



Family Newsletter



April 2021

Important Dates

April 8: Board Training 4:00pm

April 9: Policy Council Meeting and training 11:00am



In observance of the Easter holiday, the office will be closed on **April 2**. No visits will be held that day.

April Birthdays

Karon G. 4/3

Samuel D. 4/6

Leelah D. 4/11

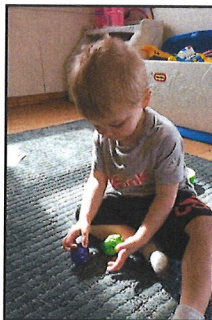
Angela H. 4/25

Hariyah M. 4/25



Activity

Using plastic eggs, fill them with rice or beans. Wrap in duct tape and allow your child to shake them. They are also good with music to shake along with your favorite songs.



KOLTON



Make Time to Talk

Adapted from Language Building Tips from the National Institute for Literacy:

M - Mealtimes can be good times to talk with your child.

A - Ask questions that encourage your child to think – questions involving predicting things that may happen, using imagination, explaining why things happen in a certain way.

K - Kneel or squat to be able to have good eye contact with your child.

E - Extend your conversation with your child. Conversations should go back and forth with each person responding to the other speaker at least a few times.

T - Tell stories to your child and ask them to tell stories to you.

I - Involve all of your family in group conversations every day. Talk with your family about what they are doing, ask your child about their play.

M - Make connections between books you & your child have read, recent family activities & your child's play to help build their understanding of word meanings.

E - Expand on your child's language by repeating it with extensions (adding descriptive words), adding to or building on your child's ideas.

T - Two-way conversations are best. Let your child talk at least half the time.

O - One or more conversations with your child every day should be a goal.

T - Texts like books, posters, newspapers & magazines provide things to talk about with your child. Read them together, asking questions & discussing them as you go.

A - Act out stories with your child, re-using words from a book you read aloud with him/her. Encourage your child to retell the story with puppets, toys & in their art.

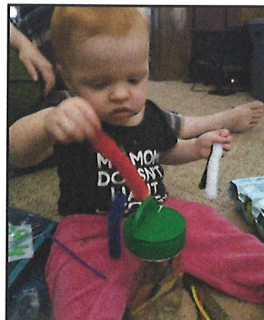
L - Language should include rich, varied words that you want your child to learn to understand & use.

K - Keep the conversations going through questions & comments.

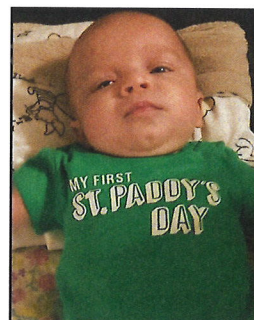
Join Policy Council

Have your voice heard and enjoy a little time with other parents, community members, and staff. Ask your Parent Educator for more information!

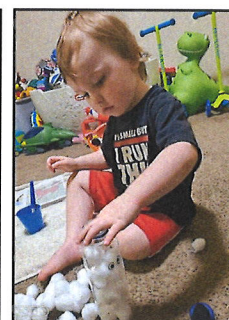
Our Early Head Start friends!



Serenity



Rosalie



Colson



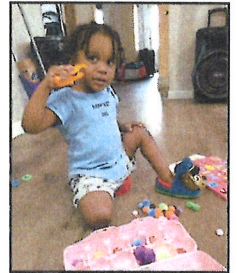
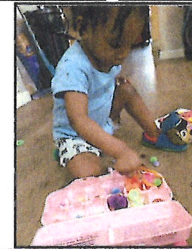
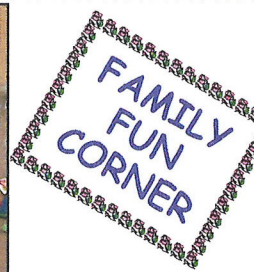
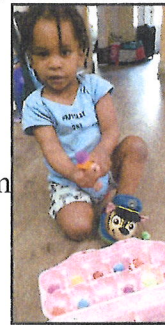
Dixon



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

Egg carton color matching game

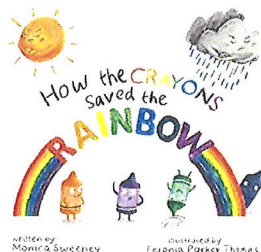
This is an easy activity that your toddler will love doing over and over again. The egg carton game practices matching colors while strengthening fine motor skills. The materials needed are simple, just an empty egg carton and pom-pom balls! First color the bottom of each space of the egg carton by using markers, paint or construction paper. Your child can place the pom-pom balls in the matching egg carton spaces until it is all filled up! To make this activity a bit more challenging your child can use a small set of tongs to pick up the pom-pom balls. You can also practice counting as your child fills up the egg carton. Caregivers and siblings can join in to practice turn taking. Even younger toddlers can have fun with this by filling up the spaces with pom-pom balls, dumping it out and starting over again! This activity incorporates many skills to help your child's intellectual and fine motor development all while having fun! Thanks Nigel and Denillia!



How The Crayon Saved The Rainbow

by Monica Sweeney

The Sun and the Clouds are best friends. Together they keep the world warm, the gardens growing, and the sky full of beautiful rainbows. But one day they get into a fight and refuse to be in the sky together. And that means there are no longer any rainbows. Without rainbows, the colors start disappearing until Earth was left with no color ... except for one little forgotten box of crayons in one little school desk. Determined to save the rainbows and fix the Sun and Clouds' friendship, the crayons draw rainbows all over town. Their attempts go unnoticed. Soon they realize that they're going to have to do something big to get the attention of the former friends. So, the crayons create the biggest rainbow they can and hope it's enough to bring color back to the world. Find it on Amazon.com



Cutie Bugs Recipe from geniuskitchen.com

INGREDIENTS:

- 12 ounces chocolate candy, cut in pieces
- 1 (1 lb) package Nutter Butter cookies
- 64 tiny pretzel twists
- 4 teaspoons miniature M&M baking bits

DIRECTIONS:

1. Line cookies sheets with waxed paper. In small pan, melt chocolate coating over low heat, stirring constantly, until smooth.
2. For each cookie bug, hold one cookie with tongs; dip entire top and sides in coating, letting excess drip off. Place cookie, coated side up, on cookie sheets.
3. Cut pretzels into curved pieces for the legs. Dip one end of each leg piece in coating; place 3 legs on each side of cookie body.
4. Cut 2 short pieces for antennae. Dip one end of each antennae piece in coating and place on top of cookie. Place 2 M&Ms behind antennae for eyes. Let stand until coating is set before storing, about 10 minutes.

