



UCHRA Van Buren County Head Start



1/31/20



THE IMPORTANCE OF A FATHER IN A CHILD'S LIFE



Anyone can father a child, but being a dad takes a lifetime. Fathers play a role in every child's life that cannot be filled by others. This role can have a large impact on a child and help shape him or her into the person they become.

Fathers and Emotional Development

Fathers, like mothers, are pillars in the development of a child's emotional well-being. Children look to their fathers to lay down the rules and enforce them. They also look to their fathers to provide a feeling of security, both physical and emotional. Children want to make their fathers proud, and an involved father promotes inner growth and strength. Studies have shown that when fathers are affectionate and supportive, it greatly affects a child's cognitive and social development. It also instills an overall sense of well-being and self-confidence.

Fathers Set the Bar for Relationships with Others

Fathers not only influence who we are inside, but how we have relationships with people as we grow. The way a father treats his child will influence what he or she looks for in other people. Friends, lovers, and spouses will all be chosen based on how the child perceived the meaning of the relationship with his or her father. The patterns a father sets in the relationships with his children will dictate how his children relate with other people.

Fathers and Their Daughters

Young girls depend on their fathers for security and emotional support. A father shows his daughter what a good relationship with a man is like. If a father is loving and gentle, his daughter will look for those qualities in men when she's old enough to begin dating. If a father is strong and valiant, she will relate closely to men of the same character.

Fathers and Their Sons

Unlike girls, who model their relationships with others based on their father's character, boys' model themselves after their father's character. Boys will seek approval from their fathers from a very young age. As human beings, we grow up by imitating the behavior of those around us; that's how we learn to function in the world. If a father is caring and treats people with respect, the young boy will grow up much the same. When a father is absent, young boys look to other male figures to set the "rules" for how to behave and survive in the world.

So today, don't forget to tell your dad/male role model you love him, and thanks for being there!

January Perfect

Attendance

Jaden
Apphia
Astrid
Carter
Kaylee
Eli
E.K.
Lola
Landon P.



Landon P.
Bentley
Easton
Brayton



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.



February is National Children's Dental Health Month

HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

***Teeth Brushing chart challenge Starts 2/1-Ends 2/28 turn in charts on 3/2 for special recognition!**



thirsty?
choose water first!

Start the new year with a healthy habit.
Skip the sugary fruit drinks,
soda and sweet tea.

Drink water as a family-
your child will want
to drink what you are drinking!

Keep water bottles on bottom
shelves in the refrigerator,
where kids can reach them.

**Make water
the first choice
for your
family with:**

*fun cups,
jars, or water
bottles*

*fruit stir
straws*

*frozen
fruit ice
cubes*



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Importance of Reading with Kids



The importance of reading cannot be emphasized enough in young children, and we as parents need to make every day reading a high priority. Many studies show that toddlers and preschoolers who are read to every day have a larger vocabulary than those who aren't read to at all. It turns out that reading there are many advantages and benefits of reading.

Not only does reading enhance a child's vocabulary, and to help them understand how to read and write, but reading aloud to children also helps them to understand different topics about the world and everyday life. Below are some benefits and advantages that highlight the importance of reading with kids.

- **Reading to young children sets them up to succeed**

The more you read to your children, the more knowledge they absorb, and knowledge is important in all aspects of life. There have many studies that show reading to babies and toddlers gives them a head start and helps to prepare them for school later down the line. After all, reading with your children gives them the skills needed for when they start to read themselves. It is important that children learn to follow words across the page from left to right, and turn pages which are pre-reading skills that benefit children and help them to become better readers later on. Children who enjoy reading not only do better in language and literacy subjects, but in all of the different subjects as well.

- **Reading is important to develop language skills**

While you may speak with your children every day, the vocabulary you use is often limited and repetitive. Reading books ensures that your child is exposed to vocabulary on different topics, which means they hear words or phrases which they may not hear otherwise in their day to day lives. The more words they know, the better. For children who speak more than one language, reading is an easy way to help their language skills and is important to develop their fluency. These skills alone show the importance of reading.

- **Exposure to reading exercises your child's brain**

Reading to young children affects their brain activity and may just give them that boost they need to support and promote their early reading skills. Research on the importance of reading shows that specific areas of the brain are affected when young children have reading exposure at home from an early age. These areas are critical for a child's language development.

- **Reading enhances a child's concentration**

While you may think it is useless reading to a toddler who wants to constantly turn pages, swap books, or throw them around altogether, reading with your little one is extremely important at this age. By consistently reading to your child every day, your child will learn to concentrate and sit still for longer periods of time, which can help later on when they go to school.

- **Reading together encourages a thirst for knowledge**

Reading to your children leads to questions about the book and the information within. It gives you a chance to speak about what is happening and use this as a learning experience. It may also develop an interest in different cultures or languages. There is nothing better seeing a child who loves to learn.

- **A range of books teaches children about different topics**

Don't underestimate the importance of reading diverse books. Providing your child with different types of books on different topics, or even in different languages for bilingual kids, gives them a wide range of information for them to learn.

- **Reading develops a child's imagination and creativity**

One of the great benefits of reading with children is watching their growing imagination. When we really engage in a book, we imagine what the characters are doing. We imagine the setting as reality. Seeing the excitement on a child's eyes when they know what is going to be on the next page, or having them guess what is going to happen is one of the most amazing things to experience.

- **Reading books with children helps to develop empathy**

The importance of reading can also be shown when children develop empathy. When a child can put himself into the story this can happen. They identify with characters, and they feel what they are feeling. Children begin to understand and relate to emotions.

- **Books are a form of entertainment**

With so much technology these days, it is difficult not to get caught up in all the hype of it all. TV, Video games, smart phones and apps are popular among children. However, reading a good book that your child is interested in can be just as entertaining. With all of the negative effects of screen time, choosing a book that interests your child, and either reading it together, or letting them flick through pages alone, is definitely a better option. One of the main benefits that highlights the importance of reading with babies and toddlers, is that they are more likely to choose a book to read for pleasure over another activity when they are bored.

- **Reading together helps to create a bond**

There's nothing better than cuddling up to your little one and reading a book or a bedtime story together. Spending time with one another, reading, and talking, can bring parents closer to your children. For parents who work, or have a busy lifestyle, relaxing with your child and simply enjoying each other's company while reading can be a great way for you both to wind down, relax, and bond.

Why you should read bedtime stories every night?

We really do need to highlight the importance of reading. As parents, we need to prioritize reading in a child's early years to help them to succeed later in life. After all, as Dr Seuss would say "The more that you read, the more you will know, the more that you know, the more places you will go" There are informative books on topics such as different animals, places or objects etc., and there are also different books to help teach children about important life skills such as sharing, being kind, and diversity. There are also some amazing personalized books which make great gifts!

If you can't afford, or don't have access to many books, here are some **FREE** online books for kids.

<https://bilingualkidspot.com/2019/02/19/free-online-books-for-kids/>

Article courtesy of <https://bilingualkidspot.com/>



Transition Talk



This year your child will experience an important transition to Kindergarten. Van Buren Head Start wants to assist you and your child to make the transition a smooth one. At your home visit in January, all transitioning parents received one-on-one training and a transitional kit to help prepare their child for entrance into Kindergarten. Be sure to review the developmental progressions, do some of the suggested activities provided on the transition calendar, and work on the Kindergarten continuum skills provided inside the kit. We will also be introducing lunch trays in the classrooms for children to practice carrying their food to the table themselves this month. After a few weeks of classroom practice, your child will actually transition to cafeteria style lunch and eat in the gymnasium at Head Start to prepare for their “Kindergarten Day” visit in March. We also now have available a “Transition to Kindergarten” power pack for you to work with your child on Kindergarten skills so please be sure to check it out to prepare your child for this important transition.

Rita Mayfield Assistant Mentor Coach/Education Supervisor

February EVENTS

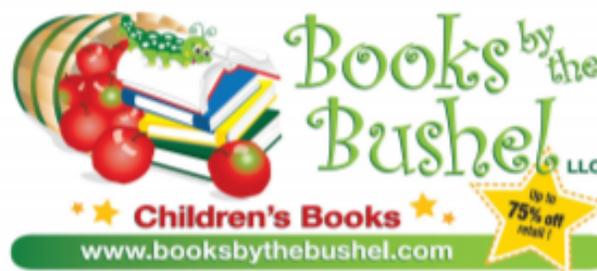
Monthly Birthday Celebration

Friday, February 14th

Monday, February 17th No School in
Observance of Presidents’ Day

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Library Lovers Month	Black History Month	National Children's Dental Health Month	National Cherry Month			1 Take your child to the Library Day!
2 Groundhog Day- Did the Groundhog see his shadow or not?	3 Tell a story by making shadow puppets	4 Thank your Mailperson Day- Make a thank you note for your Mailperson	5 National Weatherman's Day- What is the weather today?	6 Read a book about going to the library!	7 Send A Card to a Friend Day!	8 How many words can you think of that rhyme with "heart"
9 Make a Valentines bookmark!	10 Umbrella Day- Do you need your umbrella today?	11 Make A Friend Day!	12 Make a Spinning Hearts Pinwheel (See Activity)	13 Read and sing together the book "Row, Row, Row Your Boat"	14 Valentine's Day	15 Gumdrop Day- Put gumdrops in a jar and have your child guess how many there are. Were they close?
16 Cut out paper hearts and practice writing words on each heart	17 President's Day	18 Draw different shapes together and discuss how each shape looks different	19 How many words can your child think of that start with the letter "L"	20 Read a new bedtime story!	21 Card Reading Day	22 World Thinking Day!
23 National Banana Bread Day- Eat Banana Bread for Breakfast!	24 Read a book that talks about teeth!	25 Make Teeth Treats and discuss the importance of Dental Health (See Activity)	26 Tell A Fairy Tale Day!	27 National Strawberry Day- Eat fruit for a snack!	28 How many objects can you find in your house that are red?	29 Leap Day- Play Leap Frog!



Teeth Treats

Ingredients Needed:

- Apple- 2 slices per treat
- Peanut Butter
- Mini Marshmallows



Instructions:

- Cut your apple into 8 slices
- Add peanut butter to one side- on each apple slice that you will be using
- Add mini marshmallows onto one apple slice by sticking them on top of the peanut butter
- Stick the other apple slice on top of the mini marshmallows- peanut butter touching the marshmallows

Spinning Hearts Pinwheel

Materials Needed:

- Straw
- Construction Paper
- Round Head Fastener
- Hole puncher
- Scissors
- Ruler



Instructions:

- Cut a piece of construction paper to 5 inches by 5 inches
- Draw diagonal lines from one corner to the other
- Cut along the lines a 2 inch slit- from the corner to the center
- Punch a hole in the corner of each right hand section of each triangle
- Lift and pull the corner (the hole punched corner) of each triangle towards the center
- Insert the fastener through all of the holes, the center of the paper, and the straw- this will keep the pinwheel in place
- Design your pinwheel with hearts!