



# Family Newsletter



May 2018

## Important Dates

**May 4:** Socialization, 10:00 - 12:00; Moxham Lutheran Church

**May 18:** Socialization, 10:00 -12:00; Policy Council Meeting 12:00; Moxham Lutheran Church



## May Birthdays

**Jaxson Z. 5/4**      **Syrus K. 5/8**  
**Diamond E. 5/5**    **Jasmine M. 5/15**  
**Elizabeth E. 5/6**   **Jacob J. 5/22**



## 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!



## 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 office will be closed on May 28th for Memorial Day. There will be no home visits this day. Have a nice holiday.**



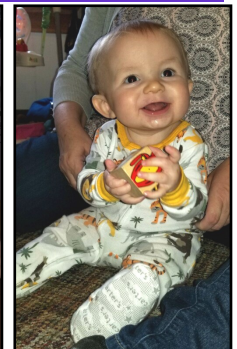
Raine



Tambra



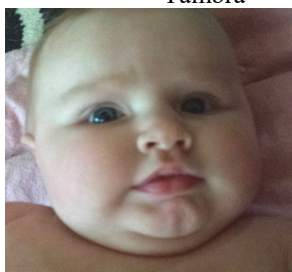
Gabriel



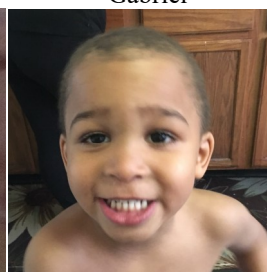
Hunter



Jaxson



Charlee



Zavion



Gracen



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



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.

## Tissue Paper Cherry Blossom Craft



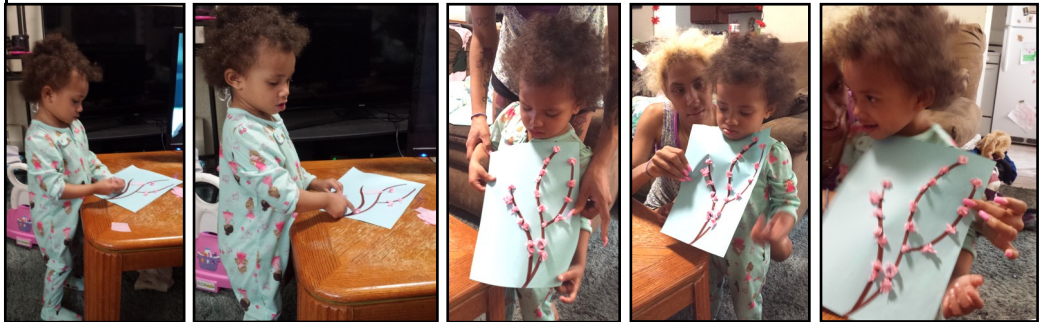
### What you need:

1. Construction paper
2. Pink tissue paper
3. Brown marker
4. Glue

### What you do:

1. Draw tree branch with marker
2. Tear tissue paper into pieces and roll into balls.
3. Glue tissue paper along branches and let dry.

Thanks so much to Tanisha and Sophia 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.

