

Shaping Futures

Kids Incorporated of the Big Bend is the only community-based organization providing comprehensive services to families with children ages 0 to 3 and pregnant women in Leon, Jefferson and Madison counties.

These Early Head Start services include:

- ◆ Quality early education & care
- ◆ Health, disability & nutrition
- ◆ Family engagement & community Partnerships
- ◆ Services to pregnant women

A ratio of 1 adult-to-4 children is maintained and children are assessed 3 times a year. We strive to help children reach their developmental milestones & provide parents with the tools to be the best parents they can be. A minimum of 10% of the children served have special needs. Parents are responsible for providing transportation for their children to and from the centers.

Kids Incorporated has an active volunteer program with volunteers assisting in our Early Head Start centers or in our administrative offices. We accept donations of diapers, baby wipes, and new/used books for infants and toddlers.

For more information, please email:
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A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-435-7352, WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.
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Recipes for Fun

Volume 20



kids
incorporated
of the big bend

Strong Families = Strong Communities

Oobleck

Oobleck is a favorite whenever Kids Incorporated volunteers are present at a community event!

What you'll need:

- ◆ 1 box of cornstarch
- ◆ 1 1/2 cups water
- ◆ Food color (mixed into the water)



In a lipped cookie sheet or a plastic container, use your hands to mix all of the ingredients together. It should be solid enough to shape into a ball but liquid enough to drip through your fingers.

Ice Painting

What you'll need:

- ◆ Washable finger paints
- ◆ Ice cube trays
- ◆ White contact paper

Fill the ice cube trays with a variety of finger paint colors. Place in the freezer to harden overnight. Pop the ice paints out of the trays and place in small containers for the child.

Gak

Mix equal parts of liquid white glue and liquid starch. Add food coloring and stir— with a spoon or your hands— until the mixture holds together. The mixture should be smooth, rubbery and stretchable.

Did you know, if you let Gak dry a while it becomes similar to silly putty?



Kool-Aid Play Dough

What you'll need:

- ◆ 1 cup of Flour
- ◆ 1/4 cup of salt
- ◆ 1-2 small packages of unsweetened Kool-Aid (*Color will be brighter with two packages*)
- ◆ 1 cup of boiling water
- ◆ 1 1/2 teaspoons of oil (*You may want to use less and add as necessary*)

Mix the dry ingredients. Then add oil and boiling water, stirring well. (*It will be hot for a few minutes so use precaution when mixing.*)

Knead on a piece of waxed paper on the counter.

Puffy Paint

What you'll need for each color:

- ◆ 1 tablespoon self-rising flour
- ◆ Food coloring (Wilton's Icing Gels make excellent colors)
- ◆ 1 tablespoon salt
- ◆ Little bit of water (start with 1/4 tsp)
- ◆ Cardstock or thin cardboard & paintbrushes or Q-tips

Combine flour & salt in a small bowl. Add a little bit and stir until you get a smooth, thin paste (about the same consistency of stirred yogurt). Add food coloring & mix well.

Create your drawings on the cardstock or cardboard and when you're happy with your artwork, pop it into the microwave for 30 seconds and watch your painting puff up. (Your artwork will be warm when you remove it from the microwave, but it will be completely set.)

