



# Family Newsletter



April 2017

## Important Dates

**April 7:** Socialization, 10:00 - 12:00; Moxham Lutheran Church.

**April 21:** Socialization, 10:00 - 12:00; Policy Council Meeting 12:00; Moxham Lutheran Church.



In observance of the Easter holiday, the office will be closed on April 14. No visits will be held that day.

## How Do You Handle It All?

April is Stress Awareness Month, and most parents are very aware of their stress. Parenting is a 24/7 job and at times it can feel overwhelming. Situations such as being a single parent, money troubles, feeling alone or health issues can make coping even harder. Often when life is stressful parents feel:

- ~ angry at friends, family members or their children;
- ~ lonely or isolated, as if they are the only people with such issues;
- ~ depressed, sad, without hope or wanting to give up;
- ~ overwhelmed, like they don't know where to start.

Since learning to cope with stress is critical to your health and your child's development, what should you do when you're stressed?

- ~ Keep in touch with people who support you—a friend, family member, your parent educator, a counselor or doctor. Talking about the problem can help you feel better.
- ~ Talk to other parents at socialization events, the playground or church. Sharing experiences may help you to feel less isolated.
- ~ Get a break from the kids from time to time to refresh; maybe you could trade babysitting time with a trusted parent.

If you feel stressed to the point of harming your child or yourself, call the county crisis line at 877-268-9463.

You can further minimize stress by:

- ~ using stress relief techniques like exercise, prayer or meditation;
- ~ reducing or preventing everyday stress by planning ahead, developing a plan for challenging situations, and having a back-up plan;
- ~ regularly communicating with family about your needs and concerns;
- ~ getting support for mental health, addictions or domestic violence.

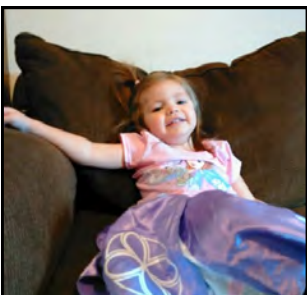
There's no better time than now to start taking better care of yourself!

## April Birthdays

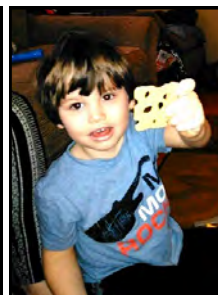
- Jaeda E. 4/1
- Ariella B. 4/4
- Silas G. 4/6
- Gabriel S. 4/11
- Jassy G. 4/13
- Caleb H. 4/15
- Jen H. (mom) 4/17
- Nicholas S. 4/18
- Aden H. 4/21
- Ava Z. 4/28
- Mya Z. 4/28

## Check this out!

**Children's Book Festival April 1-2 at the Bottle Works, 411 3rd Ave.**



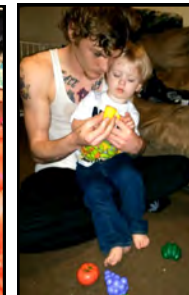
Gabriella S.



Anthony L.



Isaace H.



Chance S.



Ava & Mya Z.



Cassie & Aerilynn B.

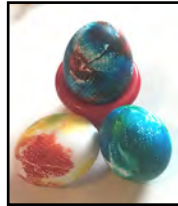
**Our Early Head Start friends!**



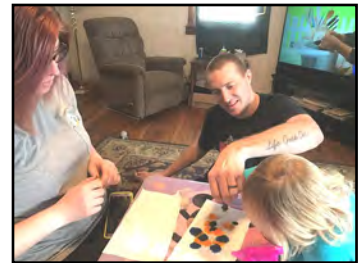
PFCS Early Head Start  
929 Menoher Blvd.  
Johnstown, PA 15905

## Tie Dye Eggs

Spray a paper towel with a mixture of water and white vinegar. Place several drops of food coloring on the damp paper towel. Lay the egg in the middle of the towel and wrap it around the egg tightly. Place the wrapped egg in a baggie for at least an hour. Unwrap and explore the fun! This activity will work on fine motor skills and will encourage color recognition.



Thanks to Elizabeth,  
Renee, & Joseph  
for the fun activity!



Don't forget: Income Taxes are due April 15! Visit [www.irs.gov](http://www.irs.gov) for forms and information

## Eating the Alphabet

by Lois Ehlert

This appetizing alphabet book shows fruits and vegetables so juicy and alive, you'll wish they could jump off the page and into your mouth.

Amazon  
from \$4.99.



## Popcorn Balls

 Recipe from [Chow.com](http://Chow.com)

- 9 cups plain popped popcorn
- 1 cup granulated sugar
- 1/3 cup light corn syrup
- 1/3 cup water
- 1 teaspoon distilled white vinegar
- 1 teaspoon kosher salt
- 4 tablespoons unsalted butter (1/2 stick), cut into small pieces
- 1/2 teaspoon vanilla extract

1. Coat a bowl with butter, oil, or spray and place popcorn in the bowl.
2. Place sugar, corn syrup, water, vinegar, and salt in a medium saucepan and stir to combine. Place over high heat, stirring until sugar is dissolved, about 2 minutes. Bring to a boil and cook until mixture registers 260°F on a candy/fat thermometer, about 5 to 7 minutes. Remove from heat and stir in butter and vanilla until melted and smooth.
3. Immediately drizzle sugar mixture over popcorn and stir continuously with a rubber spatula, scraping the bottom of the bowl, until popcorn is thoroughly coated and cool enough to handle, about 3 minutes.
4. Using buttered or oiled hands, tightly press mixture (it may still be a bit warm) into 3-inch rounds. Place on waxed or parchment paper to cool completely, about 15 to 20 minutes.

