UCHRA Van Buren County Head Start

August

8/3/26- First Day of School

8/6/26- Toothbrushing/Handwashing Presentation

8/12/26- Vision Screenings

8/14/26- MVP Meeting

8/18/26- Dentist Coming

8/20/26- Food Bank Distribution-Fairgrounds

8/21/26- Parent Committee Meeting

8/24/26, 8/27/26,8/31/26 - Speech/Hearing Screenings

8/28/26- FRN Dino @ 2:30 PM



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

August Birthdays

Trinton

Uriah

Wremy

Haverley



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

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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.



nubites™ No. 461
nutrition tips for today's families

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

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nubites™ 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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August

Big Feelings

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant **Calendar translated by: Manuela Rodriguez.** Books by the Bushel LLC NWBOC 2022 CERTIFIED OhioWBE Women-Owned Business Enterprise						1. Start the month by visiting your local library and checking out books on feelings and emotions!
2. *Know Your Feelings Week*	3. Cover a tissue box with paper and draw feelings on each side. Have your child throw the "dice" and discuss what each feeling is and what makes them feel that way.	4. When your child is expressing an emotion because of some event, take a moment and name the feeling so they will start to know it themselves.	5. Take a moment at the end of each day to talk over events of the day and name the feelings that you and your child experienced. The highs and the lows!	6. ***ACTIVITY PAGE*** **Why Do I Feel Scared?** Click the picture to view our featured book 	7. Sit across from your child and make a feelings face. Tell them to make the same face, be your mirror! Then, talk about the feeling and what might make someone feel that way!	8. ***Weekend Wrap-Up*** Read any of your child's favorite books and point out the faces of the characters and see if your child can name their feelings!
9. Show Your Feelings Week	10. Feeling mad? Stomp your feet! Feeling sad? Ask for a hug! Feeling scared? Hold someone's hand! Teach your child the tools to manage their emotions effectively!	11. Simon says, "Show me that you're mad! "Simon says, 'Show me you're happy!" Play this game to explore facial expressions and body movements that show emotions.	12. Teach your child a color for a feeling. Red for mad. Yellow for happiness. Green for jealousy. If they can't describe what they are feeling, ask them what color they feel!	13. ***ACTIVITY PAGE*** **"Feelings Song"**	14. Doing puzzles with your child is a great way to show and discuss feelings. Feeling frustrated because a piece won't fit? Feeling proud because you finished it?	15. ***Weekend Wrap-Up*** Spend some time on this lazy summer Saturday looking through family pictures and talking about the events and feelings that are happening in each one!
16. Share Your Feelings Week	17. Create a card shop on a table in your home. Paper, crayons, glue, scrap paper, and other supplies. Let your child make cards for loved ones to cheer them up!	18. Thumbs-up and thumbs-down are great non-verbal cues to teach your child when they need to share their feelings with you in a place where they can't use words!	19. It is very important to set up playdates for your child to learn how to socialize, share their feelings, and resolve their own conflicts (with you nearby)!	20. ***ACTIVITY PAGE*** **"Silly Faces"**	21. Role-play with your child and baby dolls or stuffed animals. "Oh, baby Sally grabbed that toy from baby Billy. How do you think Billy feels?" Never too young to learn empathy!	22. ***Weekend Wrap-Up*** Take a walk and collect some rocks to make "worry rocks". Help your child paint happy faces on the rocks and tell them to grab one when they need a pick-me-up!
23. Opposites	24. Make a frown with your child and talk about being sad!	25. Play any game with your child where you must take turns. It **IS** your turn. It is **NOT** your turn. This helps with self-regulation of emotions as they must wait!	26. Yell "Green light" and then give a motion for your child to make, and they stop when you say, "Red light". This is a great way for your child to develop self-regulation skills!	27. ***ACTIVITY PAGE*** **"Stay or Go"**	28. Spicy and sweet. Hot and cold. Soft and crunchy. Let your child taste different foods and see how they feel about them!	29. ***Weekend Wrap-Up*** Spicy and sweet. Hot and cold. Soft and crunchy. Let your child taste foods to see how they feel about them!
30. Week	31. Turn the frown upside down and make a happy smile!					

Why Do I Feel Scared?

This book explores things that scare the main character and asks your child if they get scared, too. The scenarios explain how the main character deals with the fears and then ask your child how they deal with their fears. After reading this book, discuss any fears your child may have with them and write them down. Next to the fear, write down a way to deal with the fear, and then let your child throw away the paper when they have overcome the fear. For example, your child may be afraid to ride a bike. A way to overcome the fear is for you to hold the back of the seat until they get balanced. After many attempts, when your child starts riding a bike, let them throw the paper away! On to overcoming the next fear!



Created exclusively for Books by the Bushel, LLC by Pamela B Connor, Ed.D.

Feelings Song

Here's a fun song to teach to your child:

I have feelings (point to self)

So do you (point to child)

Let's all sing about a few.

I am happy (smile).

I am sad (frown).

I get scared. (Wrap arms around self and make scared face).

I get mad (make a fist and shake it or stomp feet).

I am proud of being me (hands on hips, shoulders straight, smile)

That's a feeling too, you see.

I have feelings (point to self)

You do, too (Point to child)

We just sang about a few.

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