



# UCHRA Van Buren County Head Start



## April EVENTS

- 4/3/26- Good Friday
- 4/4/26- Food Bank Sampson Church 9 AM
  - 4/7/26- Parent Meeting 8 AM
  - 4/9/26- Field Trip Old McDonald Farm
- 4/16/26- Food Bank Distribution Fairgrounds 9 AM
- 4/20/26- Bus Training for Kindergarten Kids
  - 4/21/26- Parent Meeting- 8 AM
  - 4/22/26- Earth Day
  - 4/24/26- Mother's Day Out- 9 AM
  - 5/1/26- Camping FRN 2:30 PM
- 5/2/26- Food Bank Sampson Church 9 AM

"April is nature's way of  
saying, 'Let's party!'"  
— Robin Williams



### March Perfect Attendance

Ava  
Haverley  
Kesslynn  
Skyler  
Zayda  
Ruthie  
Emma  
Axel  
Eleanor  
Jasper

### April Birthdays

Jasper



Van Buren County Head Start! If you have not liked/followed us on Facebook, please do so. 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 interests. <https://www.facebook.com/vanburencountyheadstart>





# Transition Talk



We will begin using the lunch trays in the dramatic play area in March so that children can practice balancing play food and drinks to assist them with carrying their trays once they transition to kindergarten. We will introduce cafeteria-style lunch and eating in the gym sometime in April for an actual hands-on experience with using lunch trays. We are unable to visit the local school systems this year for a Kindergarten Day, however, we will advise Spencer Elementary and Wheeler Elementary's Kindergarten Registration date as soon as they forward the flyers to us. Additional information concerning registration will be sent in April. Don't forget to check out the "Transition to Kindergarten" power pack to work with your child at home on Kindergarten skills and help prepare them for this transition. We also plan on having a "county bus training" for the children who are transitioning to kindergarten which will consist of actually riding one of the school system buses for a short trip to experience the difference in riding on a larger bus without seat belts. Also Van Buren County Head Start staff will work with the local school system(s) and share your child's written records to the kindergarten they will be attending.

If you have any questions or concerns, please feel free to contact me.

Rita Mayfield, Assistant Mentor Coach/Education Supervisor



## 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 require 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.



**nubites**<sup>TM</sup>  No. 481  
nutrition tips for today's families

## mashed potatoes

3 medium potatoes  
1 teaspoon butter  
½ cup skim milk  
Salt and black pepper

1. Peel the potatoes and cut into large chunks. Place the potatoes in a pan with enough water to cover the potatoes. *(Add ¼ teaspoon salt with 2 to 3 quarts of water)*
2. Cook potatoes over medium high heat for 20 minutes, or until tender. Drain the water off the potatoes.
3. Add milk and butter to the potatoes. Use a potato masher or electric beater to slowly blend milk into the potatoes until fluffy. Add more milk if needed. Season with salt and black pepper.



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**nubites**<sup>TM</sup>  No. 457  
nutrition tips for today's families



## 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*











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# April

## Activity Calendar

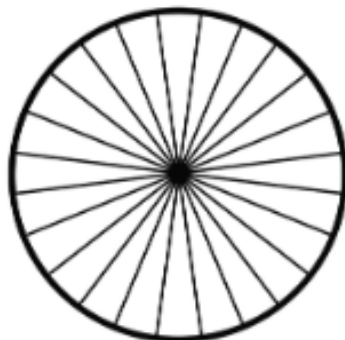
# Where Do You Live?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar created by: <b>Dr. Pamela B Connor- Educational Trainer and Consultant</b></p> <p>Calendar Translated by: <b>Manuela Rodriguez</b></p>   			<p>1. Make a card for your child with their name, address, and phone number on it. Make sure to keep it with you whenever you go to public places.</p>	<p>2. It is never too early to start teaching your child their address and phone number! Make up a song to help remember!</p>	<p>3. Teach your child never to open the front door of your home unless an adult is with them. If someone knocks, they should go and get a grown-up!</p>	<p>4. <b>Weekend Wrap-Up</b> Visit your local library and check out some books on different types of homes and places where people live!</p>
<p>5. <b>A Family Makes a Home</b></p> 	<p>6. Have your child draw a picture of your family members. Frame around the photo with craft sticks; add two for a roof. Cut around the sticks, add a magnet on the back, and show off your family!</p>	<p>7. "These are the people in my family, in my family, in my family. (say them one by one). These are the people in my family, and they all live in my home!"</p>	<p>8. Write each family member's name in glue on a paper plate. Let your child add more glue dots and then sprinkle glitter on top. Hang these nameplates on bedroom doors!</p>	<p>9. <b>ACTIVITY PAGE</b>  "Family Wheel"</p>	<p>10. Mark the height of each family member on a wall or door frame. Put their name and the date. Every month, each family member goes to the same spot to see who has grown!</p>	<p>11. <b>Weekend Wrap-Up</b> It is time to clean house! Spend the day as a family gathering up clothes, toys, and other household items that aren't being used anymore. Donate them to a local charity!</p>
<p>12. <b>Favorite Rooms in your Home</b></p> 	<p>13. The bathroom can be so much fun if you're having a bubble bath! Fill the tub with bubbles and plenty of toys, and supervise your child having a good and wet time!</p>	<p>14. Bedrooms are the coziest rooms in the house. Help your child set up a quiet corner in their room with pillows, a blanket, and some favorite books. They'll never want to come out!</p>	<p>15. What does a kitchen have that makes it the favorite? Food, of course! Fill a bottom drawer or cabinet with child-friendly snacks so when it is snack time, your child can take care of themselves!</p>	<p>16. <b>ACTIVITY PAGE</b>  "Shoebox Show Room"</p>	<p>17. Make your living room a family room, a place to do more than watch TV! Set up a table with an ongoing family puzzle or use the table for a weekly game night!</p>	<p>18. <b>Weekend Wrap-Up</b> Today is spring cleaning for the outside of your home! Do some yard work if you have a lawn or pick up litter if you have sidewalks around your house!</p>
<p>19. <b>Sticks, Stones, and Bricks!</b></p> 	<p>20. Fill small paper bags with paper until they sit upright. Fold down and staple the top shut. Using craft supplies, let your child make a whole block of houses!</p>	<p>21. Give your child different sizes of craft sticks to paint or color and then glue to paper to make different types of houses. They can draw trees, flowers, and sidewalks on the paper!</p>	<p>22. Using play tools, have your child "build" a house by hammering and screwing modeling clay. What kind of masterpiece will they build?</p>	<p>23. <b>ACTIVITY PAGE</b> <b>Come Home with Us</b></p> <p>Click the picture to view our featured book</p> 	<p>24. For a snack good enough for the 3 Little Pigs, serve your child shredded wheat (straw), pretzels (sticks), and cheese cubes (bricks). They can blow on these snacks to see which is the strongest before digging in!</p>	<p>25. <b>Weekend Wrap-Up</b> Do you have family or friends who live in a different city, state, or country? Show your child where they live on a map and then send them a fun card to say hello!</p>
<p>26. <b>Everything has a Home</b></p> 	<p>27. Toys have a home just like we do! Set up a bin for your child to put their toys when they clean up. Tell them, "Put the toys in their home!"</p>	<p>28. Set up animal homes in sensory bins-water, straw, dirt- and add some play animals, birds, etc. to each one to create habitats!</p>	<p>29. Let your child help put groceries in their "homes". Cold foods in fridge or freezer. Dry foods in cabinets. Toothpaste in the bathroom. You get it!</p>	<p>30. <b>ACTIVITY PAGE</b>  "Chore Chart"</p>		



## Family Wheel

You have probably heard of a family tree, but what about a family wheel?? A family wheel starts with your child's picture in the center circle. Then, lines (spokes of the wheel) are drawn out from your child's picture, and family members' pictures are added to the end of each line. Their names and relationship to your child can be written under the photos. This is easier than a family tree because you can put the family members in whatever spot your child chooses, and if you have a mixed family, every member can be included! Your child can help determine the family photos, as well as the colors used to draw the lines and decorate the border around the family wheel; however, they like!



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## Chore Chart

There are lots of chores to do around the home, and everyone needs to pitch in! To help divide up the work, you will need some cardstock and stick-on magnets. Sit with your family and make a list of all the chores that need to be done- from feeding pets to folding or putting away laundry to washing the dishes. Then, cut pieces of cardstock into 2x2 squares (one for each family member) and 2x4 rectangles (one for each chore). Let your child draw pictures of each family member on the squares and then write their names. Write each chore with a small picture on each rectangle strip. Then, help your child stick a magnet on the family pictures and the chores. Place these on your refrigerator or some other magnetic surface. Each family member can put their picture next to the chore they are responsible for each day. Your home will be in great shape with everyone pitching in!



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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

 [UCVBHEADSTART.ORG](http://UCVBHEADSTART.ORG)

