



Family Newsletter



May 2019

Important Dates

May 3: Socialization, 10:00 - 12:00; Moxham Lutheran Church

May 17: Socialization, 10:00 -12:00; Policy Council Meeting 12:00; Moxham Lutheran

May Birthdays

Angelina L. 5/13
Jasmine M. 5/15



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.



HAPPY
MOTHER'S
Day!



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 alone.

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.

Also, tune in to cues. Be aware of how your child behaves when he has to go potty. Look for a red face and listen for grunting sounds. Take notice of the time when he goes potty during the day. Then establish a routine in which your child sits on the potty during those times, especially after meals or after drinking a lot of fluid. This helps set your child up for success.

www.webmd.com/parenting/tc/toilet-training-topic-overview



Jasmine



Sebastian



April and Nathaniel



Gus and Kaydence



Raine



Issace and Rob



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

Tic Tac Surprise!

Here is a fun and simple activity that you can complete with your child. The activity focuses on the child utilizing their fine motor and problem solving skills.

Materials Needed: Tic Tac Container – or any container that has a hinged lid, to open and close.

Cereal or any small snacks that can fit into the container of your choice

Instructions: First, choose a container that you may have sitting around in your home, that has a hinged lid, to open and close. Next, decide which snack you would like to put inside of the container. Finally, allow your child to use his/her problem solving and fine motor skills to open the hinged lid, to retrieve the snack hidden inside of the container. This activity can be customized for any child, and for any age range. If you do not want to put food inside of the container, you can simply place a small toy or any item that your child may like, to encourage the child to open and close the lid.



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. You can enjoy play dough, bubbles, paints, sidewalk chalk, and everyday objects that hold magical surprises. This will also save you money.



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.

