



# UCHRA Van Buren County Head Start



## August

### Upcoming Events

8/4/25- First Day of School

8/19/25- Dental Screenings

8/21/25- Vision Screenings

8/29/25 & 9/1/25- Labor Day-No School

*It's a welcomed gift to  
encourage others to  
achieve greatness.*

Attendance is important even in preschool because it helps children build a strong routine, develop social skills, and fully engage in early learning experiences. Consistent attendance lays the foundation for future academic success and helps children feel connected and confident in their classroom environment. Every month that your child has perfect attendance their name is put into a drawing for a new bicycle at the end of the school year.

### July Birthdays

Ezekiel

Ruthie

### August Birthdays

Waylon

Haverley



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.





# 10 Ways to Help Prevent Child Abuse



Prevention is the most effective way to reduce child abuse and neglect while improving the lives of children and families. Strengthening families and protecting children requires a shared commitment from individuals, organizations, and communities. Here are ten ways you can help prevent child abuse and promote the well-being of children:

1. **Be a Nurturing Parent** – Children thrive when they feel loved, valued, and encouraged to pursue their dreams. Show them kindness, support, and guidance every day.
2. **Supporting a Friend, Neighbor, or Relative** – Parenting can be challenging. Offer a helping hand by babysitting or providing support so parents can rest, run errands, or spend quality time together.
3. **Take Care of Yourself** – Stress can be overwhelming, but it's important to find healthy ways to cope. If you're feeling frustrated or out of control, take a break before addressing your child's needs.
4. **Know What to Do if Your Baby Cries** – It can be stressful when a baby won't stop crying. Learn techniques to soothe your baby and remember—never shake a child, as it can cause severe injury or death.
5. **Get Involved in Your Community** – Advocate for programs that support children and families by engaging with local leaders, schools, libraries, and places of worship to develop essential services.
6. **Help Expand Parenting Resources** – Encourage your local library or community center to offer books, workshops, and other parenting resources to support families.
7. **Promote Prevention Programs in Schools** – Schools play a key role in child protection. Support programs that educate children, parents, and teachers about abuse prevention strategies.
8. **Monitor Media Exposure** – Be aware of the television shows, movies, and video games your child watches. Limiting exposure to violent content can help protect their emotional well-being.
9. **Volunteer at a Child Abuse Prevention Program** – Many organizations need volunteers to support their efforts in protecting children. For more information, call **1-800-CHILDREN** to find opportunities in your area.
10. **Report Suspected Abuse or Neglect** – If you have reason to believe a child is in danger, contact your local Department of Children and Family Services or law enforcement agency immediately.

Preventing child abuse is a shared responsibility. By taking action, we can help create a safe, supportive environment where all children can grow and thrive.



## slow cooker pork

4 pounds  
pork roast  
1 cup low sodium  
chicken broth  
½ teaspoon  
black pepper  
1 teaspoon Cajun  
seasoning

1. Cut fat off the pork roast. Place the pork roast in a skillet. Cook over medium high heat, until meat is brown on all sides.
2. Place the meat, chicken broth and seasonings in a slow cooker. Cover and cook on low heat for 6 to 8 hours.
3. Remove meat from the slow cooker and let sit for 15 minutes. Pull the meat apart with two forks and return to the slow cooker.

*Makes 12 servings*



## cooking with kids

*Prepare safe meals at home,  
and keep your family healthy.*

1. Clean - wash hands, utensils and surfaces often.
2. Separate - keep foods separate. Use a separate board for cutting raw meat, poultry and seafood. Use a clean plate for cooked foods.
3. Cook to a safe temperature. Undercooked meats can cause food poisoning.
4. Chill foods - Never leave perishable foods out of the refrigerator for more than 2 hours.

*Clean - Separate - Cook - Chill*

# April

## Activity Calendar

# Must Love Books

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Visit your local library or bookstore and see if they offer any storytime events for children. That is a great outing for you and your child!	2. Create a rainy-day book box with your child's favorite books and any props that go along with the themes of the books.	3. <b>ACTIVITY PAGE</b> <b><u>Must Love Books</u></b>	4. Instead of making Friday night a movie night, grab your favorite snacks and curl up with some good books to share with your child!	5. <b>Weekend Wrap-Up</b> Read and go over the parts of a book with your child: author, illustrator, cover, spine, etc.
6. <b>How to Read</b> 	7. Point out pictures and objects when reading to your child. If they are beginning to speak, ask them to repeat the names of the pictures you point out.	8. Change the tone of your voice with different characters, sing nursery rhymes, and make facial expressions that show emotions.	9. Allow your child to help turn pages, touch the cover, point to pictures, and basically explore the book by feeling it!	10. <b>ACTIVITY PAGE</b> <b>"Mark your Place"</b>	11. Ask questions as you read. "What is going to happen?" "Oh, does bear look sad?" "Do you like to eat ice cream like Sally does?"	12. <b>Weekend Wrap-Up</b> Read and use the pointers shared this week when reading with your child.
13. <b>Where to Read</b> 	14. Make a reading nook in your house that has comfy pillows, a reading light, a basket of books, and some stuffed animals or dolls for your child to share books with.	15. Read environmental print all around you! Labels on grocery items, signs when driving or walking, menus in restaurants, etc.	16. Read side-by-side with your child or have them sit on your lap. They need to see the pictures to make connections to the text. They like to observe and help you turn the pages.	17. <b>ACTIVITY PAGE</b> <b>"A Book Chain"</b>	18. Reading outside on a blanket with some snacks nearby is always a fun way to share stories with your children!	19. <b>Weekend Wrap-Up</b> Read with your child in all of the places explored this week!
20. <b>What to Read</b> 	21. Read books that have textures on the pages, bright colors, and characters and objects that are familiar to your child.	22. Books with repetition of words and phrases and books with rhyming words or "sing-song" type rhythm are great books to read with your child!	23. Ask your friends and family members with young children what books their children like. Recommendations are so helpful!	24. <b>ACTIVITY PAGE</b> <b>"Book Holder"</b>	25. Read books that your child can relate to, such as, if you have a new baby in the family, read a book about being a big brother or sister!	26. <b>Weekend Wrap-Up</b> Use the suggestions shared this week on how to find the perfect books for your child!
27. <b>When to Read</b> 	28. Holidays are a great time to read books that explain the meaning of the holidays and the ways you can celebrate!	29. Read to your child before they go to bed, but not right at their bedtime. They need to be somewhat alert to enjoy the story and time with you.	30. Reading can be calming but there are also books that promote movement, music, and noise that can be fun to share throughout the day!	<p>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant</p> <p>Calendar Translated by: Manuela Rodriguez</p> <div>    </div>		



## Book Holder

Start this activity by cutting off the top flaps of a cereal box. Then, you will cut a triangle shape off the right side of the box. Start at a point 3 inches from the side and cut a slanted line until you are back at the right side of the box. Now you have a space to put in your books! Let your child use different colors or designs of duct tape to cover the box. This is a great way to keep books neatly displayed on shelves or to organize books by a theme or interest. Each time you finish a cereal box, you can make another book holder!



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## Must Love Books

By Janet Summer Johnson

When the main character's daddy gets a new job, he is too tired to read bedtime stories, so it's time to get a new adult to read at night! It is very important for children to have someone read their stories to them with enthusiasm and love! The next time you are reading with your child, ask them what they like about the way you read. Do they like you to change voices for different characters? Do they like it when you let them turn the pages? Do they like when you read books that have songs and you let them sing with you? Maybe if you can do all of the things



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