



UCHRA Van Buren County Head Start



12/30/19



For the next few days, New Year’s Resolutions will be a hot topic. People will talk about things they want to achieve in the year 2020. Resolve this year to give more conscience thought to your parenting. In this competitive, stressful, overscheduled and technologically based world, think about how you can help your young children to build a foundation of feeling capable, being emotionally strong and loving to explore their curiosity. Consider these New Year’s Resolutions for Parents of Preschoolers:

- Encourage more socialization and less technology driven isolation: It is astounding to see parents of preschoolers, or children of any age, posting pictures in the social media of their children and friends sitting side by side each using their own tablet, laptop or video game and calling that a play date. Play time with friends should encourage conversation, creativity and cooperation. Children should be entering the world of their imagination and not the imagination of a software engineer. Dramatic play, alone and with others, is the most important part of your child’s day. Children who engage in play in worlds of their own making are testing rules & boundaries, gaining confidence in their ability to make decisions and learning about the world by role playing. Role playing is, in fact, the beginning of literacy. Children experiment with symbolism, exercise their verbal skills muscles and tell the most amazing stories. Unplug the video game. Turn off the laptop. Encourage socialization and brain exercise.

- Give some control to your children by encouraging them to make decisions: Young children have very little control over their days. They follow the pattern of the day as set forth by all of the adults in their lives. There is a schedule at home and a routine at school. Young children measure time by routine so it is important to have predictability. There are some things, however, that they can control. Young children can pick their own clothes or choose from a couple of snack choices. As you go through each day, be aware of the decisions that you are making that actually can be handed over to your children. They will learn that their opinions have value and they are capable decision makers.

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Van Buren County Head Start!

If you are currently not a Facebook member please sign-up. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat online with other people who share your interest.



December Perfect

Attendance

- Jasper
- Lilly
- Alex
- Lola
- Avery
- Karoline
- Braden
- Miah
- Zoey
- Tobias
- Jaden
- Timmy
- Apphia
- Astrid
- Carter
- Nevaeh
- Kaylee
- Sailor
- Amelia
- Bentley
- E.K.

January Birthday’s



- Timmy
- Amelia
- Braden

- Encourage sensory experiences by having a messy zone in your home: When children dive into finger paints, shaving cream and play dough, they are doing more than just making a mess. They are developing pathways in the brain that help to process input from the world around them. The more children smell, feel, taste, see and hear, the more data they collect and the more perceptive they become.
 - Become more aware of what activities are adult driven and, therefore, not really play: Children learn best through play, by being active learners. The moment that adults take over the activity, your children become passive participants. Young children may enjoy dance class, sports and taking music lessons and that's wonderful. They should be encouraged to participate in activities that they enjoy. As parents, however, we need to recognize that all of these adult driven activities provide no opportunities for children to make their own decisions and, therefore, build their own knowledge. Be sure to balance your schedule with plenty of free play, both indoors and outside, during which the children determine the course of action.
 - Listen more and talk less: This may be the most difficult parenting resolution. We have lived a while and have knowledge that we just want to impart. When we talk, we cannot hear. Children have feelings, opinions and their own viewpoint of the world. They do not think like we do nor do we think like them. It is important to really listen as our children speak and to watch when they are at play. Listening and watching gives us a window into how they see their world. It is when we understand their perceptions that we can better alleviate their fears, guide them and help them to be confident.
- Parenting is the hardest job on Earth. Resolve in 2020 to take parenting off of auto-pilot and reflect upon the activities of each day. Think about the ways in which you provide not only the basics but also a foundation for all future interactions, learning and self-worth.

Wishing you a happy, healthy and fulfilling 2020!



Transition Talk

One of the first things your child will be asked to do is write their name on all their papers when they enter the public-school system. There are 7 different stages of writing. They are (1) makes scribbles or marks, (2) makes controlled linear scribbles, (3) writes mock letters or letter-like forms, (4) writes letter strings, (5) writes partially accurate first name, (6) writes accurate first name, and (7) writes accurate first and last name. Practice with your child on capitalizing the first letter of their name with lower case letters for the remaining letters. An excellent resource for practicing writing skills can be found on our "Van Buren Head Start" website. Click on "Resources" then "For Parents" on the left hand side of the page, under "Links for Parents and Your Children to Enjoy", choose "Handwriting Worksheets for Print Practice" which will allow you to print worksheets with dotted letters or solid lines depending on where your child is at developmentally on their writing skills. If you are unsure of what stage of writing your child is currently at, discuss with your child's teacher here at Van Buren County Head Start and together we can help to ensure a smooth transition into kindergarten.

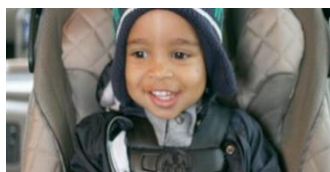
Rita Mayfield Assistant Mentor Coach/Education Supervisor



Safety Talk



Winter Car Seat Safety Tips from the AAP



Winter is a tricky time for [car seats](#). **As a general rule, bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.** In a car crash, fluffy padding immediately flattens out from the force, leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat. **These tips from the American Academy of Pediatrics (AAP) will help parents strike that perfect balance between keeping little ones warm as well as safely buckled in their car seats.**

How to Keep Your Child Warm and Safe in the Car Seat:

Note: The tips below are appropriate for all ages. In fact, wearing a puffy coat yourself with the seat belt is not a best practice because it adds space between your body and the seat belt.

- **Store the carrier portion of infant seats inside the house when not in use.** Keeping the seat at room temperature will reduce the loss of the child's body heat in the car.
- **Get an early start.** If you're planning to head out the door with your baby in tow on winter mornings, you need an early start. You have a lot to assemble, and your baby may not be the most cooperative. Plus, [driving in wintry conditions](#) will require you to slow down and be extra cautious.
- **Dress your child in thin layers.** Start with close-fitting layers on the bottom, like tights, leggings, and long-sleeved bodysuits. Then add pants and a warmer top, like a sweater or thermal-knit shirt. Your child can wear a thin fleece jacket over the top. In very cold weather, long underwear is also a warm and safe layering option. As a general rule of thumb, infants should wear one more layer than adults. If you have a hat and a coat on, your infant will probably need a hat, coat, and blanket.
- **Don't forget hats, mittens, and socks or booties.** These helps keep kids stay warm without interfering with car seat straps. If your child is a [thumb sucker](#), consider half-gloves with open fingers or keep an extra pair or two of mittens handy — once they get wet they'll make your child colder rather than warmer.
- **Tighten the straps of the car seat harness.** Even if your child looks snugly bundled up in the car seat, multiple layers may make it difficult to tighten the harness enough. If you can pinch the straps of the car seat harness, then it needs to be tightened to fit snugly against your child's chest.
- **Use a coat or blanket over the straps.** You can add a blanket over the top of the harness straps or put your child's winter coat on backwards (over the buckled harness straps) after he or she is buckled up. Some parents prefer products such as poncho-style coats or jackets that zip down the sides so the back can flip forward over the harness. Keep in mind that the top layer should be removable so your baby doesn't get too hot after the car warms up.
- **Use a car seat cover ONLY if it does not have a layer under the baby.** Nothing should ever go underneath your child's body or between her body and the harness straps. Be sure to leave baby's face uncovered to avoid trapped air and re-breathing. Many retailers carry car seat bundling products that are not safe to use in a car seat. Just because it's on the shelf at the store does not mean it is safe!
- **Remember, if the item did not come with the car seat, it has not been crash tested and may interfere with the protection provided in a crash.** Never use sleeping bag inserts or other stroller accessories in the car seat.
- **Pack an emergency bag for your car.** Keep extra blankets, dry clothing, hats and gloves, and non-perishable snacks in your car in case of an [on-road emergency](#) or your child gets wet on a winter outing.

These precautions can make sure your child is as safe as can be when traveling to their next [well-child visit](#) or over the river and through the woods to grandmother's house. For more info please visit: <https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Winter-Car-Seat-Safety-Tips.aspx>

JANUARY

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Hobby Month	National Bath Safety Month	International Creativity Month	1 New Year's Day- Talk about your goals for the new year as a family!	2 Make a list of your favorite hobbies and do one every week together!	3 How many objects can you find in your house that are blue?	4 National Spaghetti Day- Make a Spaghetti Supper!
5 National Bird Day- Read a book about a bird!	6 National Cuddle Up Day- Stay in and read a book together!	7 Read and sing "Old MacDonald" and make animal noises together!	8 Bubble Bath Day- Bring a Bath Book to read!	9 Word Nerd Day- Learn a new word today!	10 Make Handprint Mittens! (See Activity)	11 How many words can your child come up with that rhyme with "snow"?
12 Letter Writing Week- Write a letter to a friend this week.	13 National Sticker Day- Decorate a picture using stickers!	14 After reading a book, discuss the characters' emotions	15 National Hat Day- Try on different hats! Which one was your favorite?	16 Read a book that has a hat in it!	17 Kid Inventors Day!- Create something new!	18 How many words can you think of that start with the letter "J"?
19 National Popcorn Day- Pop some popcorn as a snack and practice subtraction problems!	20 Martin Luther King Jr. Day	21 National Hugging Day- Give a friend a hug!	22 Library Shelfie Day- Take a selfie with your bookshelf!	23 National Pie Day National Handwriting Day	24 Compliment Day- Give a compliment to a friend today!	25 National Opposite Day- Read an opposite book!
26 Read a book that has a snowman in it!	27 Make a winter bookmark by drawing pictures of what winter means to you!	28 National Kazoo Day- Make your own kazoo! (See Activity)	29 National Puzzle Day- Build a puzzle together!	30 Read a counting book!	31 National Hot Chocolate Day- Make Hot Chocolate and tell stories!	



Handprint Mittens

Materials Needed:

- Paint
- White and Colored Construction Paper
- Scissors
- Glue
- PomPoms or Cotton Balls (two for each hand)
- Hole Puncher
- Ribbon



Instructions

- Paint both hands and make two handprints on White construction paper- Let the paint dry
- Cut around the two handprints you made.
- Glue onto colored construction paper- making the colored paper into a mitten shape
- Glue two Pompoms towards the bottom of the mitten
- Punch a hole on each mitten
- String your ribbon through both holes- this makes them a matching set!
- Now you can hang your pair of mittens up!

Kazoo

Materials Needed:

- Toilet Paper Tube
- Wax Paper
- Rubber Band
- Crayons, Markers, Colored Pencils
- Stickers



Instructions:

- Decorate your toilet paper tube with crayons, markers, colored pencils, and stickers!
- Cut a piece of wax paper- about 4 inches on each side
- Use a rubber band to place the piece of wax paper on the top of the tube
- Now your kazoo is ready to sing and talk into!