

# Early Head Start Newsletter

## Art Show!

In honor of the Week of the Young Child, our Early Head Start families were invited to attend our Annual Art Show on April 18, 2013. The hallways of Community Action were filled with garden themed art work of all shapes such as gardening tools, vegetables, insects, and other furry friends. During the Art Show our families anticipated seeing their loved one's special creation on display, in which some of our older toddlers were amazingly able to identify their own among the 178 pieces of art. Children had the opportunity to have their face painted, and engaged in art activities throughout the event. Children were able to choose between a wooden snake or

flower picture frame to paint, sculpt with play dough, and color pictures using crayons and spring shaped stencils. The children could not get enough of the shadow play room where they got to watch their shadow on the wall



while dancing with scarves to music. The children really got their energy out by dancing to songs like the hokey pokey, jumping like frogs, and pretending to be other animals such as elephants and ducks. After the children were

finished dancing and creating more art work, the families were treated to a garden theme snack of "dirt cups" made with chocolate pudding, crushed up Oreo cookies, and a gummy worm. Some families were heard telling their children "it's okay, it's not mud it's pudding". It was a new experience for some of our little ones. Children said their goodbyes with colorful cheeks, a bag of goodies, and chocolate rings around their mouths. To the families that were able to attend we were very grateful to see you there! The event was a huge success and we are happy that so many of our children were able to be a part of the fun!





## Saunders County Playgroup it's all about MUD!!!!

The playgroup was all about mud, worms and making clean mud. Digging in the dirt and spraying worms with water makes for great FUN. It is a great squish

and squeeze activity. Did you know you can make clean mud? Not only is it easy to make but smells great too! Don't forget to try this at home if you were

unable to attend. See you next month!!!



Are you looking for a way to conserve energy and lower your utility bills?

## Join us for a Free Class Focused on Energy Efficiency!

On Thursday, May 16th, Community Action is hosting a free class focused on energy efficiency. By attending the class, you will learn simple ways to make your home more energy efficient and save money on your monthly utility bills.



Lincoln Electric System is also providing free Energy Tool Kits to all who attend the class!

When: Thursday, May 16th 9:00 a.m.

Where: Community Action, 210 O Street in Lincoln

Who: All individuals interested in the class are welcome to attend!

### Please RSVP:

Julie Farwell, Asset Development Administrator  
Phone: (402) 875-9351  
Email: jfarwell@communityactionnetwork.org



## Early Head Start Fun, Learning and Support

- Support for pregnant women and parents
- Health, dental, and nutrition services
- Fun activities for families at no cost
- Playgroups with other families
- Home-based option available

Pregnant moms and children ages birth to three years of age that meet income and eligibility requirements may qualify for the Early Head Start program.

To apply call: Lancaster (402) 471-4515 Saunders (402) 443-4250  
Vietnamese (402) 471-4515 ext 146 Arabic (402) 471-4515 Ext 203  
Spanish (402) 471-4515 Ext 103

### The following documents are required during the application process:

- Income verification (tax return, or all W-2 forms, or TANF check stub),
- letter from your DHSS worker indicating the amount and duration of benefits paid,
- copy of paycheck stubs showing last 12 months of income from all income sources,
- verification of child support received over past 12 months,
- a copy of Social Security Disability Benefits letter, or Social Security check stub.
- certified copy of the child's birth certificate, or child's passport and immunization of the child

### Los siguientes documentos son necesarios durante el proceso de aplicación:

- Verificación de ingresos del año (formulario de impuestos, o todos los formularios W-2 o los talones de cheques de TANF),
- una carta del trabajador social de DHSS indicando la cantidad y duración de los beneficios pagados,
- una copia de los talones de cheques de pago mostrando los ingresos de los últimos 12 meses de todas las fuentes de ingresos,
- verificación de los pagos de manutención recibidos en los últimos 12 meses,
- una copia de la carta de los beneficios recibidos de la incapacidad del Seguro Social , o una copia del talón de cheque del Seguro Social.
- una copia certificada del acta de nacimiento, o pasaporte del niño y la cartilla de vacunación del niño.

## April Parent Planning Meeting

Parents were encouraged to attend the Parent Planning Meeting on April 24<sup>th</sup> at 10:30a.m. We reviewed the purpose of the group which is to advise, plan, and assist Early Head Start staff to better strengthen our program. The group reviewed past events such as the small playgroup, "Fun with Mud!" and the community-wide Art Show. We took suggestions on what parents would like their children to experience at upcoming events as well. We then re-

viewed a community resource list which has been developed by our families in Early Head Start. Families then assisted in preparing items that will be used for May's play group. For example, a flower blossom sensory table and seed shakers. We enjoyed great discussion and a little snack too. Our next meeting will be May 29<sup>th</sup> from 10:30a.m.-11:30a.m. in room 415 at Community Action. Please make ar-

rangements for your children since this is an adult focused meeting. No child care is provided but we will have a few items available to entertain your child if need be. Early Head Start belongs to the families it serves; therefore, we want your input! If you are interested in joining our group, please talk to your family educator for more information.

## Lancaster Small Playgroup

MUD!! Who knew it could be so much fun?!? We had a great time exploring mud during the April playgroup. Clean mud was new to many who attended. Clean Mud is ade with a mixture of soap, toilet paper, and water, It was fun to squish through your fingers or scoop into shapes. Clean mud smells good and leaves your hands nice and clean! Live worms were the catch of the day in the regular mud! First, dirt was poured into the tub with the worms. Then children were given squirt bottles to wet the dirt into mud. Squirted water on a chilly day, while inside a warm room, was great fun! The worms provided

quite the show for everyone. We watched them squirm and wiggle in the mud. One tried to escape, but he soon returned to safety in the tub when squirted with water.

One little girl exclaimed, "This is fun!"

Many of the children were brave enough to pick up the worms

and many others tried, even though it made them nervous. They held the worms in their hand until the squirmy worms tickling motions proved to be too much! Parents encouraged the children to try. One little girl exclaimed, "This is fun!"

Educators served a snack of yogurt with graham crackers, with a

gummy slug to top it off. Singing songs and reading books are a regular activity during play group. Families and educators are learning the songs together. Music is a lovely way to express ourselves.

Invitations will be delivered soon for the May playgroup. Early Head Start staff would love to have everyone attend to experience the fun of learning together! We look forward to seeing you all at a playgroup in May! Come join the fun!!



## SET THE TABLE FOR HEALTHY EATING HABITS! By: Jessie Coffey, RD

Set a good example. When children see an adult eating a food, they are more likely to try it themselves. Most children need to try a food 10-12 times before they decide if they like it! Children are more likely to eat a food if it is served in an appropriate size, such as apples cut into wedges rather than a whole apple. Remember a child size portion is equal to your child's

clenched fist.  
Follow a meal and snack schedule. Regularly scheduled meal and snack times help your preschooler learn structure for eating. Make food fun! Cut food into fun shapes or let children be creative and encourage them to invent or name snacks. Children learn about eating by

watching others. Make sure that you are setting the table for healthy eating habits for your little ones! What you say and how you say it can have an impact on children's eating habits. Try some of these suggestions adapted from, "What You Say Really Matters?" by Dr. Janice Fletcher and Dr. Laurel Branen.



Phrases that HINDER Instead of ...	Phrases that HELP Try ...
<i>Eat that for me.</i>	<i>This is kiwi fruit; it's sweet like a strawberry.</i>
<i>You're such a big girl; you finished all your peas.</i>	<i>Is your stomach telling you that you're full?</i>
<i>See, that didn't taste so bad, did it?</i>	<i>Did you like that? Which one is your favorite?</i>
<i>No dessert until you eat your vegetables.</i>	<i>We can try these vegetables again another time. Next time would you like to try them raw instead of cooked?</i>



### CAR SEAT CHECK UPS

Approximately 90% of car seats checked in Lancaster County are not properly installed or used correctly. This may significantly decrease the protection the seat is designed to provide in the event of a crash. Is your child's car seat properly installed? Find out at this FREE car seat check event.



May 16th  
5:30 to 8:30 pm  
Community Action Partnership of  
Lancaster and Saunders Counties  
210 O Street  
Lincoln, NE 68508

Appointments are scheduled for 45 minutes and can be made by calling Jen Showman at (402) 875-9331. Appointments are limited and will be open to Head Start/Community Action participants only.



Early Head Start Direct Phone Numbers			
<u>Program Administrator:</u> <u>Theresa Gerlach</u> 402-875-9332	<u>Program Assistant:</u> <u>Jamie Yenclin</u> 402-875-9385	<u>Program Supervisor:</u> <u>Amanda Shannon</u> 402-875-9330	<u>Program Supervisor:</u> <u>Lynne Cook</u> 402-875-9332
Family Educator's			
<u>Amy Champoux</u> 402-875-9380	<u>Danielle Razo</u> 402-875-9379	<u>Laura Cable</u> 402-875-9378	<u>Sabah Krizem</u> 402-875-9382
<u>Amy Workentine</u> 402-875-9383	<u>Eman Namir</u> 402-875-9401	<u>Linda Matthews</u> 402-875-9374	<u>Shirley Perkins</u> 402-875-9391
<u>Barb Ruigh</u> 402-730-8051	<u>Hayle Rohlck</u> 402-875-9381	<u>Raga Elhoni</u> 402-875-9372	<u>Susan Munsen</u> 402-875-9377
<u>Brenda Landazuri</u> 402-875-9373	<u>Jessi Bergin</u> 402-875-9370	<u>Ruth Burke</u> 402-875-9376	<u>Tana Hefley</u> 402-875-9375