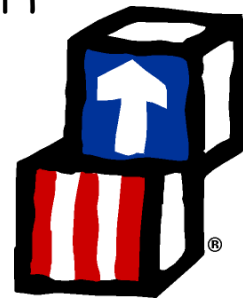




Family Newsletter



December, 2017

Important Dates

December 1: Socialization, 10:00-12:00; Moxham Lutheran Church

December 8: Socialization, 10:00-12:00; EHS Policy Council Meeting 12:00; Moxham Lutheran Church



DECEMBER BIRTHDAYS

Jordan C.	12/1
Brooklyn M.	12/1
Isabella D.	12/2
Annabella G.	12/13
Maddilynn W.	12/22
Kelly M. (PE)	12/28
Azuri F.	12/29

Strawberry Santas

Ingredients

- 1 pound strawberries
- 1 (8 ounce) cream cheese
- 3-4 tablespoons powdered sugar
- 1 teaspoon vanilla



Directions

1. Cut the hulled-side strawberries so they can stand up on a plate. Slice the tip off each strawberry to make the 'hat'; set aside.
2. Beat cream cheese, sugar and vanilla in a bowl until creamy.
3. Spoon a large dollop of whipped cream on top of strawberry base for the 'face' and 'beard'. Set the 'hat' atop the 'face'. Add a dot of whipped cream, using a toothpick, on top of the 'hat' for the 'pom-pom' and 2 dots on the strawberry base for 'buttons'. Place 2 sprinkles for 'eyes'.

Dear Families and Friends,

As we come to the close of 2017, I want to take a moment to say thank you to everyone involved with the Early Head Start Program. Many thanks go out to our amazing staff, wonderful families, and supportive volunteers, including the Policy Council and Board of Directors. Our program is filled with love and support from an amazing community. This year has proven to be a good one for all of us. It is because of the dedication of everyone involved that we have prospered and have been able to offer many exciting opportunities for families to celebrate together and for children to enjoy spending time together. I would especially like to thank Moxham Lutheran Church, for their generosity over the last year and continued dedication and support. I am confident we will continue to grow and provide services that highlight the amazing work that Early Head Start offers.

Sincerely, Cynthia Fetcko, EHS Director



Some of our Early Head Start Friends!



We are looking for new parents to join our Policy Council. It is a great way to have your voice heard in the program and get involved with your child's learning. Voting will take place in January for our new council. Talk to your Parent Educator today!

Homemade Pancakes: Makes 10

Mix the following ingredients in a bowl:

- 3/4 cup flour
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt

In another bowl:

- Beat 1 egg then add 1 cup buttermilk. Mix until combined. Add flour mixture just until combined.
- Heat 1-2 tablespoons oil in frying pan or griddle over medium heat.
- Pour 1/4 cup batter into pan. When bubbles start to show on pancakes, flip them.
- Remove from pan and enjoy with syrup!

WINTER

© Bright Baby Touch and Feel

Full of fun pictures which celebrate the arrival of the magical winter season, this is an engaging book to share with babies and toddlers. There are pictures of a jolly snowman, sparkling snowflake, a winter forest and more to look at, and the pages have different touch-and-feel textures, which little fingers will love to explore. Buy it on Amazon from \$4.20.



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

I SPY BOTTLE

Items needed:

- clear plastic bottle (Voss water bottles are very durable and work great)
- Small, bright objects
- Glitter (if desired)
- Dry beans or rice (we used beans)
- Funnel
- Glue or tape

Gather your items (we used Christmas objects for the season) and explain to your child what you are going to be making. Let your child place the bright objects into the bottle. Offer the funnel in the top of the bottle and allow your child to place the beans in with his fingers and/or spoon. Leave a few inches at the top of the bottle so that the contents can move freely. Glue or tape the lid on to prevent a mess and choking. Allow your child to hold and turn the bottle to see the items.

Play a game of "I spy" with your child, turning the bottle to cover and uncover the items. This activity promotes fine motor skills, language development and the concept of object permanence (things are still there even though you can't see them). Have fun and enjoy the time that you are spending with your little one!

*Caution: If your child has a tendency to put things in his mouth, please stay close to him to prevent this and explain to him that this is not to be put into our mouth.



Thanks to Omarie and Tonya for the fun activity!



Sugar Cookie Recipe

Bake- 400° 6-8 minutes

Ingredients

- 1 ½ cups butter, softened
- 2 cups white sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 5 cups all-purpose flour
- 2 teaspoon baking powder
- 1 teaspoon salt



Directions

1. In a large bowl, cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover, and chill dough for at least one hour.
2. Roll out dough on floured surface 1/4 to 1/2 inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets. Bake 6 to 8 minutes in preheated oven.

Craft a Keepsake Reindeer

You will need:

- Brown paper for the reindeer's face
- Yellow or gold paper for the antlers
- White, green or red paper as a base
- Red pompom or small wad of red tissue
- Crayons, markers or google eyes
- Glue or glue sticks



1. Trace around your child's shoe on brown paper and cut it out.
2. Trace your child's hands on the yellow or gold paper and cut them out.
3. Glue the shoe shape on another piece of paper for the face of the reindeer and glue hands onto top.
4. Glue a red pompom or a ball of red tissue as the reindeer's nose, and draw or glue on eyes.

In observance of the holiday season, the EHS office will be closed December 25th, 26th, and January 1, 2018! We wish all our families safe and happy holidays.