



Family Newsletter



March 2017

Important Dates

March 3: Socialization, 10:00 - 12:00; Moxham Lutheran Church.

March 17: Socialization, 10:00 - 12:00; Policy Council Meeting 12:00; Moxham Lutheran Church.



March Birthdays

Dandelion H. 3/4

Aryanna S. 3/6

Alex H. 3/7

Leialanni W. 3/8

Ryla G. 3/10

Kamela G. 3/11

Konnor H. 3/14

Chance S. 3/23

Aubrey C. 3/26

EHS Director Addresses Visits & "Homework"

Everyone at Early Head Start is excited about how well 2017 has begun. We are very pleased with the number of visits families are completing, the catching up from the holidays with make-up visits that have taken place, and the attendance at socializations. Thank you for your support!

We feel very fortunate that our EHS families are also supportive of the activities that are completed between visits. Completing these "homework" activities shows dedication to the volunteer match that EHS must provide. Please continue to hand in the orange slips to your parent educator so we can count your hours as part of our non-federal share match. With your support, Early Head Start will continue to grow and prosper in Cambria County. As always, please call me if you ever have any questions or ideas.

Cynthia Fetcko, EHS Director 814-255-6780



Socialization Builds Skills & Friendships

Our Early Head Start socialization events help children develop social skills, gain independence, and build self-confidence. Our sessions include opening circle time, free playtime, story time, crafts, snack and closing circle. Parent Educators are always present to guide and support the group.

Socialization sessions can also give parents and guardians a chance to talk with other adults, build friendships, share experiences and exchange ideas, while interacting with their children.

Please consider coming to a socialization, the benefits are worth the effort!

Happi Eating Book:

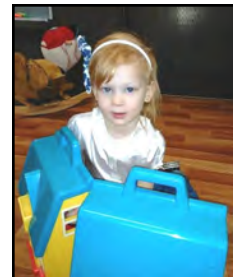
Food and friendship are the themes of this cute-as-a-button board book, in which the *happi* characters happily slurp up honeydew and fling peas at one another! Dena's illustrations are highly recognizable and irresistibly cheerful. The entertaining rhyming text shares oh-so familiar moments, as *happi* animals share (and refuse) their favorite (and least favorite) foods. Perfect for fussy eaters and healthy eaters alike! Amazon.com

March Snack



An excellent way to get children to eat healthy food is to make it fun and colorful!

During the month of March, since it is Saint Patrick's day, make a colorful snack with fruit using the colors of the rainbow.



Aerilynn B.



Alex H. & Joe T.



Konnor H.



Isabella C.



Thanks to Megan, Dandelion, and Sonny

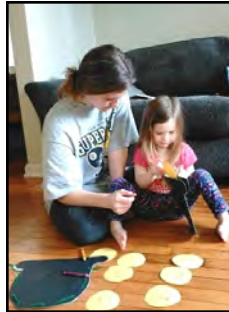
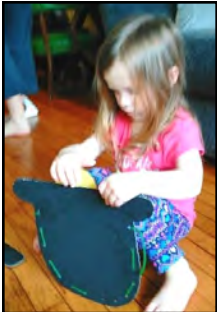
Family Fun Corner!

Materials: Black poster board or construction paper, green yarn, hole punch, yellow Construction paper, black marker, scissors

Directions:

1. Cut board into shape of 2 pots of gold.
2. Punch holes in outside of pots with hole punch.
3. String yarn through the holes to make a pot.
4. Cut coins using yellow paper. Number & use to count & place in pot.

Pot of Gold



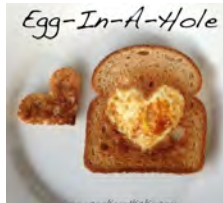
FUN WITH FOOD! EGG IN A HOLE

Instead of serving your egg on toast, try serving it in toast. This breakfast classic is a long-standing favorite for many families.

What you need: 1 egg, 1 slice of bread, 1 TBLS butter

Directions: Crack the egg into a bowl and set aside.

- Use a 3 inch cookie cutter to shape out the piece of bread.
- Melt butter in a fry pan over medium heat. Place bread into pan and then flip it after one minute.
- Pour egg into the hole and cook for 2-3 minutes or until the egg has set. ENJOY!!



I'M A LITTLE SHAMROCK

Tune: "I'm A Little Teapot"
I'm a little shamrock with petals three.
You'll have good luck if you pick me
One of my petals will bring you health,
One's for love and one's for wealth.
Jean Warren

