



THE IMPORTANCE OF A FATHER IN A CHILD'S LIFE



Historically, mothers have received more research attention than fathers. And mothers have more often been characterized as children's primary caregivers, whereas fathers have been characterized as playmates. However, in many countries, gender roles have become more equitable over time, and research now suggests that fathers play many important roles in child development. Fathers are not just helpers for mothers but are important to children in their own right. For example, children with sensitive and supportive fathers have higher levels of social competence and better peer relationships. Children whose fathers provide them with learning materials and speak with them frequently perform better in school and have more advanced language skills. Fathers can serve those roles even when they do not live with the child. For example, regardless of whether they live together, children who have regular positive contact with their father tend to regulate their emotions better than children who have no contact with their father. Nevertheless, if no father is involved, other caregivers can also serve those functions.

Family structure is less important than having loving caregivers meeting children's physical, cognitive, emotional, and social needs. In addition to these direct effects that fathers have on children, a father can also influence a child's well-being indirectly through his relationship with the child's mother. Conflict between parents is detrimental to children's well-being, especially if conflict is hostile and unresolved. Supportive co-parenting relationships, by contrast, are related to better self-regulation and fewer behavior problems in children. Families function as entire systems, not just as isolated parent-child dyads. Fathers are important to children's well-being. Sensitive, supportive, involved fathers contribute to children's physical, cognitive, emotional, and social adjustment. Fathers also influence children's well-being in conjunction with mothers and other caregivers, making it important to understand father-child relationships as part of entire family systems.

JANUARY EVENTS

- **No School Monday, January 16th, 2023** Martin Luther King Jr. Day
- Home visits will take place during the week of January 23rd, 2023.
 - Parent Committee Meeting: January 18th 8 AM – 9 AM

December Perfect Attendance

Gemma
Ada
Jase
Jazzelle
Knoxleigh
Ben
Mira
Autumn
Damien
Aurora
Marie
Tavor
John
Patience
Wyatt

January Birthday's

Charlotte
John



Van Buren County Head Start!

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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



Nutrition



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



warm fruit sauce

Thaw frozen fruit in a microwave, about 30 to 60 seconds. Try frozen strawberries, blueberries, mixed berries or peaches.

Serve warm fruit sauce:

- Pour sauce over cooked oatmeal or breakfast cereal.
- Top yogurt with warm fruit and granola.
- Serve warm fruit over pancakes or waffles.
- Top cooked brown rice with warm fruit.



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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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SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	New Year's Day 1 Celebrate by making your very own party hat.	National Science Fiction Day! - make your own space rocket out of toilet paper rolls and construction paper 2	January is the month of tangerines -take two glasses of water and two tangerines; peel one, leave the other whole. Place in water and see which floats 3	National Spaghetti Day - Celebrate by making a plate of spaghetti with construction paper, paint and yarn. Don't forget the meatballs! 4	National Bird Day -make a paper plate bird! Fold the plate in half, add a beak, eyes and paper feathers! 5	January is the month of raisins - STEM activity! In a clear glass, pour half full of new bottle of Sprite, drop the raisins in and watch the raisins dance 6
Time to read a good book! - Find a Science Fiction book to enjoy 7	January is the Month of the carnation flower - STEM activity! Take a white flower place the stem in a glass of water with a few drops of food coloring and see what happens! 8	Law Enforcement Appreciation day - Create a card for your local law enforcement. 9	Take your appreciation card to your local law enforcement and get a selfie with them! 10	National Milk Day Celebrate by making a dairy cow mask. Also dipping your favorite cookie in milk is good too! 11	Enjoy a good bowl of soup for National Soup Month! 12	Create a polar bear face! - Dip a plastic fork in white paint and press onto construction paper. Cut out ears, eyes and mouth and glue onto your art! 13
Happy Birthday to Lewis Carroll - Alice in Wonderland- celebrate by making a Cheshire cat grin out of paper. Add a popsicle stick to hold the grin up to your face 14	Martin Luther King's Birthday - Read a book such as "Who Was Martin Luther King, Jr.?" 15	Martin Luther King Jr. Day Appreciate A Dragon Day by writing a story on having your own dragon. 16	Make a paper plate snowflake with yarn. Punch holes in a paper plate the shape of a snowflake. String colorful yarn through the holes and hang up! 17	Winnie the Pooh Day- Pooh's favorite thing is honey. Read a book about where honey comes from 18	National Popcorn Day- did you know popcorn is over 5000 years old? it's true! Practice some "popcorn" words today (Sight Words) 19	National Cheese Lovers Day - How many foods can you think of with the word "cheese" in it? 20
National Squirrel Appreciation Day - create a squirrel hand puppet out of a brown paper sack and construction paper. 21	Chinese New Year! Year of the Rabbit. Draw a rabbit the best you can! OR read a good rabbit book! 22	National Pie Day Make a paper pie and cut it into slices. Practice counting how many slices can make a pie whole! (2/4/8/16) 23	National Peanut Butter Day- make edible peanut butter with 1/2 C honey/ 1 C of peanut butter and 2 1/4 C powdered sugar 24	Opposite Day - have an opposite scavenger hunt! Find something hot/cold, tall/short, soft/hard, wet/dry, wide/narrow, 25	National Green Juice Day- make a list of items you think would be good in green juice! Then try it! 26	Create a Lego head suncatcher- draw the head and cut out of black paper, stick to a piece of press and seal, tear up yellow tissue paper and stick. Glue on eyes and hang up 27
National Lego Day! Time to get out those legos and create something fun! 28	Time to read again! Grab your favorite winter book and a blanket! 29	Bubble Wrap Appreciation Day - make a jelly fish with a paper plate and bubble wrap for the long tentacles. 30	National Backward Day - try to say the alphabet backward! 31	<h1 style="text-align: center;">JANUARY 2023</h1> <h2 style="text-align: center;">ACTIVITY CALENDAR</h2> <p style="text-align: center;">www.booksbythebushel.com</p> <div style="text-align: right;">  </div>		
NOTES:						



Stop and Go!

Cold January days mean lots of time indoors! Here is a fun way to help get your child's energy out while learning about opposites! This game is called, "Stop and Go", already focusing on opposites! Tell your child, "I will give you directions and when I say 'Go' you start the action and when I say "Stop" you stop the action." Here are some examples of actions you could ask them to do:

Run in place, fast! Go! Stop! Run in place, slow! Go! Stop!

Open your hands! Go! Stop! Close your hands! Go! Stop!

Say your name, loudly! Go! Stop! Say your name, softly! Go! Stop!

Reach up, high! Go! Stop! Bend down, low! Go! Stop!

Smile! Frown! Smile! Frown! Smile! Frown! Smile! Frown!

Walk forwards! Go! Stop! Walk backwards! Go! Stop!

Point your finger up! Go! Stop! Point your finger down! Go! Stop!

Make up other actions that are opposites and you know your child likes to do. And, at the end of the day, say, "You've been awake and now it's time to go to sleep!"



Birds of a Feather

Here is a fun way to work on color recognition and counting with your children! You will need various colors of playdough, feathers of the same colors, and a few toothpicks. You will also need plastic googly eyes, and small triangles cut from construction paper. All of these items are easily found at your local Dollar Store! First, help your child make two balls out of each color of playdough, one small and one larger. Next, place the small ball of playdough on top of the larger ball and use a toothpick to hold them together. Let your child put some fun googly eyes on the small playdough ball and stick one of the paper triangles below the eyes to make a beak. Now, you can give your birds their feathers! You can ask your child to put the matching color of feathers on the large playdough balls. Maybe you want them to put a specific number of feathers on different birds. You might ask them to put one specific color of feathers on a different color of playdough. There are a number of ways to have fun while learning, as long as the birds don't fly away!

