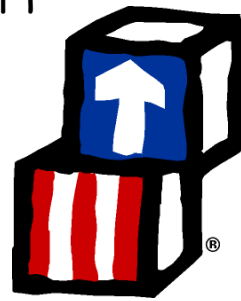




# Family Newsletter



July 2020

## Important Dates

**July 3 & 4: Fourth of July**  
– EHS office closed. Enjoy your holiday!

Socialization will resume at Moxham Lutheran Church when services resume in the homes.



## July Birthdays:

Zoie B.	7/2
Xzalia M.	7/4
Hunter S.	7/7
Caitlyn L.(mom)	7/12
Kathleen G.(PE)	7/16
Carson B.	7/27
Kailani S.	7/30



## WANTED! Parents for Policy Council

The next Policy Council Meeting is on Zoom in July. Please join us to see what is happening in your program! Make sure your voice is heard!

Let your Parent Educator know if you are interested in joining!

## Biting is a Normal Stage of Child Development

From twelve to twenty-four months of age, children may begin to bite. Although biting can be frustrating for both parents and caregivers of children who bite or are being bitten, biting is a normal stage of child development. Not all children are biters, but for those who are, there are ways you can deal with this issue. Here are some reasons why children bite and suggestions for preventing biting:

**Reason** - Exploration: children learn through their senses.

**Solution:** provide a variety of sensory and motor experiences that stimulate taste, touch and smell.

**Reason** - Attention: some children become biters because it gives them the attention they need, even if it is negative attention.

**Solution:** give your child lots of positive attention, hugs and nurturing conversation throughout the day.

**Reason** - Frustration: toddlers do not have the verbal skills to express their feelings and this leads to frustration. The environment can also be frustrating and lead to biting.

**Solution:** help a toddler express feelings through words, and empathize with how the child is feeling. Keep large, open spaces to a minimum and a small number of children per caregiver in each room.

**Reason** - Teething: infants can begin teething as early as five to six months of age and continue into the toddler years.

**Solution:** provide teething toys, clean frozen cloths or frozen bagels for the toddler to chew. The cold sensation helps ease the pain.

**Reason** - Anxiety: biting may relieve tension youngsters are feeling.

**Solution:** Try to understand what the toddler is feeling & validate those feelings. Keep a schedule.

**Reason** - Imitation: children imitate others. If one child is biting, another child may imitate the behavior.

**Solution:** model loving, nurturing behavior. Avoid giving too much negative attention to a child who bites.

**Reason** - Cause and Effect: young children are very interested in reactions. They like to see what happens next. Children soon learn that when they bite, they hear a loud scream. Most toddlers are too young to understand they are hurting someone.

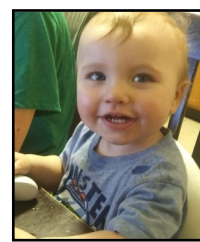
**Solution:** provide toys which give a reaction such as a jack-in-the-box, pop-up toys, squeaking toys, etc.

### When a Child Bites

Speak firmly and maintain eye contact. You may say, "We do not allow biting people. If you want to bite, you may bite this (teething toy, frozen cloth, etc.), but you may not bite people." Make sure to comfort the victim, keep ice packs on hand and wash the bite with soap and water. Include the biter in the comforting process.



Keeping  
Busy  
At  
Home!





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

## Pizza Time

Recently the families were given pizza kits and did a wonderful job making pizzas via zoom with their parent educators. They had a great time with them and learned a lesson!

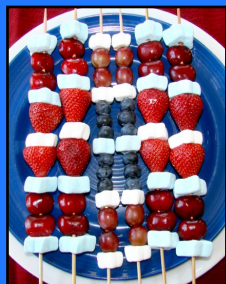


## 4<sup>th</sup> of July Fruit Kabobs

Author: the Frugal Girls

### Ingredients:

- Fresh Strawberries
- Red Seedless Grapes
- Cherries
- Blueberries
- Large Marshmallows (in the shape of stars)



### Instructions:

1. Wash and dry fruit
2. Then grab your skewers, and simply alternate fruit and marshmallows in fun patterns, and enjoy!

## 4TH OF JULY SUGAR COOKIE BAR DESSERT

1 cup butter (soft), 2 cups sugar, 4 eggs  
2 tsp vanilla, 5 cups flour, 1 tsp salt, 1/2 tsp baking soda

Mix the dry ingredients in a medium sized bowl and set aside. In a separate large bowl, cream the butter and sugar until light and fluffy. Then add eggs, one at a time, mixing well after each addition. Add the vanilla and mix again. Add the dry ingredients and mix until combined. Spread batter into a greased 9x13 inch pan. Bake at 375 for 12-15 min. They are done when the top is just starting to turn a light golden color and you can stick a toothpick in and it comes out clean. Do not over bake or they will end up dry. Frost with your favorite frosting (either homemade or canned works just fine) add some patriotic sprinkles and you are good to go.

If you are looking for a yummy frosting recipe I always just mix 1 stick of softened butter with 4-5 cups confectioners sugar, 1-2 teaspoons of vanilla and add milk (usually just a few tablespoons) until you get it to the right consistency.

