



Family Newsletter



March 2021

Important Dates

No Policy Council Meeting this month.

March Birthdays

Nathaniel S. 3.8
Lydia M. 3.10
Brandon A. 3.28



Pots O' Gold

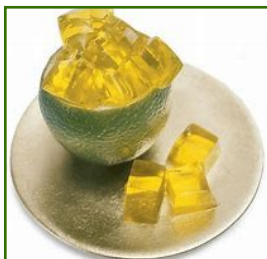
Ingredients

3-oz box lemon Jell-O
Sugar
Whipped Cream
6 Limes

Instructions

1. Make lemon-flavor Jell-O squares as directed on box. Let chill in the fridge for 4 hours or until firm, then slice the Jell-O into 1/2 inch cubes.
2. Cut off the top quarter of each of 6 limes, then with a small knife, cut around the inside of each lime's rind to loosen the pulp, then spoon it out to make a shell.
3. Place a pinch of sugar and 1 teaspoon of whipped cream in the bottom of each shell, then fill each lime pot with gelatin gold.

Makes 6



Home Visits and In Kind

Everyone at Early Head Start is excited about how well 2021 has begun. We are very pleased with the number of visits families are completing. Everyone is catching up from the holidays with make-up visits that have taken place. Thank you for your support! We feel very fortunate that our EHS families are also supportive of the activities that are completed between visits. Completing these "homework" activities shows dedication to the volunteer match that EHS must provide. Please continue to hand in the orange slips to your parent educator so we can count your hours as part of our non-federal share match. With your support, Early Head Start will continue to grow and prosper in Cambria County. As always, please call me if you have any questions or ideas.

Cynthia Fetcko, EHS Director 814-255-6780



Socialization Builds Skills & Friendships

Our Early Head Start socialization events help children develop social skills, gain independence, and build self-confidence. Our sessions include opening circle time, free playtime, story time, crafts, snack and closing circle. Parent Educators are always present to guide and support the group. Socialization sessions can also give parents and guardians a chance to talk with other adults, build friendships, share experiences and exchange ideas.

During this time of COVID, we are trying to get families together via Zoom or other sources. Please let your parent educator know if you have any ideas to make it a fun experience online.

Please consider joining in on a socialization, the benefits are worth the effort!

Finger Paint

Materials Needed:

2 cups flour
2 teaspoons salt
2 1/2 cups cold water
2 cups boiling water
Food Coloring



Instructions:

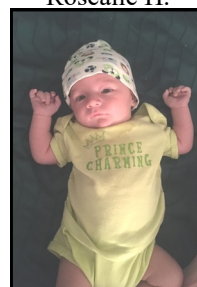
Mix the flour and salt together. Add the cold water and stir until smooth. Gradually add this mixture to the boiling water. Boil until the mixture becomes smooth and thick. Add food coloring until you get the desired color.



Rosealie H.



Jesse C.



Baine K.



Amelia F.



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Leprechauns, Rainbows, and Shamrocks, Oh My!

Here is a fun and simple shamrock craft activity that you can complete with your child. The activity focuses on the child utilizing their fine motor skills in a creative manner.

Materials Needed: Construction Paper (any color), Paint (green is recommended, but any color can be used), Paintbrush, Markers/Crayons (to decorate the craft), and any additional crafting supplies such as glitter, stickers, etc...can be used to allow your child to express themselves creatively.

Instructions: First, allow your child to choose a piece of construction paper to create the shamrock. Parents, decide with your children if they want to cut the construction paper into the shape of a shamrock, or create the shamrock on a full sheet of construction paper. It is easier to cut the shamrock prior to painting. Next, decide what color paint your child would like their shamrock to be. Then, with guidance allow your child to paint the palm of their hands or the bottom of their feet, and have the child press their hands or feet firmly onto the construction paper, to create the shape of a shamrock. The process of painting, and pressing will occur 4 times, in order to achieve the shamrock shape. Finally, assist your child in creating a stem to complete the shamrock! This activity can be customized for any child, and for any age range. The activity is a wonderful way to allow your child to be creative, learn specific body parts, engage in decision making, and have fun during the month of March!



FUN WITH FOOD! EGG IN A HOLE

Instead of serving your eggs on toast, try serving it in toast. This breakfast classic is a long-standing favorite for many families.

Ingredients:

2 eggs, 2 slices of bread, 1 TBLS butter

Directions:

Crack the eggs into a bowl and set aside. Use a 3 inch cookie cutter to shape out the pieces of bread.

Melt butter in a fry pan over medium heat. Place bread into pan and then flip it after one minute.

Pour eggs into the hole and cook for 2-3 minutes or until the eggs have set.

ENJOY!!



Rainbow

Fun with Fruit Loops

Cut out a rainbow out of white construction paper. Glue cotton balls on the end of each side of the rainbow. Glue different colors on the rainbow to make it look like a rainbow. You can use one color for each line in the rainbow.

