



## August Upcoming Events:

- Phase-in week: July 31-August 4, 2023: 7:30am on the day of your scheduled appointment.
- Monday, August 7, 2023: First Day Back to School!! School Begins @7:30am
- Thursday, August 17<sup>th</sup> @9am: Dental Exam's will be provided by the Health Department at Head Start.
- Tuesday, August 22<sup>nd</sup> @9am: Eye Screening Exam's provided by Lion's Club at Head Start
- Thursday, August 31<sup>st</sup>: Parent Committee Meeting @8am and 5pm
- Friday, September 1<sup>st</sup>: **NO SCHOOL**

### July Birthday's

Katie  
Brooke  
Jahden  
Marsali  
Cierra

### August Birthday's

Olivia



Van Buren County Head Start!

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## Importance of Reading with Kids



There is no more important activity for preparing your child to succeed as a reader than reading aloud together. Fill your story times with a variety of books. Be consistent, be patient, and watch the magic work. It's no secret that activities at home are an important supplement to the classroom, but there's more to it than that. There are things that parents can give children at home that the classrooms cannot give.

### **Start young and stay with it**

At just a few months of age, an infant can look at pictures, listen to your voice, and point to objects on cardboard pages. Guide your child by pointing to the pictures, and say the names of the various objects. By drawing attention to pictures and associating the words with both pictures and the real-world objects, your child will learn the importance of language. Children learn to love the sound of language before they even notice the existence of printed words on a page. Reading books aloud to children stimulates their imagination and expands their understanding of the world. It helps them develop language and listening skills and prepares them to understand the written word. When the rhythm and melody of language become a part of a child's life, learning to read will be as natural as learning to walk and talk. Even after children learn to read by themselves, it's still important for you to read aloud together. By reading stories that are on their interest level, but beyond their reading level, you can stretch young readers' understanding and motivate them to improve their skills.

### **It's part of life**

Although the life of a parent is often hectic, you should try to read with your child at least once a day at a regularly scheduled time. But don't be discouraged if you skip a day or don't always keep to your schedule. Just read to your child as often as you possibly can. If you have more than one child, try to spend some time reading alone with each child, especially if they're more than two years apart. However, it's also fine to read to children at different stages and ages at the same time. Most children enjoy listening to many types of stories. When stories are complex, children can still get the idea and can be encouraged to ask questions. When stories are easy or familiar, youngsters enjoy these "old friends" and may even help in the reading. Taking the time to read with your children on a regular basis sends an important message: Reading is worthwhile.

### **One more time**

You may go through a period when your child favors one book and wants it read night after night. It is not unusual for children to favor a particular story, and this can be boring for parents. Keep in mind, however, that a favorite story may speak to your child's interests or emotional needs. Be patient. Continue to expose your children to a wealth of books and eventually they will be ready for more stories.

### **Talking about stories**

It's often a good idea to talk about a story you are reading, but you need not feel compelled to talk about every story. Good stories will encourage a love for reading, with or without conversation. And sometimes children need time to think about stories they have read. A day or so later, don't be surprised if your child mentions something from a story you've read together.

### **Remember when you were very young**

It will help, however, if we open our eyes to some things adult readers tend to take for granted. It's easier to be patient when we remember how much children do not know. Here are a few concepts we adults know so well we forget sometimes we ever learned them. There's a difference between words and pictures. Point to the print as you read aloud. Words on a page have meaning, and that is what we learn to read. Words go across the page from left to right. Follow with your finger as you read. Words on a page are made up of letters and are separated by a space. Each letter has at least two forms: one for capital letters and one for small letters. These are examples of hieroglyphics. pictures drawn on cut out fish Imagine how you would feel if you were trying to interpret a book full of such symbols. That's how young readers feel. But, a little patience (maybe by turning it into a puzzle you can solve together) is certain to build confidence.

### **Advertise the joy of reading!**

Our goal is to motivate children to want to read so they will practice reading independently and, thus, become fluent readers. That happens when children enjoy reading. We parents can do for reading what fast food chains do for hamburgers? ADVERTISE! And we advertise by reading great stories and poems to children. We can help our children find the tools they need to succeed in life. Having access to information through the printed word is an absolute necessity. Knowledge is power, and books are full of it. But reading is more than just a practical tool. Through books we can enrich our minds; we can also relax and enjoy some precious leisure moments. With your help, your children can begin a lifelong relationship with the printed word, so they grow into adults who read easily and frequently whether for business, knowledge, or pleasure.



# Nutrition



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



cucumber  
& lime

strawberry & lemon

## add flavor to water *without adding sugar!*

1. Wash and slice fresh fruits, vegetables or herbs.
2. Place in a pitcher, cup or water bottle. Add water.
3. Refrigerate for at least 1 hour before serving for the most flavor.

### **Keep flavored water safe:**

Store leftover water with sliced fruit, vegetable or herbs in the refrigerator **within 2 hours**.



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## three layer yogurt dip

- $\frac{1}{2}$  cup plain yogurt
- 1 cup hummus
- $\frac{3}{4}$  cup finely chopped cucumbers
- $\frac{3}{4}$  cup finely chopped tomatoes
- Spread hummus on a plate. Top with yogurt.
- Sprinkle cucumbers and tomatoes on top.
- Serve with whole grain crackers, or dip with carrot, cucumber or celery sticks.



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# AUGUST 2023

## ACTIVITY CALENDAR




### Book of the Month

### Pirate Potty

by Samantha Berger

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Pirate Month Family Fun Month Get Ready for Kindergarten Month Children's Eye Health Month	Fruit of the Month: Peaches, Prickly Pear Vegetable of the Month: Eggplant & Celery Flower of the Month: Poppy	1 Pirate Month - Create a pirate hat and read a pirate book	2 Find a Four Leaf Clover Day - look for a clover in the grass.	3 Fruit of the month is peaches- start an adventure and read "James and the Giant Peach"	4 National Chocolate Chip Cookie Day- make cookies today!	5 National Mustard Day- find all things yellow around the house
6 Wiggle Your Toes Day- wake up and give your toes a wiggle	7 Children's Eye Health Month - create and eye on a paper plate and learn its parts: pupil, lid, lashes	8 National Dollar Day - use play money to practice purchasing items around the house and making change	9 National Book Lovers Day- time to read your favorite book	10 World Lion Day- make a lion headband out of construction paper	11 Happy Birthday to Joanna Cole, Author of "The Magic School Bus" Celebrate by drawing and coloring a bus. Write what adventure you would go in it	12 World Elephant Day - find all things that start with "E" around the house
13 Left Handers Day- try all things left handed	14 World Lizard Day - draw and color a lizard. Cut it out and tape a party horn on the back for it's tongue	15 Time to read your favorite book for 15 minutes	16 Happy Birthday to Eric Litwin, Author of "Pete the Cat"-Celebrate by making Pete the Cat out of a paper plate and construction paper	17 Family Fun Month - Do something fun as a family	18 World Never Give Up Day - write yourself an uplifting never give up note	19 Happy Birthday to Jared Lee, Illustrator of "There was an old lady who swallowed a fly" Read that one today!
20 National Lemonade Day - try a glass of lemonade, add different fruit to change flavors	21 Senior Citizen's Day - take a coloring page to someone you know and spend time coloring	22 National Tooth Fairy Day - read the book "The Night Before the Tooth Fairy"	23 Prickly Pear Month- find all things around the house that rhyme	24 National Waffle Day- have waffles for breakfast	25 National Daffodil Day - Make them by tracing your hands on yellow paper, cutting out and gluing an orange cupcake liner in the middle. Add a green stem	26 National Dog Day - create a doggy face out of a paper plate. Don't forget the ears!
27 Eggplant is a vegetable of the month - find all things purple around the house	28 Time to read your favorite book for 15 minutes	29 National Lemon Juice Day - Invisible Ink STEM project- put lemon juice in a bowl with a few drops of water. Use a paint brush to write a message on paper. Hold paper up to a heat source	30 National Slinky Day - write a story about a slinky adventure	31 National Eat Outside Day - Take your lunch outside today!	  	



## **Never Give Up!**

One of the most important things you can teach your children is to never give up and August 18<sup>th</sup> is “World Never Give Up Day!” Some call it having resilience or persevering through difficult times. An easy way to instill this can-do attitude in your children is by letting them play with puzzles and presenting more challenging puzzles as soon as they master the easier ones. Puzzles involve problem solving as a child has to rotate and slide pieces together. This can be very challenging but also so rewarding when the pieces fit! Sit with your child as they work on a puzzle. When they get frustrated with trying to fit a piece and want to give up, encourage them to keep trying. Give them a hint about where a piece goes or tell them you can start taking turns, you do a piece and then they do a piece. Whatever it takes for them not to give up! Praise them for sticking it out! Tell them how proud they must feel for solving the problem! When the puzzle is complete, take a picture of them holding a thumbs-up next to their completed puzzle so they can see what they accomplished and move on the next challenge!





## Toilet Paper Roll Towers

August 26<sup>th</sup> is “National Toilet Paper Day”! We certainly don’t want to teach our children to waste toilet paper but we can teach them how to make their own toys out of toilet paper rolls! Well before August 26<sup>th</sup>, start saving toilet paper rolls. Once you have a large collection, have your child paint the rolls bright colors using watercolor paint or even finger paint. After the rolls are dry, cut some to them in half, others in thirds or fourths, and leave some whole, as well. Then, cut four ½ inch to 1-inch slots on the top and bottom of each roll. You will want the slots to be spaced apart so there is one on each “side” of the circle at both ends of the rolls. Now, show your child how to connect the slots from different rolls to each other by sliding one into the other. Your child will have so much fun building towers and other structures with building blocks they made themselves!

