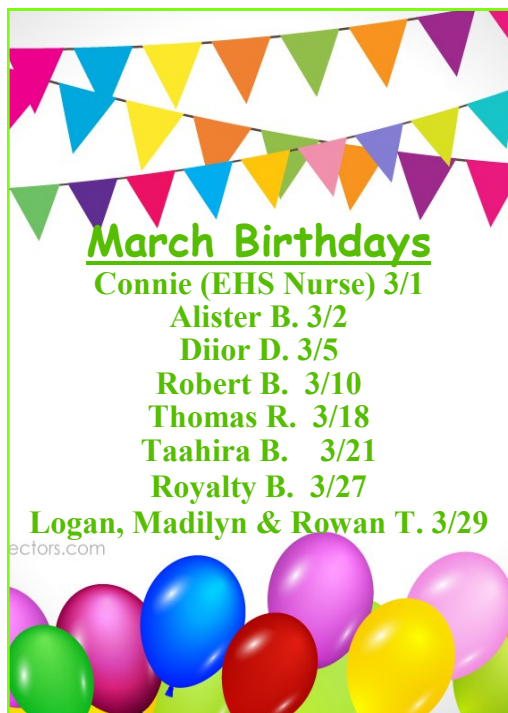




Family Newsletter



March 2022



March Birthdays

Connie (EHS Nurse) 3/1

Alister B. 3/2

Diior D. 3/5

Robert B. 3/10

Thomas R. 3/18

Taahira B. 3/21

Royalty B. 3/27

Logan, Madilyn & Rowan T. 3/29

ectors.com

EHS Director Addresses Visits & "Homework"

Everyone at Early Head Start is excited about how well 2022 has begun. We are very pleased with the number of visits families are completing, and 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, while interacting with their children. Snack will be provided by the Early Head Start staff, please understand we have requirements set by the federal government regarding nutrition and if you want to, feed your child before coming to socialization. We are hoping to get back to in-person socializations this month. Please ask your Parent Educator. Thank you. Please consider coming to a socialization, the benefits are worth the effort!

Pots O' Gold

Ingredients

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



Instructions

1. Make lemon-flavor gelatin squares as directed on box. Let chill in the fridge for 4 hours or until firm, then slice the gelatin 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

Color Sorting

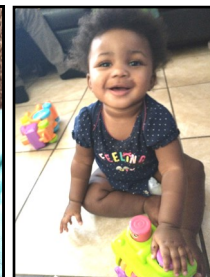


This rainbow sort activity is a fine motor skills idea to help kids sort colors while developing dexterity and precision and learning colors.

By sorting the colors of the rainbow into small containers, a rainbow fine motor activity is a colorful way to help kids develop fine motor skills. Add this idea to your rainbow theme in therapy interventions, or home activities for developing motor skills.



Rosalina



Royalty



Ella



Jesse



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

Family Fun Corner!

Puffy Paint Experience!

1/2 cup Shaving Cream
1/2 cup Glue
Food Dye

Mix together equal parts shaving cream and glue. We use 1/2 cup of each per color we are making.

Add food dye. Stir everything together and then paint!

Note: Experiment with this puffy paint recipe by adding glitter or spices to your paint! A white puffy paint with glitter makes a fun snow paint.

Thanks to Allister, Kori, and Micah for this fun activity!

Puffy Paint



FUN WITH FOOD! EGG IN A HOLE

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

Ingredients:

1 egg, 1 slice of bread, 1 TBLS butter

Directions:

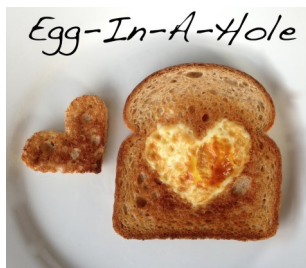
Crack the egg into a bowl and set aside.

Use a 3 inch cookie cutter to shape out the piece of bread.

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

Pour egg into the hole and cook for 2-3 minutes or until the egg has set.

ENJOY!!



Rainbow

Take some plastic gold coins and put them at the bottom of a baking dish. Make the shaving cream rainbow by mixing food coloring in separate batches of shaving cream and spreading it into sections on top of the gold coins. Point out the colors of the rainbow and let your child explore. You can use the coins as a counting activity as well.

