth joints and seams. Make sure you use only seasoned wood for fuel, not green wood, artificial logs, or trash. Inspect and clean your pipes and chimneys annually and check monthly for damage. Also, be sure to keep combustible objects at least three feet away from your wood stove.

**Electric Space Heaters:** Buy only heaters with the underwriter's laboratory (UL) safety listing. Check to make sure it has a thermostat control, and will switch off automatically if the heater falls over. Remember that heaters are not dryers or tables; don't dry clothes or store objects on top of your heater. Always unplug your electric space heater when not in use.

**Kerosene Heaters:** Buy only UL-listed heaters and check with your local fire department on the legality of kerosene heater use in your community. Always remember to never fill your heater with gasoline or camp stove fuel; both flare-up easily. Only use crystal clear K-1 kerosene. Never overfill any portable heater and use the kerosene heater in a well ventilated room.

**Fireplaces:** Make sure your fire place is cleaned out frequently and chimneys are inspected for obstructions and cracks to help prevent deadly chimney and roof fires. Check to see if the damper is open before starting any fire and never burn any trash, paper or green wood in your fireplace. Remember to always have a screen big enough to cover the entire opening of the fire place to catch flying sparks and heavy enough to stop rolling logs. Make sure the fire is completely out before leaving the house or going to bed. And always store cooled ashes in a tightly sealed metal container outside the home.

Finally, make sure your home has a working smoke alarm in it. You want to test the smoke alarms monthly and make sure you install alarms with battery backup outside each sleeping area in your home. By having a working smoke alarm you can increase your family chances of surviving a fire. And remember to practice a home escape plan or fire drill frequently with your family.

## Recipes

### Heart-shaped Sandwiches



Toast Sliced bread  
Heart-shaped cookie cutter  
Strawberry jelly

Cut out two heart shapes from the bread. Spread on jelly.

### Fruity Shake



Strawberries (cut stems off)  
Sliced and peeled bananas  
Milk  
Strawberry yogurt

Choose portions according to taste and consistency. Place strawberries and bananas into a blender. Pour in milk. Scoop in yogurt. Blend at medium speed until shake texture.

### Simple Friendship Soup



(Read the book Stone Soup by Heather Forest)

Frozen mixed vegetables  
Chopped potatoes, onions, celery  
Can of beef broth  
Can of spaghetti sauce  
Place all ingredients into a large soup pot. Add desired amount of water. Bring to a boil and then simmer until vegetables are tender.

### Cherry Tarts



Canned biscuits, cherry pie filling, sugar

Place biscuits in greased muffin tins. Use your thumb to make a small dip in the middle. Drop a spoonful of cherry pie filling in the middle of each biscuit. Bake according to biscuit package. Sprinkle with sugar while hot.