



Family Newsletter



May 2017

Important Dates

May 12: Socialization, 10:00 - 12:00; Moxham Lutheran Church

May 19: Socialization, 10:00 -12:00; Policy Council Meeting 12:00; Moxham Lutheran Church

May Birthdays

Jaxson Z. 5/4
Elizabeth E. 5/6
Zachary D. 5/8
Ariana H. 5/14
Iyannah R. 5/26



HAPPY BIRTHDAY

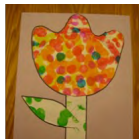


Polka Dot Tulips

Materials Needed: paper plate, paint & paintbrushes, piece of white cardstock, piece of pastel colored cardstock, scissors, glue stick, green markers, and a Sharpie.

Directions:

1. Turn your paper plate over and have your toddler paint the back of the plate.
2. While the plate dries, have your toddler use green paint and green markers to cover the white piece of cardstock.
3. Draw a tulip or flower with a Sharpie on the front of the paper plate (non-paint side). Then use scissors to cut out the flower tops.
4. Cut out leaves and stems from the green painted white piece of cardstock.
5. Use a Sharpie to draw the outline of the flower, leaf, and stem onto another piece of pastel cardstock. This will help your child when to position the parts (leaves, flowers).
6. Have your toddler cover the back of the pieces with glue and stick them to the outline on the pastel piece of paper.
7. Hang your flowers where you can see them often and get even more excited that spring has arrived!



Read the book [The Tiny Seed](#) by Eric Carle and talk about how flowers grow from seeds.

When should I start potty training my child?

Your child must be both physically and emotionally ready for toilet training.

Most children are ready to start when they are between 22 and 30 months of age, but every child is different. Toilet training usually becomes a long and frustrating process if you try to start it before your child is ready.

Before children can use the toilet, they must be able to control their bowel and bladder muscles. Some signs of this control are having bowel movements around the same time each day, not having bowel movements at night, and having a dry diaper after a nap or for at least 2 hours at a time.

Children must also be able to climb, talk, remove clothing, and have mastered other basic motor skills before they can use the toilet by themselves.

Most children are physically ready to toilet train before they are emotionally ready. Your child must want to use the toilet and be willing to cooperate with you. He or she may even talk about being a "big boy" or "big girl" and wearing underpants rather than diapers. Training generally does not go well if your child is in the stage where "no" is his or her automatic response to every request.

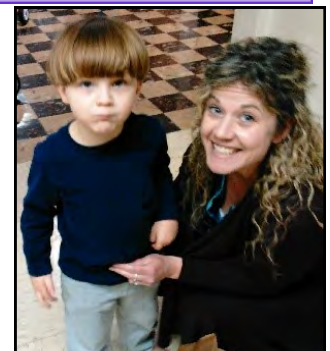
The phone number for the National Poison Control is 1-800-222-1222. Keep this number handy with toddlers around!



Aerilynn



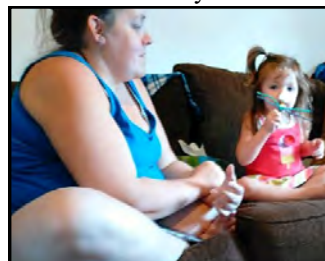
Sonny



Alex and Sarah



Pamela and Anthony



Diana and Gabriella



Ava and Mya



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

**HAPPY
MOTHER'S
DAY!**



Now that the weather is getting warmer, it is a great time to take your children outside to enjoy some fun time together. Children love to be outdoors and use all of their senses to enjoy their surroundings. You can take a walk, go to a playground, or just play in your yard. Children that are learning to walk will want to take more steps, especially at a playground. They will get time to interact with other children, give them an adventure and have many opportunities for learning. The most simple of walks can spark imagination and creativity. Other activities you plan for your child that involve those things you have handy can be more fun for toddlers than expensive toys. You can enjoy play dough, bubbles, paints, sidewalk chalk, and everyday objects that hold magical surprises. This will also save you money.

Word Book Fun



Construction paper
Glue
Scissors
Pictures
Ziploc Sandwich bags
Tape
Marker/pen



Cut pieces of construction paper small enough to fit inside sandwich bags (4x6).

Cut out pictures and glue them onto pieces of construction paper. Write the name underneath or make labels. Once glued Place inside the sandwich bags, one piece of paper per bag. Use the Tape to bind the bags together like a book.

Thanks to Aryanna & Mara for the fun activity!



Puppy Chow

Ingredients:
1 (12 ounce) bag chocolate chips
1/2 cup butter
1 cup peanut butter
1 (12 ounce) box Crispix cereal
1 pound powdered sugar

**FUN
SNACK
IDEA!**

Directions:

1. Melt chocolate chips, butter & peanut butter over medium heat. Stir to blend.
2. Pour over Crispix in large bowl.
3. Pour confectioners sugar in paper grocery bag.
4. Add Crispix and shake vigorously until it breaks apart.

