



Family Newsletter



May 2021

Important Dates

May 21: Policy Council Meeting

May Birthdays

Madelyn S. 5/1

Anthony B. 5/5

Dixon C. 5/21

Dylan McAdams 5/21

Chloe M. 5/25

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 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

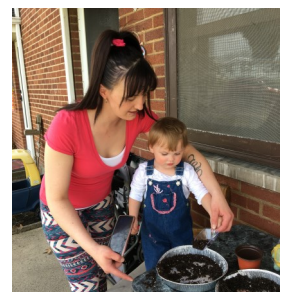
The office will be closed on May 31st for Memorial Day. There will be no home visits this day. Have a nice holiday.



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Our EHS friends!



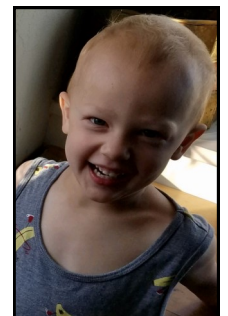
Jesse



Rosalie



Journey



Dixon



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

Butterfly Puppet

Materials Needed: white paper bag, lace hearts, various colors of bingo daubers, googly eyes, crayon, marker, pipe cleaners, glue or tape, scissors

Instructions: color paper bag with crayon, dot the lace hearts with various colors of bingo daubers, glue hearts to the back of the bag for the butterfly's wings, cut a pipe cleaner in half and glue or tape to the top of the bag for the antennae, glue on googly eyes, use marker to draw a mouth.

Thanks to April and Nate for this fun activity.



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.



Fun Snack Idea

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

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.

