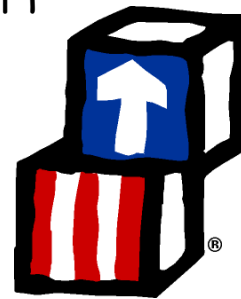




Family Newsletter



April 2022

Important Dates

April 7: Board and Policy Council Training

April 8: Socialization, 10:00 -12:00; Moxham Lutheran Church.

April 15: Good Friday~ office closed

April 22: Socialization, 10:00 - 12:00; Policy Council Meeting, Moxham Lutheran Church



Butterfly Activity

Materials: Butterfly cut outs, Piece of paper, pom poms, glue, crayons, buttons

beads, foam shapes

- ~ Write a color name on each Butterfly
- ~ Color each butterfly with crayons (one color each)
- ~ Glue on the add-ons matching each



It's starting to get nice out again! Take your child for a walk or go to the playground and dust off those winter cobwebs! Enjoy the fresh air and it will lift your spirits!

Spring

How Do You Handle It All?

April is Stress Awareness Month, and most parents are very aware of their stress. Parenting is a 24/7 job and at times it can feel overwhelming. Situations such as being a single parent, money troubles, feeling alone or health issues can make coping even harder. Often when life is stressful parents feel:

- ~ angry at friends, family members or their children;
- ~ lonely or isolated, as if they are the only people with such issues;
- ~ depressed, sad, without hope or wanting to give up;
- ~ overwhelmed, like they don't know where to start.

Since learning to cope with stress is critical to your health and your child's development, what should you do when you're stressed?

- ~ Keep in touch with people who support you—a friend, family member, your parent educator, a counselor or doctor. Talking about the problem can help you feel better.
- ~ Talk to other parents at socialization events, the playground or church. Sharing experiences may help you to feel less isolated.
- ~ Get a break from the kids from time to time to refresh; maybe you could trade babysitting time with a trusted parent.

If you feel stressed to the point of harming your child or yourself, call the county crisis line at 877-268-9463.

You can further minimize stress by:

- ~ using stress relief techniques like exercise, prayer or meditation;
- ~ reducing or preventing everyday stress by planning ahead, developing a plan for challenging situations, and having a back-up plan;
- ~ regularly communicating with family about your needs and concerns;
- ~ getting support for mental health, addictions or domestic violence.

There's no better time than now to start taking better care of yourself!

So that staff can enjoy the holiday with their family, we will be closed on Friday April 15. Have a nice Easter!

PARENT RECIPE IDEA! Banana Bread From: Tiffany B.



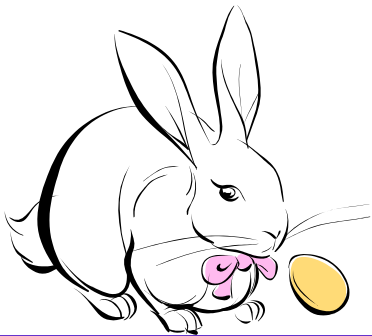
Ingredients:

- 1 ¼ cups sugar
- ½ cup butter (room temperature)
- 2 eggs
- 1 ½ cups over ripe bananas mashed
- ½ cup buttermilk
- 1 tsp. vanilla
- 2 ½ cups flour
- 1 tsp baking soda
- 1 tsp salt

Mix ingredients and bake at 350° for 40-45 minutes. Enjoy!



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



COLOR SORTING WITH EGG CARTON

This activity helps children learn to sort colors as well as develop fine motor skills. Paint or color the compartments of an egg carton. Cut slots in compartments. Gather colored craft sticks and help your child sort sticks into compartments of same color. If you need any of the supplies, please ask your parent educator.

Thanks to Dylan and Erica M. for their help with this activity!

**FAMILY
FUN
CORNER**



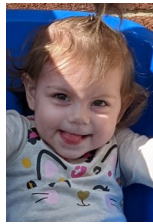
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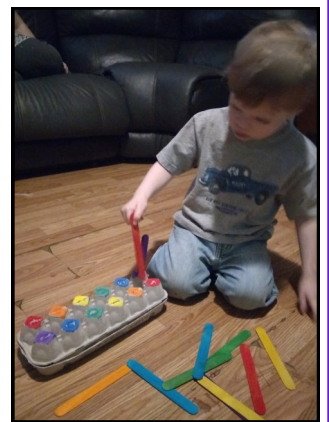
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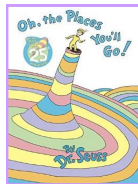
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Joselyn M.



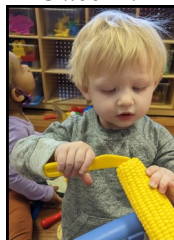
Oh the Places You'll Go



A perennial favorite, Dr. Seuss's wonderfully wise graduation speech is the perfect send-off for children starting out in the world, be they nursery school, high school, or college grads! From soaring to high heights and seeing great sights to being left in a Lurch on a prickly perch, Dr. Seuss addresses life's ups and downs with his trademark humorous verse and illustrations, while encouraging readers to find the success that lies within. In a starred review, *Booklist* notes: "Seuss's message is simple but never sappy: life may be a 'Great Balancing Act,' but through it all 'There's fun to be done.'"



Chloe M.



Jesse C.



Oliver H.

Socialization Fun!

**Don't miss the fun
at Socialization!**

**Don't forget: Income Taxes are due April 15!
Visit www.irs.gov for forms and information**

FLOWERS EVERYWHERE

Tune: "Twinkle, Twinkle Little Star"
Flowers, flowers everywhere,
In the garden, in my hair.
In the vase, at the store,
On the table, on the door.
What a lovely time of year,
Flowers Blooming, bringing cheer.