



UCHRA VAN BUREN COUNTY HEAD START
HAND IN HAND TOGETHER WE CAN
www.vanburenheadstart.com

TEACHER'S CORNER

UCHRA Van Buren
County Head Start

April 1, 2010

Tell Me All About It

The more 3 and 4 year olds talk, the better they learn to listen

By Susan Miller, Ed.D

Talking and chatting are too important ways that pre-schoolers practice their listening skills. Three year olds love to hear themselves talk. They often ask and answer their own questions as they play. By age 4, children enthusiastically engage in conversations with friends and may even become involved in a lengthy "discussion" about a field trip or favorite playground games.

DOUBLE DUTY DIALOGUE

Conversations not only improve your preschooler's verbal skills, they teach her that she must listen carefully to gain information from others. You may notice that your child enjoys asking you questions to keep your talks going.

Telling stories or reading books out loud to your child is another fun way to enhance her listening skills. Preschoolers often ask to hear the same book over and over. This improves their memory and allows them to practice saying certain words as they help you to "reread" the story. Talking about what you read together also helps with vocabulary development.

In learning to be good listeners, preschoolers quickly catch on as to whether or not their parents or friends are earnestly listening to them. They are quite aware if others respond directly to them or pay more attention to distractions like the TV or a phone call. Fours, who can be rather demanding and expect your full attention, will pointedly ask, "Are you really listening to me?"

As preschoolers sharpen their listening skills, they begin to discover that while some words sound the same, they have different meanings. For instance, Dad tells 4 year old Chris to "duck". Chris squats down, laughs and quacks.

You can help your child improve her listening skills by playing games and saying nursery rhymes, but mainly by modeling good listening skills yourself - focus on her as she speaks, make eye contact, reflect on what she is saying, and resist interrupting.

TIPS

- Eliminate distractions and noise during conversations. Make sure your child can hear you; speak slowly and loudly enough.
- Sing songs with patterns. "Here We Go Looby-Loo" and "This Old Man" are fun to act out and are filled with repeating words.
- Have regular hearing checks. If your child seems to have trouble listening on a regular basis, talk to your pediatrician. A cold or other illness could affect his hearing temporarily.

**PERFECT
ATTENDANCE
March**

Ava Blanton
Logan Blaylock
Mason Mooneyham
Jesse Mullins
O.C. Woodlee
Addison Austin
Natalie Jennings
Alex Mullins
Kaston Scarbrough
T.J. Walker
Taylor Zea



EVENTS COMING IN APRIL

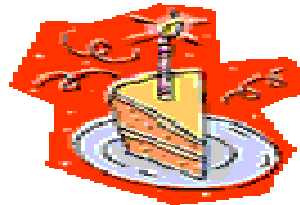
BIRTHDAYS FOR APRIL

PARENT'S CORNER

Thursday April 1	Child abuse Ribbon Ceremony
Monday April 12—16	Spring Break NO SCHOOL
Monday April 19	School Resumes

Mia Evens
Landon Medley

Happy Birthday!



READING NEWS

Make Reading Aloud Fun for Your Preschooler

Here are a few ideas for making read-aloud time more fun for you and your child:

- Have a puppet 'read aloud.' The puppet can also turn the pages.
- Let your child wear a hat or dress-up clothes.
- Enlarge the audience with your children's favorite dolls and stuffed animals. These polite listeners enjoy stories told by preschoolers, too.
- Ask a child to 'read' a wordless book to you.
- Encourage your children to value their books. Provide a shelf, shoebox, basket, or carton with their names on it for safe-keeping. Suggest pasting homemade book-plates inside books to identify their proud owners.
- If you have an audio cassette player, record a few of your family's read-aloud sessions. Choose books with rhymes or refrains so you can record your youngsters reciting along with you. Hearing their own voices played back gives young children confidence and encourages them to speak.

We have 100% participation in our
TOP READER PROGRAM

Health & Nutrition

10 Tips for a Heart-Healthy Refrigerator

- ♥ **Take stock of what's inside.** Once a month, pull everything out and separate the better-for-you foods from the rest. Make sure you have more low-fat, high-fiber and low sugar foods than other types, and, if not, consider gradually reducing the number. Choose more low-fat and fat-free dressings, condiments, sauces and tablespreads instead of full-fat ones.
- ♥ **Hide desserts.** Stow away desserts and other indulgent foods in the crisper, so they're "out of sight, out of mind." Most of the time, healthier foods like fruits and vegetables are the ones that perish the quickest and, therefore, should be kept on the refrigerator shelf where you can see and eat them. *(Americans on average waste about \$10 a week on produce that spoils.)*
- ♥ **Organize by "more" and "less."** Divide your refrigerator into different sections of "choose more often" and "choose less often." This could be by shelf or within the shelf, always keeping healthier foods up front and less-healthy foods toward the back.
- ♥ **Substitute lower-fat foods for higher-fat ones.** Some examples include skim or 1% milk for whole milk; soft margarine spreads for butter; and lean meats, chicken and fish for ribs, ground meat and other fattier meats. A simple substitution like soft margarine spreads instead of butter over a week's time can save you an entire day's worth of saturated fat.
- ♥ **Make healthy eating fun for the family** by color-coding foods with stars or heart stickers - use green for heart-healthy, and red for less healthy.
- ♥ **Make healthy food appealing.** Keep an indulgent topping or accompaniment next to a healthy food to make it more appetizing. Next time you want a snack, you'll be more likely to eat something healthy if the mixed nuts are next to the low-fat yogurt, or the chocolate syrup is beside the skim milk, ready to be mixed together.
- ♥ **Prepare leftovers as a meal for the next day.** Put the entree with the vegetables and other side items on a plate and cover for the next day's lunch or dinner to create a do-it-yourself balanced "TV" dinner.
- ♥ **Prepare foods as "ready to eat" meals** when you come home from grocery shopping. Cut up vegetables and fruits and store them in containers, so they'll be ready for the next meal or when you come looking for a ready-to-eat snack.
- ♥ **Freeze foods in portion sizes** to make healthy eating easier. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? The standard serving size for pasta is one cup (or the size of a Walkman) and half a cup for vegetables (about the size of a tennis ball).
- ♥ **Freeze fruit for fun.** Freeze fruits such as bananas, grapes and orange slices to make them more fun to eat for children. Next time they want a sweet snack offer them frozen fruit rather than ice cream.

Source: "Open the Door to Healthy Heart" campaign.

Van Buren County Head Start Menu April 2010

			1. B. Milk, Biscuit, Gravy, *Peaches L. Milk, Fish Patty, Peas, **Cole Slaw, Wheat Bread , Ketchup, Tarter Sauce S. Milk, Blueberries	2. No School
5. B. Milk, Saus. Egg Burrito, *Tomato Slices L. Milk, Pinto Beans, Turnip Greens, Mashed Potatoes, Cornbread S. Milk, Cheese Toast	6. B. Milk, Hot Apple Slices, Pancakes L. Milk, Chicken Patties, Corn on the Cob,* Lima Beans, Biscuit S. Milk, **Sliced Grapes	7. B. Milk, Peanut Butter & Jelly Mix on Wheat Toast, Banana L. Milk, ***Meat Loaf, Mashed Potatoes , *Pineapple Tidbits, Rolls S. **Tomato Juice, Cheese w/Crackers	8. B. Milk, Sausage Breakfast Pizza, *Orange Quarters L. Milk ***Spaghetti and Meat (Ground Beef) Sauce, Cauliflower & Broccoli, Ranch Dip, *Pears, Garlic Toast S. Milk, Cantaloupe	9. No School
12. No School	13. No School	14. No School	15. No School	16. No School
19. B. Milk, Saus. Egg Burrito, *Orange Quarters L. Milk, Salisbury Steak, Mashed Potatoes w/Gravy, * Peas, Rolls S. **Apple Juice, Animal Crackers	20. B. Milk, Biscuit, Gravy, *Tomatoes Wedges L. Milk, Fish Patty, Okra, **Cole Slaw, Wheat Bread S. Yogurt, Graham Crackers	21. B. Milk, Cream of Wheat, *Diced Peaches L. Milk, Pork Chops, Corn on Cob Green Beans, Rolls S. Milk, ** Cantaloupe	22.B. Milk, Eggs, Biscuit, *Apricots L. Milk, Turkey, Sweet Potatoes, Roll, **Pears S. Milk, Vanilla Wafers	23. No School
26. B. Milk, Applesauce, Blueberry Muffins L. Milk, ***Ground Beef and Spanish Rice, Green Beans, Beets, Rolls S. **Orange Juice, Wheat Cheese Toast	27. B. Milk,** Pears, Breakfast Sausage Gravy Pizza L. Milk, Chicken Fries, Baked Potato, *Broccoli-n-Cheese, Butter, Rolls S. Milk, Bug Bite Grahams	28. B. Milk, Oatmeal, **Diced Peaches L- Milk, Pinto Beans, *Turnip Greens, Corn, & Cornbread S-Milk, Cheese Crackers	29. B. Milk, Peanut Butter and Jelly Mix on Wheat Toast, Banana L. Milk, Meat(Ground Beef) Taco Salad, Taco Shells, Lettuce, *Tomato Wedges, Cheese, Taco Sauce, **Fruit Cocktail S. Milk, Sliced Grapes	30. No School

*Vitamin A-Every other Day **Vitamin C- Every Day New Food for the Month: Cantaloupe ***Recipe on File

Van Buren County Head Start Menu
April 2010

Early Years

WORKING TOGETHER FOR A GREAT START

April 2010

Compliments of
UCHRA Van Buren County Head Start

KID BITS



An earth-friendly home

Reusing household materials can teach your child to care about the environment. Together, think of ways to throw away less trash. For example, your family could use glasses and dishes instead of plastic cups and paper plates.

Postcard search

When you visit an aquarium, a zoo, or a museum, make the gift shop your first stop. Let your youngster choose one postcard. As you tour the exhibits, have him look for what's in the picture (electric eel, panda). You'll build his observation skills and keep his attention focused.

Sun protection

Spring means your little one will probably play outside more often. To protect her skin, use a sunscreen with an SPF of at least 15—even on cloudy days. Apply it 30 minutes before she goes out, and reapply every two hours or when she gets out of a pool.

Worth quoting

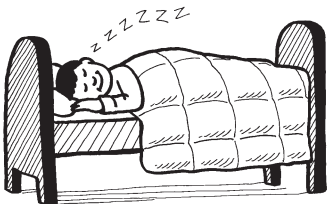
"The greatest glory in living lies not in never falling, but in rising every time we fall."

Nelson Mandela

Just for fun

Q: Why did the boy sprinkle sugar on his pillow?

A: So he'd have sweet dreams.



The three Cs of friendship

Friends make school, sports, and playtime more fun for your child. They can also boost his self-confidence and improve his social skills. Encourage your youngster to make friends by teaching him the three Cs of friendship.

Caring

Through words and actions, good friends show that they care about each other. Explain to your child that this can be as simple as smiling and saying hi to a friend at school or giving a compliment ("I like your drawing" or "Nice catch!"). He can also let a classmate know he cares by spending time with him. They might eat lunch together, sit side by side during story hour, or help each other at cleanup time.

Compassion

Your youngster can strengthen a friendship by showing compassion. Ask him to think about what makes him feel



better when he's unhappy (a high five, a funny joke). Suggest that he try one of those ideas when a friend is extra tired or feeling left out.

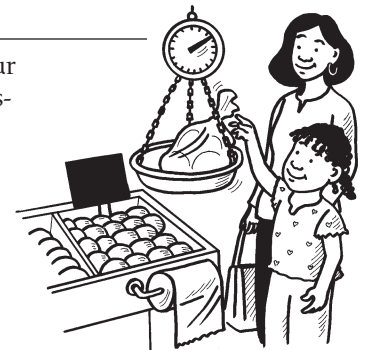
Cooperation

Taking turns and sharing are important skills for making friends. When your child invites a classmate home and they're deciding what to play, teach him to let his guest choose first. Then, it will be his turn to pick what they'll do next. If they are coloring, encourage your youngster to share his favorite crayons.♥

A healthy diet

The grocery store is a great place to teach your youngster about healthy eating. Try these suggestions as you shop together:

- Let your child decide which fruits and vegetables she wants. Explain that choosing a variety of colors (red apples, orange carrots, green beans) will give her different vitamins that she needs to stay healthy.
- Point out nutrition labels on dairy products. Tell your youngster that calcium builds strong bones and teeth. Together, look for calcium on the labels of dairy products like milk, yogurt, and cheese.
- Explain that the healthiest grains are labeled "100% whole." Ask your child to look for the "100" on bread, crackers, and pasta.♥



Write away

Homemade books can make your child feel like a “real” author. Follow these steps to build her writing skills:

1. Stack three pieces of white paper on a sheet of construction paper. Fold all four sheets in half. Staple along the fold, and show your youngster how the pages open like a book.
2. Talk about things your child may want to write about. For instance, she could make a book that gives directions for an activity she likes, such as riding a scooter.



Or she might write a story about her friend’s new pet. She could also make a book about a topic (sports) that names a different kind on each page (soccer, baseball).

3. Suggest that she start by drawing a picture on every page. Ask questions to prompt her. *Examples:* “What’s the first thing you do to ride a scooter?” “What does the guinea pig eat?” “What are four sports that you like?”

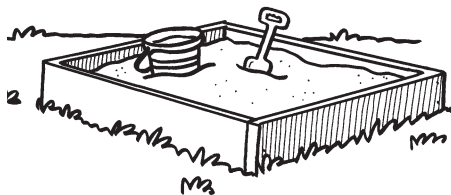
4. Help your youngster add words below each picture. You might say, “You know lots of words. How about writing some on your pages that tell about princesses?” ♥



Q & A Switching gears

Q: When my daughter Chloe has to stop doing something she likes, she gets upset. How can I help her switch activities more easily?

A: Children often find it hard to stop a fun activity. You can make it easier by giving your daughter a heads-up. At the park, you might say, “We have to get your sister in 10 minutes. Do you want to play in the sandbox before we leave?”



Having something to look forward to may also help your youngster. When it’s time for bed, you can say, “We’ll read a story when you’re tucked in.”

Another idea is to sing a special song as you change activities. You can sing “We’re getting in the car” or “It’s time to go to bed” to the tune of “The Farmer in the Dell.” ♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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PARENT TO PARENT

Wants vs. needs

My son Ben went through a phase when he begged for everything he saw. He would “need” a toy just like his friend’s or want a game that he saw in a catalog.

I explained to Ben that *needs* are necessary things, such as a safe place to live and clothes to keep him warm. *Wants* are nice to have but not required. To help him understand, we walked around the house pointing out needs (jacket, blanket) and wants (stuffed animals, blocks). Ben was surprised to learn that he had many more wants than needs.

The next time Ben said he needed to watch a TV show, I reminded him of our conversation. He said, “Oh, yeah, I mean I *want* to watch it.” He’s also doing a little better about not asking me to buy things. ♥



ACTIVITY CORNER

My shoe store

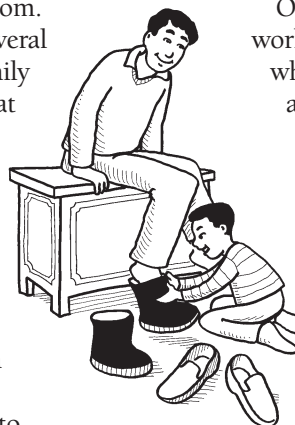
Playing shoe store is fun and educational. Here’s how to help your little one set up shop in your living room.

Let your youngster get several pairs of shoes from each family member’s closet. Suggest that he pick different kinds (boots, sandals, sneakers). He can practice classifying—an important math and science skill—by brainstorming several ways to arrange them. For instance, he could sort them according to color (brown, black, white), size (smallest to

largest), season (summer, winter), or purpose (sports, dress).

Once his store is set up, he can work on language skills. Ask him what a salesperson might say to a customer. (“May I help you?” “What kind of shoes are you looking for today?”) He can pretend to be the clerk and help family members choose and try on shoes.

Note: Be sure he puts everyone’s shoes back when he “closes” his shop! ♥



Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Abril de 2010

Compliments of
UCHRA Van Buren County Head Start

NOTAS BREVES



Un hogar amigo de la tierra

Reusar materiales domésticos puede enseñar a sus hijos a preocuparse por el medio ambiente. Piensen en maneras de tirar menos basura. Por ejemplo su familia podría usar vasos y platos en vez de utensilios de papel.

Busca de postales

Cuando visiten un acuario, un zoo o un museo vayan primero de todo a la tienda. Que su hijo elija una tarjeta postal. Cuando visiten las distintas salas, dígame que busque lo que está en la postal (anguila eléctrica, panda). Desarrollará sus dotes de observación y mantendrá su atención.

Protección solar

Con la llegada de la primavera es probable que su hija juegue más tiempo al aire libre. Para protegerle la piel use una crema de protección solar con un FPS de 15 por lo menos, incluso en días nublados. Aplíquese la 30 minutos antes de que salga y vuelva a aplicarla cada dos horas o cuando salga de la piscina.

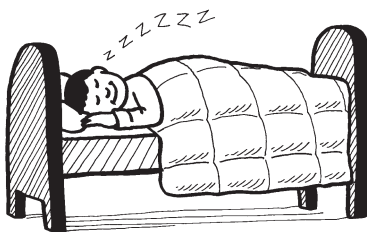
Vale la pena citar

“La mayor gloria de nuestra vida no se encuentra en no caer nunca, sino en levantarnos cada vez que nos caigamos”.
Nelson Mandela

Simplemente cómico

P: ¿Por qué colocó el niño azúcar en su almohada?

R: Para tener dulces sueños.



Las tres Ces de la amistad

Los amigos aumentan el placer de su hijo en la escuela, los deportes y los juegos. También pueden reforzarle la confianza en sí mismo y mejorar sus destrezas sociales. Anime a su hijo a hacer amistades enseñándole las tres Ces de la amistad.

Cariño

Los buenos amigos se demuestran, con palabras y actos, que se tienen afecto. Explique a su hijo que esto puede ser tan sencillo como sonreír o decir hola a un amigo en la escuela o felicitar a alguien (“Me gusta tu dibujo” o “¡Buena jugada!”). También puede expresar afecto a un compañero pasando tiempo con él. Podrían almorzar juntos, sentarse en sillas contiguas durante la hora de cuentos o ayudarse cuando tengan que recoger sus cosas.

Compasión

Su hijo puede fortalecer una amistad mostrando compasión. Pregúntele qué hace que se sienta mejor cuando está disgustado (una sonrisa, un chiste divertido).



Sugíerale que pruebe con una de esas ideas cuando un amigo esté especialmente cansado o se sienta marginado.

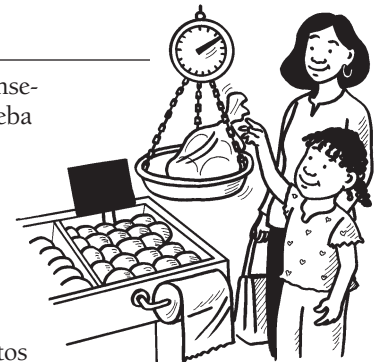
Cooperación

Saber turnarse y compartir son habilidades importantes para hacer amistades. Cuando su hijo invite a su casa a un compañero y tengan que decidir a qué jugar, dígame que permita que su invitado elija primero. Luego le tocará a él elegir lo que harán a continuación. Si pintan, anime a su hijo a compartir con su amigo sus pinturas de cera favoritas.♥

Una dieta sana

El supermercado es un sitio estupendo para enseñar a su hija a comer de forma sana. Ponga a prueba estas sugerencias cuando compren juntas:

- Que su hija decida qué frutas y verduras quiere. Explíquele que elegir una variedad de colores (manzanas rojas, zanahorias de color naranja, habichuelas verdes) le proporcionará diversas vitaminas que necesita para estar sana.
- Indíquele las tablas de nutrición en los productos lácteos. Dígame a su hija que el calcio fortalece los huesos y los dientes. Busque el calcio en las etiquetas de productos lácteos como leche, yogurt y queso.
- Explíquele que los cereales más sanos llevan la etiqueta “100% integral”. Dígame que localice el “100” en pan, galletas y pasta.♥



A escribir

Los libros hechos en casa pueden lograr que su hija se sienta como una “verdadera” escritora. Siga estos pasos para desarrollar su destreza con la escritura:

1. Apilen tres folios de papel blanco sobre un cartulina. Doblen los cuatro papeles por la mitad. Grapen a lo largo del pliegue y enseñe a su hija que las páginas se abren como las de un libro.
2. Hablen de cosas sobre las que le gustaría escribir a su hija. Por ejemplo, podría hacer un libro de instrucciones para una actividad que le gusta como, por ejemplo, montar en monopatín. También podría



4. Ayude a su hija a añadir palabras bajo cada dibujo. Podría decirle: “Sabes muchas palabras. ¿Por qué no escribes algunas en tus páginas para hablar de las princesas?” ♥

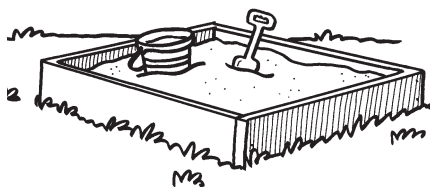
escribir un cuento sobre el nuevo animal mascota de su amiga. Otra idea es hacer un libro que mencione un deporte distinto (fútbol, béisbol), comida o princesa de cuento de hadas, por ejemplo, en cada página.

3. Sugírela que dibuje algo distinto en cada página. Hágale preguntas para inspirarla. Ejemplos: “¿Qué es lo primero que haces para montar en monopatín?” “¿Qué come un conejillo de Indias?” “¿Cuáles son los cuatro deportes que más te gustan?”

P & R Cambiar de marcha

P: Mi hija Chloe se enoja cuando tiene que dejar de hacer algo que le gusta. ¿Cómo puedo ayudarla a que pase con más facilidad de una actividad a otra?

R: A los niños les suele costar trabajo dejar de hacer algo con lo que están disfrutando. Hágaselo más fácil a su hija avisándole con antelación. Cuando estén en el parque podría decirle: “Tenemos que ir a por tu hermana dentro de 10 minutos. ¿Quieres jugar en el arenero antes de que nos marchemos?”



Saber que le espera algo agradable puede también serle útil a su hija. Cuando llegue la hora de irse a la cama podría decirle: “Leeremos un cuento en cuanto te arrope”.

Otra idea es cantar una canción especial cuando cambien de actividad. Pueden cantar “Vamos al auto” o “Es hora de dormir” con la melodía de “El granjero en el valle” ♥

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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DE PADRE A PADRE

Necesidades frente a deseos

Mi hijo Ben pasó una temporada en la que pedía todo lo que veía. “Necesitaba” un juguete como el de su amigo o quería un juguete que había visto en un catálogo.

Le expliqué a Ben que las *necesidades* son cosas necesarias, con un sitio seguro donde vivir y ropas para estar abrigado. *Los deseos* son agradables pero no imprescindibles. Para ayudarlo a entender esto, fuimos por toda la casa señalando necesidades (chaqueta, manta) y deseos (animales de peluche, bloques). A Ben le sorprendió ver que tenía más deseos que necesidades.

Un tiempo después, cuando Ben dijo que necesitaba ver un programa de TV, le recordé nuestra conversación. Respondió: “Ah, ya, quiero decir que *quiero* verlo”. También ha mejorado un poquito y no me pide tantas veces que le compre algo. ♥



RINCÓN DE ACTIVIDAD

Mi zapatería

Jugar a la zapatería es divertido y educativo. He aquí cómo puede ayudar a su pequeño a abrir una tienda en su cuarto de estar.

Dígale a su hijo que traiga varios pares de zapatos del armario de cada miembro de la familia. Sugírela que elija tipos distintos (botas, sandalias, zapatillas de deportes). Puede practicar la clasificación—una importante habilidad para matemáticas y ciencias—pensando en varias formas de colocarlos. Por ejemplo, podría organizarlos por color (marrón, negro, blanco), tamaño (de más

pequeño a mayor), temporada (verano, invierno) o función (deportivos, de vestir).

Una vez que la tienda esté lista puede practicar destrezas del lenguaje. Pregúntele qué le podría decir un vendedor a un cliente. (“¿En qué puedo servirle?” “¿Qué tipo de zapatos busca?”) Su hijo puede hacer de dependiente y ayudar a los miembros de su familia a elegir zapatos y a probárselos.

Nota: ¡Asegúrese de que vuelve a colocar los zapatos de todos en su sitio cuando “cierre” su zapatería! ♥

