

Early Head Start Newsletter

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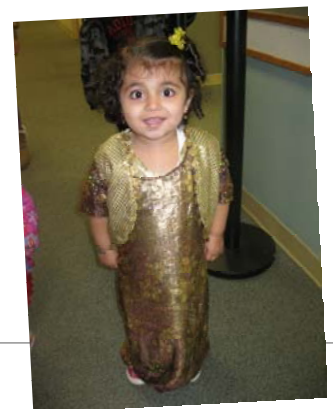
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Community Wide Playgroup: Multicultural Night!

Families in Early Head Start had the opportunity to visit three countries in March; Mexico, Vietnam and Libya. It was the programs annual Multicultural awareness event, and families were invited to come to Community Action and travel from room to room visiting the three countries. Families learned about the country's celebrations, tasted authentic food, and visited with staff that has lived in that particular country. Some parents even brought their children dressed in the traditional clothing from their home countries. In Mexico, the children enjoyed playing football which is a very sig-

nificant sport in this country. The sport is equivalent to soccer here in the United States. The families also created beautiful flowers out of tissue paper and enjoyed homemade tamales and horchata. In Libya, families enjoyed music and dancing. They were able to sample dates, bread, and cheese with a hint of mint, as well as taste two different flavors of tea. They learned that there is a traditional way to pour the tea. Children had the opportunity to create their very own red, black and green Libyan flag to take home. In Vietnam, Community Actions very own Binh

Huynh dressed up in a traditional Vietnamese dress and assisted families in making origami which is folding paper into beautiful creations. Everyone got to try spring rolls and a uniquely, salted lemonade. Families were treated to a video of the popular Vietnamese dragon dance that is most commonly celebrated during the Vietnamese New Year. All in all the evening was a success; it was a wonderful night of sharing and learning. Thank you to all who participated in making this event happen, and to our wonderful Early Head Start Families for attending.



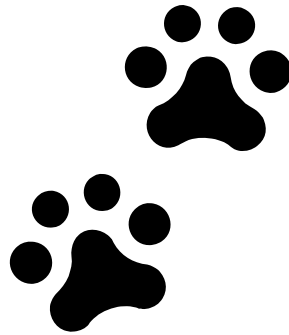


Saunders County Playgroup: Animals!

On March 27, children in Saunders County spent time exploring different kinds of animals, especially ones on a farm. Children had fun exploring a barn, and animals such as the horse, pig, and cow. They loved that the barn made animal

noises! Play dough was used and children got to make footprints in the dough and examine the different kinds of footprint. Animal puzzles were completed together and tractors were also a favorite to play with! At the end of the play

group, the kids shared Barb's lap as she read them a book about Otis, an old tractor that got to help get a cow unstuck from the mud; Otis saved the day! Thanks to all that came and we hope to see you soon!

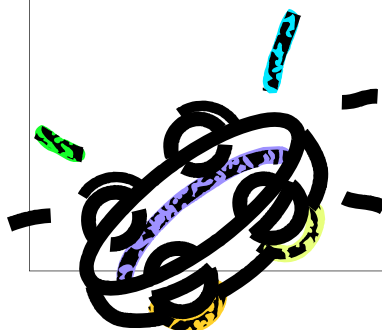


Saunders County Playgroup: March to the Beat!!!!

The playgroup was all about making music. Shakers were made out of plastic eggs with different objects placed in them to provide different sound effects. Tape was placed at the seam so it would not be a choking hazard. A baby enjoyed shak-

ing the egg and listening to the different sounds. A mother and Family Educator got creative by making guitars out of Kleenex boxes with rubber bands around the box. Using different rubber band sizes affected the noise that was

made. Tambourines were made out of corn and paper plates. Lots of duck tape was used to seal up the plates. Don't forget to try this at home if you were unable to attend. See you next month!!!



Marching to the Beat Playgroup

The play group theme for March was "Marching to the Beat". Circle time included a special visitor from Lincoln City Libraries. Tips were given for reading with children, and information was shared about all of the ways children learn while spending time reading with siblings, parents, or others who care about them. Families were encouraged to apply for a library card to check out a variety of items at any of the libraries. Storytime at the library, provides children and families with a time to experience books along with other children of the same age. Families were excited to hear about opportunities available to them!

Families joined in to sing a welcome song, and then begin the activity of the day. Families and children be-

came better acquainted as they shared materials to make musical instruments. The children used paper plates to make tambourines, and plastic eggs and bottles to make shakers. Dried corn was included to enhance the sounds, and tape

and tambourines, using big spoons as drum sticks. Parades were formed to march around the room and down the hall while the new instruments were played.

Children played in dried corn, smiling as they poured and dumped the corn in and out of a variety of containers. It was a new experience for many of the children.

After hands were washed, a snack of pancake "drums" with syrup and pretzel "drumsticks" were shared with all. Everyone helped to pick up the room and then move back in to the parent room for a final story and songs before everyone left for home, satisfied with another playgroup experience!

All Early Head Start families are invited to attend play group each month, and we hope to see everyone in April!!

"The children used paper plates to make tambourines, and plastic eggs and bottles to make shakers."



was used to secure the openings so children didn't choke. All ages enjoyed the music the instruments made! Moms and dads joined in the fun, along with siblings home for spring break. It was fun to explore creating new items from ordinary materials. Children got to try drums



National TV Turnoff Week! By: Jessie Coffey RD, Nutritionist

April 28-May 4, 2013

National TV Turnoff Week encourages everyone to turn off the television and read, daydream, enjoy nature, spend quality time with family and friends.

The American Academy of Pediatrics says:

- Children age 2 and under **should *not* watch any television.**

- Older children should keep screen time, including movies and video games, to *less than 2 hours a day.*

Why reduce TV time?

Early childhood is an important time for children to learn and develop the skills they need

to grow up healthy!

- Children age 2 and under should not watch any television. During a child's first 2 years critical brain development is occurring. TV can get in the way of exploring, learning, and spending time interacting with parents and others.

This is an important time for young children to develop the skills they need to grow!

Children need a lot of physical activity every day to be healthy and happy!

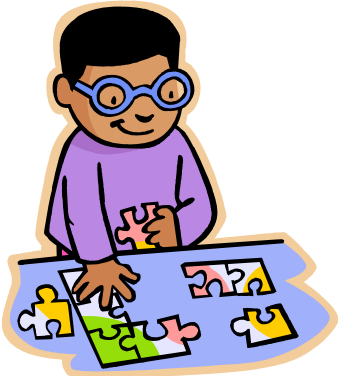
- Children who are physically active are less likely to be overweight, are sick less often, do better in school, sleep better, and are less likely to feel sad, depressed, or stressed.
- Most children watch more than 20 to 30 hours of television every week, or about 3 to 4 hours a day! Time spent watching TV or using the computer is time they could be playing, reading, being outside or having fun with family or friends.

SOME ALTERNATIVE ACTIVITIES FOR CHILDREN AND FAMILIES

1. Spend extra time spring cleaning.
2. Put together a puzzle.
3. Visit the library. Borrow a book. Attend library ac-

tivities.

4. Go ice skating or roller skating.
5. Listen to the radio.
6. Visit the zoo.
7. Find out about your area's community center or park's activities.
8. Read a book to your child.
9. Plan a picnic or barbecue.
10. Go bird watching.
11. Play with your family pet.
12. Try a new recipe.
13. Plant a flower, vegetable or herb garden.
14. Read magazines or newspapers.
15. Go camping (even if it's just in the backyard!).
16. Go to a museum.
17. Take a nature hike.
18. Make crafts to give as gifts.
19. Make up a creative story with your child and write it down.



Early Head Start Direct Phone Numbers

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