



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!

February Events

Monday, February 11th Monthly Family Reading Night

Monday, February 21st No School Presidents Day

Tuesday, February 22nd Male Involvement Meeting @ 8:30 AM

December Perfect

Attendance

- Gemma
- Caynen
- Charlotte
- Cain
- Bryson
- Ava
- Evangeline
- Legacy
- Hayden
- Rose

January Perfect

Attendance

- Charlotte
- Knoxleigh
- Logan
- Elizabeth
- Legacy

January Birthday's

Charlette

February Birthday's

- Rachael
- Truman
- Cain
- Legacy
- Damien



Van Buren County Head Start!

If you are currently not following us on Facebook please Like and Follow Us. 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.





Transition Talk

January- 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

February- 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. 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 Kindergarten. 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



Reading

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.

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://www.freechildrenstories.com/>



Nutrition



Healthy recipes to try at home with your child/children.



strawberry kiwi smoothie

strawberries and kiwi both have lots of vitamin C!

- 1 kiwi
- 1 cup frozen strawberries
- 1 cup vanilla yogurt

1. Peel the kiwi and cut into large pieces.
2. Blend the strawberries, kiwi and yogurt together until smooth. Serve with sliced strawberries.

Makes 2 servings



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taco hummus

- Drain and rinse 1 can of chickpeas.
- Blend chickpeas, 1/3 cup taco sauce, 1/4 teaspoon garlic powder and 2 tablespoons olive oil together until smooth.



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JANUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Make a new winter bookmark and write down the titles of the books you read this month!	31 Inspire Your Heart With Art Day!	National Bath Safety Month	National Hobby Month	National Soup Month	International Creativity Month	1 New Year's Day! Make a list of family goals to accomplish this year!
2 Discuss with your family winter activities that you can do together!	3 Festival of Sleep Day! Read a new bedtime story!	4 National Trivia Day! Share some fun and interesting facts with your family!	5 National Bird Day! Take a winter walk and see how many birds you can count outside!	6 National Cuddle Up Day! Grab some blankets, cuddle up, and read a new story together!	7 Go outside and practice drawing shapes/patterns in the snow!	8 Read a new winter book!
9 National Word Nerd Day! Learn a new word today!	10 Houseplant Appreciation Day! Draw a picture of your favorite houseplants/flowers!	11 National Milk Day! Use milk to make your own hot chocolate!	12 When reading a book together, discuss the characters' emotions throughout the story	13 National Rubber Duckie Day! Read the story "Five Little Ducks" and make your own little duck!	14 How many objects can you find in and around your house that are blue?	15 National Hat Day! Make your own hat!
16 Hunt For Happiness Week!	17 Martin Luther King Jr Day!	18 World Day of The Snowman! Make your own Snowman Snacks (See Recipe)	19 National Popcorn Day! Use popcorn to practice math problems, then eat it for a snack!	20 National Penguin Day! Read a book that has a penguin in it!	21 Ask your child what their favorite hobby is, then do their favorite hobby together!	22 National Polka Dot Day! How many words can you think of that rhyme with the word "dot"?
23 National Handwriting Day! Practice writing your name!	24 Go on a winter scavenger hunt together!	25 National Opposite Day! Read a book about opposites and look for opposites around your house!	26 Library Shelfie Day! Take a picture with your Library Shelf!	27 Have a family game night by playing your favorite games together!	28 Put on a play of your favorite story book!	29 National Puzzle Day! Build a new puzzle together!

Little Duck

Materials Needed:

- Yellow Construction Paper
- Orange Construction Paper
- Toilet Tube
- Black Marker
- Scissors
- Glue



Instructions:

- Cut the toilet tube into two pieces- making one piece bigger than the other
- Glue yellow construction paper around both tube pieces
- Glue the smaller tube piece on top of the bigger tube piece
- Cut out two small yellow triangles and glue one to each side- these will be the wings
- Cut out two small orange triangles and glue to the bottom of the tube- these will be the feet
- Draw two eyes, then cut out and glue on an orange beak for your duck!



Snowman Snack

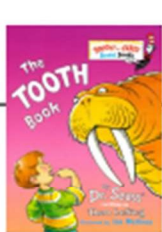
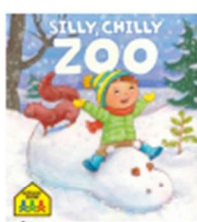
Ingredients Needed:

- Large Marshmallows (2 per snack)
- Pretzel Sticks (1 per snack)
- Mini Chocolate Chips
- Mini Peanut Butter Cup (optional)
- White Icing



Directions:

- Place Icing on top of one large marshmallow, and stack the second large marshmallow on top of the icing
- Using icing, add mini chocolate chips to the top marshmallow for your snowman's eyes.
- Break your pretzel stick in half and place both halves through the bottom marshmallow, these will be your snowman's arms
- Using icing and mini chocolate chips, add buttons to your snowman
- Place mini peanut butter cup on the top marshmallow as a hat for your snowman
- Make as many snowmen as you desire and enjoy!



FEBRUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Visit your local library every week and check out a new book to celebrate National Library Lover's Month!	2 Groundhog Day! Draw a picture of a groundhog! What did you name your groundhog?	3 American Painter's Day! Paint a picture to celebrate!	4 National Wear Red Day! Wear red today and look for objects that are red!	5 National Weatherperson's Day! What is the weather like today? What do you think the weather will be like tomorrow?
6 How many words can you think of that rhyme with the word "red"?	7 National Send A Card To A Friend Day! Make a card and send it to a friend!	8 Make your own Alphabet Book that has a page for each letter!	9 National Pizza Day! Make a pizza together and eat it as a family!	10 Go outside and Play "I Spy" together!	11 National Make A Friend Day! Read a new book about friendship together with a friend!	12 Lost Penny Day! Use pennies to practice simple addition and subtraction problems with your child!
13 Empty a box of candy hearts on a cookie sheet and have your child sort them by color!	14 Happy Valentine's Day! Make A Valentine Treat (See Recipe)	15 Read a book about teeth, then discuss the importance of Dental Health with your child!	16 Bake a meal together as family to celebrate National Bake For Family Fun Month!	17 Random Acts Of Kindness Day! Do something kind for a family member today!	18 Draw and cut out different shapes, then make different patterns using the shapes!	19 World Whale Day! Read a book that has a whale in it!
20 Cherry Pie Day! Make a Cherry Pie together and eat it as a family!	21 President's Day!	22 Play a different card game together as a family!	23 Play Tennis Day! Play tennis together, but use a balloon as a ball!	24 Read a new rhyming book together, and have your child guess the rhyming words as you read!	25 Make a list of words that make you think of winter!	26 National Tell A Fairy Tale Day! Create your own Fairy Tale Story together!
27 Go outside and practice writing different letters/ words!	28 National Tooth Fairy Day!	Black History Month	National Children's Dental Health Month	National Library Lover's Month	National Bake For Family Fun Month	



www.booksbythebushel.com



Snow

Ingredients Needed:

- 2 Cups Baking Soda
- Shaving Cream
- Plastic Container
- Optional: Food Coloring



Instructions:

- Pour the 2 Cups of Baking Soda into a container
- Add the Shaving Cream a little bit at a time (start with a handful and go from there)
- Knead together the two ingredients until they form a snow-like consistency
- Make your own zoo animals with the snow!
- Optional: Separate your snow into different containers and use food coloring to make your snow different colors!

Double the recipe for more snow!

Valentine Treat

Ingredients Needed:

- Large Pretzel Rods
- White/Pink/Red Icing
- Sprinkles/Candy Hearts/
Desired Toppings
- Cookie Sheet



Instructions:

- Spread your choice of icing on a pretzel rod- you can either dip the pretzel in the icing or drizzle the icing on top of the pretzel.
- Add your sprinkles/candy hearts/desired toppings on top of the icing
- Place decorated pretzel rods on a cookie sheet for the icing to set
- Make as many treats as you desire and enjoy!