



Family Newsletter



October 2020

Important Dates

October 16: Policy Council Meeting 12:00; Zoom

Happy Birthday

October Birthdays

Aidain M. 10/3
Abel M. 10/3
Abigail M. 10/3
Acadia A. 10/8
Emmaleigh F. 10/13
Samira J. 10/15
Journey E. 10/16
Brittany D. 10/16

Thank you to our families for your continued support during this time. If you or your family are in need, please reach out to your parent educator and we will guide you to help meet your needs during this time.



Tips on Pacifier Safety:

- **Wait until breastfeeding is going well (usually after about 3 to 4 weeks).** If a pacifier is given to a baby before then, it can make establishing breastfeeding harder. After a pacifier is introduced, it should never be used to delay or replace regular feedings.
- **Let a baby decide whether to use a pacifier.** If a baby shows no interest in using a pacifier, do not force it. The baby may not need a pacifier.
- **Before using a pacifier to help soothe a baby, try other things.** When a baby is upset or uncomfortable, try holding, rocking, snuggling, or singing to calm the baby. A pacifier can be tried if these ideas don't work.
- **Offer a pacifier at naptime and bedtime.** If a baby uses a pacifier, the best time to offer it is at naptime and bedtime. Using a pacifier at these times reduces a baby's risk of Sudden Infant Death Syndrome.
- **Buy pacifiers; do not make them.** Taping a nipple to a plastic bottle top or using an empty bottle with a nipple is not safe. Homemade pacifiers can come apart. A loose nipple can get caught in a baby's throat and make the baby choke.
- **Use pacifiers that are not coated.** Do not coat a pacifier with anything, especially sugar, honey, or jam. Doing this puts a baby at high risk for tooth decay.
- **Use clips with short ribbons attached to them to keep pacifiers from falling.** Never tie a pacifier to a baby's wrist or neck or to a baby's crib. The string can get tangled around the baby's neck and make the baby choke.
- **Clean pacifiers and replace them regularly.** Use soap and warm water before giving a pacifier that has fallen on the ground or floor back to a baby. Parents who clean pacifiers with their mouths pass bacteria that cause tooth decay to the baby. This puts the baby at high risk for tooth decay. Carrying extra pacifiers is a good idea.
- **Avoid pacifier sharing.** Just like toothbrushes, each baby should have his or her own pacifier(s). Letting babies share a pacifier can pass bacteria and viruses that cause sickness and increase a baby's risk for tooth decay.

Make an Autumn Leaf Collage

Take your child on a walk and collect colorful leaves. While walking, you can talk about the weather, change of seasons, the colors of the leaves, and animals preparing for winter. Back home, place the leaves you collected between a few sheets of newspaper under a heavy book to flatten them. Let them dry for a few days. Next, help your child arrange the leaves on paper and glue them in place. You can add more decorations you like with crayons, markers, glitter, etc.





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

Enjoy Fall!

Fun with Food! Quick Apple Muffins

Ingredients:

- ¾ cup milk
- ¼ cup vegetable oil
- 1 large egg
- 1 apple, chopped
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- ½ cup sugar
- 2 tsp baking powder
- ½ tsp salt
- 1 tsp cinnamon

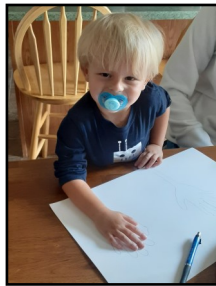
1. Heat oven to 400 degrees F. Grease 12 muffin cups or line with muffin papers.
2. Whisk together the milk, vegetable oil, and egg.
3. Add the chopped apple and mix.
4. Combine the flours, sugar, baking powder, salt and cinnamon.
5. Add the dry ingredients to the milk mixture and combine until just moistened.
6. Bake 25 minutes or until golden.



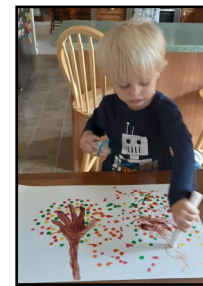
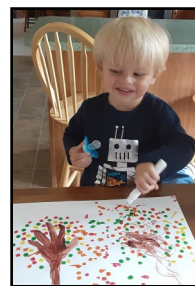
Bingo Dauber Fall Tree

Materials Needed: paper, fall colored bingo daubers, brown paint or construction paper, q-tip or paint brush, marker

Instructions: Trace child's hand and forearm on paper and paint it to make a tree. Dab bingo daubers all around the tree to make fall leaves.



Thanks to April and Nate for this fun activity!



Apples of our Eyes



All Stitched Up Jack-O-Lantern



Materials: 1 Pumpkin
Carving tools
Scissors
Reflective Tape

Directions: Carve the pumpkin with a mouth resembling stitches. Cut the tape in various lengths. Place the strips in random areas as shown.