



Family Newsletter



June 2017

Important Dates

June 2: Socialization, 10:00-12:00, Moxham Lutheran Church.

June 16: Socialization, 10:00-12:00 Policy Council Meeting 12:00pm, Moxham Lutheran Church.

June Birthdays:

Kim B. (mom)	6/03
Charles Ethan K.	6/13
Cindy Y (Director)	6/18
Taydin S.	6/19



Fun with Food!

Fruit Ice Cubes

This activity is very easy, cost efficient, nutritious and fun!

Supplies Needed:

- Ice Cube Tray
- Water
- Assorted Fruit
- Cherries, sliced pineapples, strawberries, etc.



Directions:

Place one piece of fruit in each Ice Cube tray, fill with water and place in freezer. After frozen, enjoy in juice or any other type of drink!

Book of the Month

Daddy Hugs

This classic board book allows baby and dad to cuddle and count along with this hug and read book. This is perfect for a baby's teenie tiny hands! You can find it on Amazon.com for \$7.99!



Activities for you and your toddler



- **Encourage fine motor development.** Provide your toddler with fat crayons or non-toxic, washable markers, and let him scribble on paper. This will get him interested in and give him practice drawing, coloring, and writing.
- **Spend time outside.** Your toddler will want to run and climb, and the outdoors is a great place for her to do this. Help her climb and play on an age appropriate playground structure. You can also engage your child outdoors by playing with a ball, or introducing her to a bicycle or riding toy that is safe and appropriate for her age and size.
- **Use rhythm and rhyme.** A great way to stimulate your toddler's language development is with rhythmic rhymes. Sit with him on your knees facing you and recite simple rhymes. Don't worry, if you don't know any, you can make them up as you go along! You can also listen to music and hold his hands and dance.
- **Toys and games.** At this age, there are many things your toddler can play with. She will like blocks and toys that can be stacked. She may also like push, pull, and riding toys, such as a miniature stroller or cars and trains. You can also engage her with simple puzzles. She may also like to 'help' you with what you are doing; for example, if you are cooking, give her some pots and pans to play with.
- **Read to your child.** Reading to your child is one of the best gifts you can give him. Pick simple sturdy books with bright pictures and let him help turn the pages while you read the words on each page. Wordless books are also great at this age, and you can make up your own story.

The staff of the Early Head Start Program will be attending the Kids-A-Fair on June 9 at the Trojan Stadium. Come have some fun with us.



Come have some fun at socialization with us!





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

Chips in a can

This activity assists children in practicing and refining their fine motor skills, hand eye coordination, problem solving and language development (with pictures on lids).

Materials needed:

- *plastic coffee can with lid
- *soft plastic lids from chips/cream cheese/yogurt container
- *pictures of objects with word under the picture (if desired)
- *construction paper (to cover can if desired), stickers, crayons
- *tape

Directions:

Carefully cut slit in the lid of the coffee can, allowing the lid (chip) to fit through the slit without difficulty. Cover the coffee can with paper and decorate (if desired). Collect 5-10 lids from various containers. These will be your chips for the can. Add pictures of familiar objects/animals, etc and the words of these objects, then tape them to the lids.

Play:

Offer your child the chips and the can without the lid on it. Observe how your child plays and if he/she puts the chips into the can. Show your child how to place the chips into the can and talk about what you are doing. Tell your child as each chip is picked up what object is in the picture on the chip. Encourage your child to say the word. Encourage your child to place the lids into the can and dump them out. Later in play, place the lid with the slot cut into it onto the can. If needed, show your child how to place the chips into the slot. Assist your child if needed by holding the can while he/she puts the chips into the slot. Repeat play and talk about your child's actions as long as he/she is interested.



Thanks to Krizia & Abrielys R. for this fun activity!!



MAKE SIDE WALK PAINT

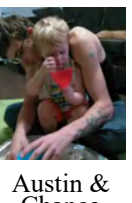
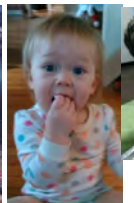
A fun alternative to sidewalk chalk.

1. You will need equal portions of water and cornstarch. Mix well.
2. Add a drop of your favorite food coloring color!
3. Paint this wonderful concoction on the sidewalk. Give it a few minutes to dry and you'll have a wonderful work of ART!



Father's Day Song Sung to: "Bingo"

I have a very special friend
And Daddy is his name-o!
D-A-D-D-Y, D-A-D-D-Y D-A-D-D-Y
And Daddy is his name-o!
He always loves and cares for me
And Daddy is his name-o,
D-A-D-D-Y, D-A-D-D-Y D-A-D-D-Y
And Daddy is his name-o!

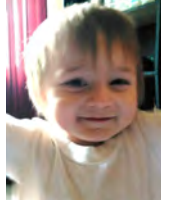


Rob & Issace

Ava

Sonny

Austin & Chance



Mya Z.

Ashton & Braxton