



# Family Newsletter



October 2021

## Important Dates

**October 15:** Policy Council Meeting  
12:00; Zoom

**HAPPY  
BIRTHDAY**

### October Birthdays

Maverick F. 10/5  
Acadia A. 10/8  
Emmaleigh F. 10/13  
Micah L. 10/13  
Joselyn M. 10/14  
Samira J. 10/15  
Journey E. 10/16  
Zinnia G. 10/24

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.

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## Why Early Head Start Completes a Vision Screening

A vision screening is a more efficient eye exam. A child is "screened" for eye problems and referred to an ophthalmologist for an exam if needed. The American Academy of Ophthalmology and the American Association for Pediatric Ophthalmology and Strabismus recommend the following schedule:

**Newborn-** A doctor or other trained health professional should examine a newborn's eyes to check for basic indicators of eye health. It may include testing for:  
a "red reflex" (like seeing red eyes in a flash photograph). If the bright light shone in each eye does not return a red reflex, more testing may be needed.  
blink and pupil response

An ophthalmologist should do a comprehensive exam if the baby is:

- ♦ born prematurely
- ♦ has signs of eye disease
- ♦ a family history of childhood eye disease

**6 to 12 months-** A second screening should be done during the child's first year of life. This screening is usually done at a well-child exam between 6 and 12 months. Your child's pediatrician or other health care professional should:

- ♦ do the tests mentioned above
- ♦ visually inspect the eyes
- ♦ check for healthy eye alignment and movement

**12 to 36 months-** Between 12 and 36 months, a child is checked for healthy eye development. There may be a "photo screening" test. A special camera takes pictures of your child's eyes. These pictures help find problems that can lead to amblyopia (lazy eye). If they see a problem, your child may be referred to an ophthalmologist.

From the American Academy of Ophthalmology [www.aao.org](http://www.aao.org)

This is a fun way to make a fall craft using just an apple and some paint. First draw or paint a tree outline on blank paper. Slice the apple, apply paint and press onto paper. You can label colors while helping your child make the tree. You can also have them explore the apple first by touching, smelling or even tasting it. These are all wonderful ways to promote their development!

### Annalee & Serenity





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

## Enjoy Fall!

### Fun with Food! Quick Apple Crisp

#### Ingredients

##### Filling

\*5 cups (580g) sliced and peeled apples (about 4–5 medium apples)  
\*2–4 tbsp granulated sugar  
(depending on how sweet your apples are)

\*1 tsp (5ml) ground cinnamon

##### Topping

$\frac{3}{4}$  cups (70g) rolled oats

$\frac{3}{4}$  cups (94 g) all-purpose flour

$\frac{1}{2}$  cup (75g) brown sugar, lightly packed

$\frac{1}{3}$  cup (76g) unsalted butter, melted  
Preheat oven to 375F.

In a 9" square or round baking dish, toss together all the filling ingredients.

In a medium bowl, mix together the oats, flour and brown sugar. Add in the melted butter and stir until all is moistened. Sprinkle the streusel evenly over the filling.

Bake for 35-40 minutes until the apples are tender and bubbling.



## Teeth Cleaning Sensory Bag

Materials needed: toothbrush, hair gel, contact paper, pictures of teeth, ziplock bag, duct tape, small items such as pom poms/beads/sequins.

Directions: 1. Draw picture of teeth/mouth

2. Laminate the picture or cover the picture with contact paper.

3. Put picture in a zip lock bag and add hair gel/poms/beads/sequins

4. Use Duct tape to seal the bag.

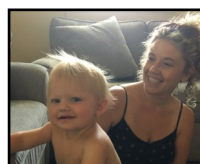
5. Give your child the toothbrush and let the cleaning begin! He/she can "clean" the teeth by using the brush to push the small items off of the teeth! As your child brushes, discuss why we brush our teeth daily and the proper way to brush teeth. Great activity for fine motor/language/social skills!



Thank you Acadia and Bridget 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.