

Health and Nutrition Corner

Cooking is a great way to have fun. Play it safe and follow these simple safety tips.

- Always wash your hands with soap and hot water before you begin.
- Wash fruits and vegetables with water even if you will remove the peel.
- Always turn the sharp edge of a knife or vegetable peeler away from you as you use it.
- After touching meat, eggs, chicken, or fish, carefully wash the counter, your cooking tools, and your hands with soap and hot water.
- When cooking on the stove, make sure pot handles are turned away from the front of the stove.

Recipe: Kick'n Chicken Pitas
Try making this with your children!

Ingredients:

2 cups shredded romaine lettuce
1 cup red or green seedless grapes, each grape cut in half
1 cup chopped cold cooked chicken breast
1/3 cup crispy chow mien noodles
1/3 cup shredded carrots
2 tablespoons sliced green onions
4 tablespoons light Oriental salad dressing
2 whole wheat pita pockets, each cut in half

Preparation:

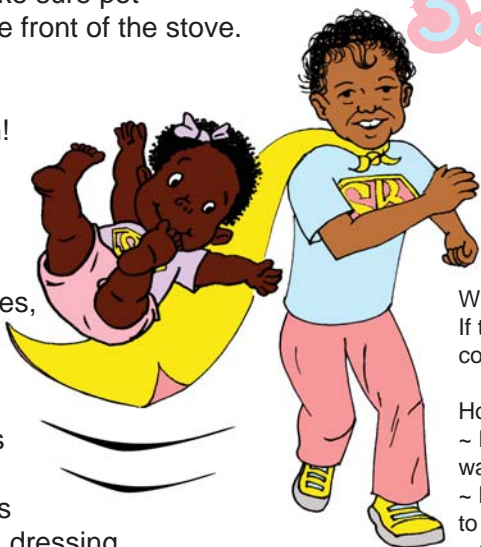
1. Combine romaine lettuce, grapes, chicken, chow mien noodles, carrots, and green onions in a medium bowl. Mix well with a large spoon.
2. Add dressing to bowl. Mix until ingredients are coated with dressing.
3. Spoon about 1 cup of mixture into each pita pocket half. Serve.

Preparation time: 15 minutes



September School Readiness Goal: Blanket Play

1. Place a blanket on the floor, set your toddler on the blanket and then gently and gradually pull him or her around the room. This activity will challenge your child's ability to balance while in motion.
2. Have another adult to help you hold the blanket over the toddlers head. Test his balance by slowly raising and lowering the blanket while he stands underneath it. Do this carefully even a lightweight blanket can topple an unsteady toddler.
3. Walking in a circle, hold the blanket over your toddler's head singing his or her favorite song. At the end of the song, let the blanket float down to the floor over your toddler.



Helpful Tips

When toddlers see something they want, they grab it. If they don't like something, they throw it down. Learning how to control those kinds of impulses can be a challenge.

How can you help your toddler learn self-control?
~ Don't tempt her unnecessarily. Avoid the cookie aisle if you don't want her to have cookies.
~ Have realistic expectations. It is reasonable to expect toddlers to wait a few minutes, but not 30 minutes.
~ Give your toddler something to play with while she sits in the car seat or waits for her lunch.

UPCOMING ACTIVITIES

Saunders County Playgroups	Lancaster County Playgroups
September and October 2013	September 2013
Wahoo Public Library/Smith Park Monday Sept 9 th 10:00-11:30	
Martin Hillside Orchard Wednesday Sept 18 th 4:00-5:30	Antelope Park/Playground Safety Tuesday September 17 th 10:00-12:00
Volunteer Fire Department Wahoo October (Date to be determined)	Community Action Playgroups Sept 10 th 10:00-12:00 Sept 11 th -10:00-12:00 Sept 12 th -1:00-3:00
Mead Park Nature Walk/Hunt Wednesday October 10 th 1:00-3:00	
Wahoo Elementary Classroom Wednesday October 23 rd (time to be determined)	

The Early Head Start Home-based



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Message from the Early Head Start Administrator

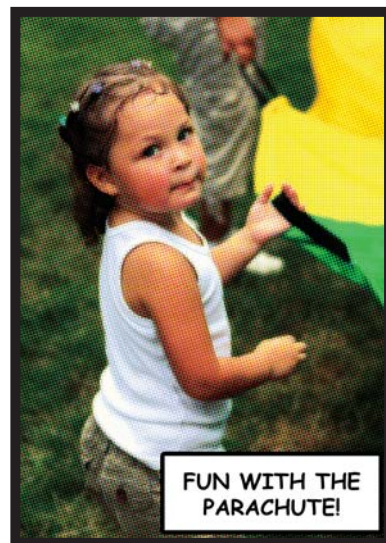
Hello, and welcome to a brand new program year! There are many exciting and new beginnings in store for Early Head Start. Our program year began by hosting screening events, which allowed new families to visit Community Action, meet staff, and learn about topics such as health and safety. Families have had the opportunity to utilize our brand new outdoor play area; sprinkler play has been a favorite among children and families this summer.

Our annual Early Head Start calendar will also be sporting a new look; a big thank you to Family Educators Danielle Razo and Laura Cable, who worked to redesign the calendar. School Readiness Goals will be the focus, and each month will be a new goal with pictures of children capturing them at play and learning. And finally, as you can see, we have a new format for our Newsletter. Thanks to Heather Tahtinen, our Grants Specialist, we have this wonderful Newsletter to share with you, our "super families." Take some time to look through it as there are lots of new featured segments, as well as information on upcoming events. I look forward to a new year, with great staff and wonderful families. As Robert Browning once said, "The best is yet to be."

~ Theresa

End of Year Celebration

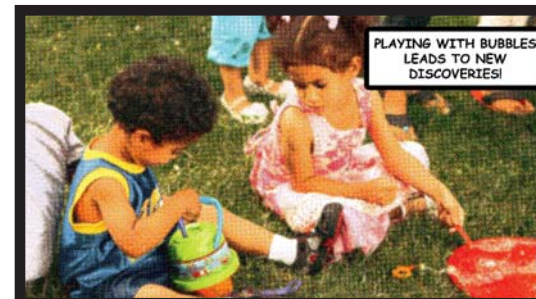
Our annual End of the Year Celebration was held on Friday, July 19th at the Antelope Park Shelter. Children enjoyed playing with friends while engaging in activities such as shaking a giant parachute, blowing bubbles, scribbling with chalk, water painting, and an obstacle course! Family Educators recognized the children that were transitioning out of Early Head Start with certificate, a book, and a stuffed animal. Educators are proud to see their kiddos grow and move on to the next journey in their learning development. Early Head Start is grateful for our family's participation and dedication in their children's growth and development. Thank you to all who were able to attend and celebrate your children's successes!



FUN WITH THE
PARACHUTE!



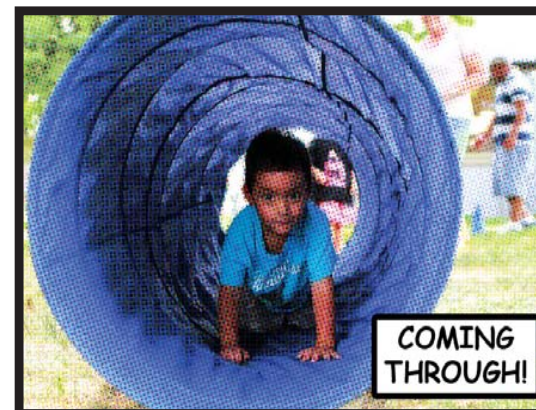
CHALK ART!



PLAYING WITH BUBBLES
LEADS TO NEW
DISCOVERIES!



FAMILY FUN
WITH BUBBLES!



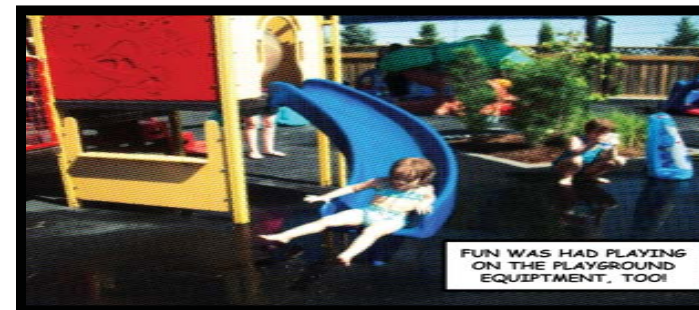
COMING
THROUGH!



WATER PLAY!



THE WATER FELT SO
GOOD ON A HOT DAY!



FUN WAS HAD PLAYING
ON THE PLAYGROUND
EQUIPMENT, TOO!



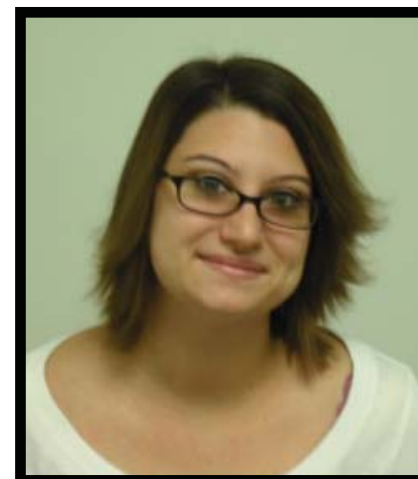
CHILDREN LOVED
PLAYING IN THE
SPRINKLER!



SOME CHILDREN EVEN
GOT IN A QUICK NAP :)

STAFF SPOTLIGHT

Jamie is an invaluable member of our Early Head Start Home-based team, and is always there when fellow staff members need a helping hand. She was born in Lincoln, Nebraska, attended high school in Lincoln, and attended college in Lincoln. Her most memorable moment is when she graduated from college, and enjoys playing video games, bicycling, and playing with her dog in her spare time, and would love to learn how to snowboard some day. When she was young, Jamie wanted to be a Forensic Scientist. Jamie's favorite thing about working within Community Action's Early Head Start Home-based program is when she gets to help families apply to be in the program. She also loves working with her "wonderful co-workers." We are so happy to have Jamie as a member of our dedicated Early Head Start Home-based team!



Jamie Yenglin
Early Head Start Home-based
Program Assistant



~ Families completed 491 hours of follow-up activities in August

~ 2 babies were born to families in EHS this month

~ A parent received their license to do in-home child care

~ A parent signed up to attend college this fall

~ A parent got a job at Educare

July Playgroup: Ice, Ice Baby!