

# UCHRA Van Buren County Head Start

## FEBRUARY

### 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.

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

### Upcoming Events for February

February 14th-Valentines day

February 16th- No School President Day

February 19th- No School Professional Development Day

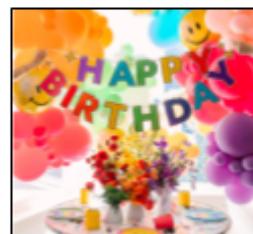
February 27- Dr. Seuss Family Reading Night @ 2:30 PM

### January Perfect Attendance

Ava  
Ezekiel  
Kesslynn  
Phoenix  
Skyler  
Zayda  
Ruthie  
Clara  
Jasper  
Yordy  
Rodrick  
Haverley  
Emmanuel  
Nolan  
Rexx  
Remi  
Emma  
Liam S.  
Roy Jr.  
Eleanor

### February Birthdays

Chloee  
Liam C.



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# Nutrition



**nubites** No. 479  
nutrition tips for today's families

## reduce your risk of lead poisoning

**Eat a variety of foods with iron every day.**

- beef, pork
- chicken, turkey
- beans
- iron-fortified cereal
- fish, like tuna and salmon

**Your child needs 2 to 3 servings of calcium-rich foods each day.**

- milk
- yogurt
- cheese

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## 3 ways to cut down on added sugar:



Look for healthy recipes to make your own granola bars, cookies and muffins.



Mix plain yogurt with flavored yogurt.



Flavor water at home. Wash and slice fresh fruits and herbs. Add water.



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# February

## Activity Calendar

# Show Me Your Smile

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1. Dental Health</b> 	<b>2. "Up and down and all around, That's the way I brush my teeth. I brush my gums and shining fronts, then I reach up underneath!"</b> 	<b>3. Take old toothbrushes or pick up a pack and let your children paint with them. This allows them to practice brushing strokes in a fun way!</b>	<b>4. Pack pieces of playdough in between Duplo blocks to look like "food" stuck between teeth. Let them use yarn as "floss" to get the food out!</b>	<b>5. ACTIVITY PAGE</b> <b>Brush Your Teeth, Little Bug</b>  Click the picture to view our featured book	<b>6. Purchase a fun timer and set it next to your child's toothbrush. Each morning and night, set it for 2 minutes and let your child start scrubbing away!</b>	<b>7. Weekend Wrap-Up</b> Take a trip to your local library to find some books on dentists and how to take care of your teeth!
<b>8. Say Cheese!</b> 	<b>9. Give your child a hand-held mirror. Have them close their lips, and when you tell them to "say cheese", they put on their biggest grin. This is great practice for when you are taking real pictures!</b>	<b>10. Play "pass a smile" with your child. You make a silly smile, and they must copy you. Then, they make a silly smile, and you copy them. Keeping passing smiles back and forth!</b>	<b>11. Strike a pose! Let your child play with dress-up clothes and walk the runway! Use a real or pretend camera to catch these fashionable moments!</b>	<b>12. ACTIVITY PAGE</b> <b>Make your own camera</b>	<b>13. Using the hand-held mirror, ask your child to draw a picture of the face they are making on a 4x6 piece of paper. Put their "selfie" in a dollar store frame to display in your home!</b>	<b>14. Weekend Wrap-Up</b> Let your child use the camera they made on Thursday to "take pictures" of friends and family they see today. Don't forget to say cheese!
<b>15. Laugh Out Loud</b> 	<b>16. What do you call 2 bananas? Slippers! What kind of keys are sweet? Cookies!</b> Share some jokes with your child and laugh out loud!	<b>17. Want to make your child laugh out loud?? Turn a regular hug into a "tickle hug!" Wrap your arms around them and start tickling! Get ready for the giggles!</b>	<b>18. Sit facing your child. Say "ha". Then, they say "ha-ha". You say "ha-ha-ha". Each of you keep adding a "ha" until you are both bursting out in laughter!</b>	<b>19. ACTIVITY PAGE</b> <b>Backwards Day</b>	<b>20. "Shake, shake, shake your sillies out! Shake, shake, shake your sillies out! Shake, shake, shake your sillies out! And waggle your wiggles away!"</b>	<b>21. Weekend Wrap-Up</b> Watch your child's favorite funny movie or TV show with them and laugh along, even if the humor is a little lost on you!
<b>22. Sure to bring a smile!</b> 	<b>23. Take out some duplicate photos of your family members and let your child put smiley emoji stickers on their faces! That's so silly and will bring on a smile!</b>	<b>24. Find something nice to say to your child and any other people you see. "What a nice dress!" "That was so sweet of you to share!" Compliments will surely bring a smile!</b>	<b>25. Let your child enjoy a special bubble bath today! Add the bubbles, a special sponge, and a fun toy. Play some soft music and let them have a relaxing bath time!</b>	<b>26. ACTIVITY PAGE</b> <b>"Tooth Fairy Pocket"</b>	<b>27. Have a Friendship Friday! Make a playdate with one of your child's friends. Plan something new or an old favorite that's sure to bring a smile!</b>	<b>28. Weekend Wrap-Up</b> What treat brings a smile to your child's face? Ice cream? A milkshake? Maybe a doughnut? Take your child to get their favorite treat today to make them smile!

Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant

Calendar Translated by: Manuela Rodriguez



## Make Your Own Camera

Help your child make their own camera! Cut a toilet paper roll in half and glue the bottom of it to a small square of construction paper. Cover a small box, the size of a mini-cereal box, with wrapping paper or butcher paper. Glue the square with the tissue roll, the "lens" to the middle of the box. Cut a small square out above the lens and then another small square on the back of the box so your child can see through both. Your child can continue to decorate the camera with colored electric tape around the sides. Using clear tape, attach a small button to the top of the box for your child to press when they are snapping pictures of their friends and family. Say cheese!



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## Brush Your Teeth, Little Bug

After reading this book, do an experiment with your child to show how important it is to brush their teeth. Place one boiled egg in a cup with vinegar and another in a cup with cola. Overnight, the first egg will lose its shell, and the other egg will turn brown. Let your child brush the brown egg with a toothbrush and toothpaste to demonstrate how the egg becomes clean after being brushed. The egg in vinegar lost its shell because it had too much acid buildup. That can happen to teeth if they aren't brushed every day!



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# VAN BUREN COUNTY HEAD START

# NOW ENROLLING

FREE | THREE-STAR PROGRAM | NAEYC ACCREDITATION

## WE OFFER

- Educational activities that enhance preschool and kindergarten readiness
- Transportation provided (in the Spencer area)
- FREE meals (breakfast, lunch, and snack)
- Support for the whole family

### CONTACT US

 (423) 881-5182

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