



### 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 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!**

### Upcoming Events for February

**Monday, February 19<sup>th</sup> No School in observance of President's Day**

**Thursday, February 22<sup>nd</sup> Jobs, Health, Education and Awareness Fair @ UT Ag. Ext Building in Spencer**

### January Perfect Attendance

Emmitt  
Finan  
Haleigh  
Cali  
Mira  
Christopher  
Connor W  
Kylan  
Abigail  
Isabella  
Corbin  
Marsali  
Calvin  
Grace

### February Birthday's

Emmitt  
Corbin  
Cali  
Aurora



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



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. Also, if you have not checked out the “Transition to Kindergarten” power pack to work with your child on Kindergarten skills please be sure to do so to help prepare your child for this important transition.

Rita Mayfield Assistant Mentor Coach/Education Supervisor



## Reading



Importance of Reading with Kids

### **Developing a special bond with your child**

It goes without saying that reading to your young child on a regular basis can help you forge a stronger relationship with them. When it comes to children, one of the most important things you can do to positively influence their development is spend time with them. Reading to your children provides a great opportunity to set up a regular, shared event where you can look forward to spending time together. With shared reading, your child will trust and expect that you will be there for them. The importance of trust to small children cannot be overstated.

Reading a favorite book to your children not only helps you bond with them, but also gives your children a sense of intimacy and well-being. This feeling of intimacy helps your child feel close to you, and the feelings of love and attention encourage positive growth and development.

With babies specifically, although they may not be able to understand what you’re saying when you read to them, reading aloud provides a level of invaluable nurturing and reassurance. Very young babies love to hear familiar voices, and reading is the perfect outlet to create this connection.

<https://www.ces-schools.net/the-importance-of-reading-to-your-children/>



# Nutrition



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

**nubites**<sup>TM</sup>  
nutrition tips for today's families No. 437

## stack a snack!

Use whole grain crackers to make a snack with your child!

peanut butter and strawberry

peanut butter and pear

Use cookie cutters to create shapes!

**nutrition matters**<sup>®</sup>  
nutrition education that matters

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nutrition tips for today's families No. 436

## black bean salsa

Serve the black bean salsa with Enchiladas, Taco Salad, Burritos or as a side dish.

1. Drain and rinse 1 can (15 ounces) black beans. Drain 1 can (11 ounces) corn and 1 can (10 ounces) diced tomatoes with green chili peppers.
2. Combine the beans, corn and tomatoes together in a bowl.
3. Add 1 to 2 tablespoons of lime juice and chopped fresh cilantro to salsa if desired.








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# FEBRUARY 2024

# SHOWING LOVE

## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Character Word of the Month: Respect</b> <b>-Caring enough to consider how words and actions impact others</b> <b>Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant</b> <b>Calendar translated by: Manuela Rodriguez</b>				<b>1 ACTIVITY PAGE</b>  Book of the Month: <u>Happy, Sad, and Silly</u>	2 Hide cut out hearts all over your house for this month. Keep a count of how many hearts your child finds each day!	3 <b>Weekend Wrap-Up</b> Read some good books, look for hearts and count them, and get ready for a month full of showing love!
4 <b>WE LOVE ART!</b> 	5 An easy way for your child to play with paint is to pour different colors into used or new condiment bottles. Just a squeeze, and the paint comes out!	6 Create an art box for hours of fun. Crayons, paper scrapes, glue, toilet paper rolls, stickers, yarn, cotton balls, and more!	7 Mix 1 cup baby oil with 8 cups of flour and add in some food coloring and you have playdough! Store in used food containers with lids.	8 <b>ACTIVITY PAGE</b>  Rainbow in a Bag	9 For easy access to paint, pour colors into the sections of an egg carton. Close the lid, and the paint stays fresh!	10 <b>Weekend Wrap-Up</b> Read and revisit all of the activities that helped your family explore the wonderful world of art this week!
11 <b>HEART HEALTHY!</b> 	12 Children need at least 60 minutes a day of physical activity. If you're stuck indoors, have a dance party!	13 Face your child. Clasp your hands together. Rock back and forth and feel your heart beating!	14 Have a jar of candy hearts displayed at your child's eye-level. Every time they do a kind or loving act, let them take a candy from the jar!	15 <b>ACTIVITY PAGE</b>  Kindness Kits	16 Go old school with physical activities. Teach your child to hula hoop, play hopscotch, and jump rope. All of these can be done indoors and really get the heart pumping!	17 <b>Weekend Wrap-Up</b> Read and revisit all of the activities that helped your family keep your heart healthy and kind!
18 <b>WE LOVE MUSIC!</b> 	19 Play some music on your phone and hide it! Your child has to use their sense of hearing to find the music!	20 Let's hear it for the kitchen band! Take out some pots and pans, spoons, sealed spice shakers, and play!	21 Turn off the lights and add glowsticks to the kitchen band! What a fun way to keep a beat!	22 <b>ACTIVITY PAGE</b>  Song Cube	23 Sing "If you're happy and you know it" and add in more actions like, "wave hello" or "nod your head."	24 <b>Weekend Wrap-Up</b> Read and revisit all of the activities that helped your family enjoy music this week!
25 <b>WE LOVE BOOKS!</b> 	26 Be sure to take a moment to tell your child the author and illustrator of each book before you read it.	27 Make a bookmark by punching a hole and tying on a ribbon to a paint strip from a hardware store!	28 Popcorn and a movie? Why not pair a favorite snack with a favorite book!?	29 Celebrate this "leap year" by reading one extra book at bedtime!	<div> <div> 2022 CERTIFIED  <b>OhioWBE</b>  <small>Women-Owned Business Enterprise</small> </div> <div>  </div> </div>	



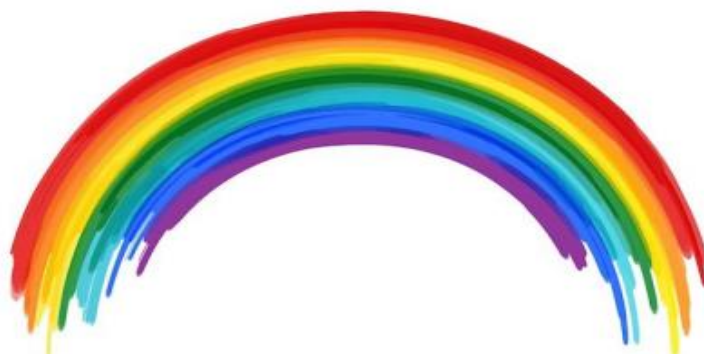
## Kindness Kits

There are many people in communities all over the world who do not have many of the basic items that others may take for granted. Show your child how to show some kindness by helping them make some kindness kits. Next time you are at the grocery store, purchase any of the following items: large Ziploc bags, bottled water, granola bars, packs of crackers, gum or mints, small apples or oranges, and any other individually packed items you may see. Once you get home, put these items out on a table and help your child put one of each item in a Ziploc bag. Your child can even draw a heart on a small piece of paper to place inside of the bag. Keep these bags in your car or bring one with you during a walk, bike, or bus ride. When you and your child see someone less fortunate, hand that person a Kindness Kit. It will hopefully put a smile on their face and will certainly put one on the faces of you and your child!



## Rainbow in a Bag

Here's an easy way to paint a rainbow without the mess. First, cut a piece of white paper to fit any size Ziploc bag you have on hand. Then, you draw the arches of a rainbow on that sheet of paper- blue, red, yellow, orange, green. Show your child this rainbow and then have them help you slide the paper into the bag. It is fine if the paint smears some when it is going in the bag. Once it is in the bag, seal it shut and you may want to put tape around the seal to ensure it stays shut. Once the rainbow is in the bag, your child can use their fingertips to press on the bag and mix all of the colors, create shapes, practice writing letters, or whatever they want to do! You can repeat this activity with any rainbow of colors!







**UC HRA**  
Van Buren County  
Head Start

 <p><b>Community Health Expo and Job Fair</b></p> <p><i>Sponsored by Van Buren County Head Start</i></p>	<b>24th Annual</b>
	<b>Jobs</b> 
	<b>Education</b> 
	<b>Health</b> 
	<b>&amp; Awareness</b>  <b>FAIR</b>

Lots of Information/Services/Supports..... **FREE FOOD, &  
DOOR PRIZES!!**

**This event is open to the public!!!**

**When:** Thursday, February 22, 2024

**Where:** Van Buren County Ag. Building  
288 Spring St, Spencer, TN 38585

**Time:** 9:00 AM till 1:00 PM CST

Please visit our Facebook page @ Van Buren County Head Start. Please like, share and follow our page.

If you have any questions please contact Ms. Carrie or Ms. Alexis @ Van Buren Head Start (423) 881-5182 or via email  
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