

# Hand in Hand Together We Can

October 1, 2009

## UCHRA Van Buren County Head Start

[www.vanburenheadstart.com](http://www.vanburenheadstart.com)

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**You are Invited to our Open House  
October 8, 2009  
Starting at  
8:00 AM to 5:00 PM**

**Celebrating the Arts  
Children's masterpieces will be  
displayed along with Picturing America.  
Refreshments will be served**

**Come and enjoy a fine day with us at  
UCHRA Van Buren Co. Head Start**

### SEPTEMBER PERFECT ATTENDANCE

Addison Austin  
Christopher Bayless  
Kaley Blanton  
Veronica Blanton  
Logan Blaylock  
Christopher Hastings  
Leon Hoda  
Cameron King  
Zachary McQuiston  
Alex Mullins  
Lacy Russell  
Kaston Scarbrough  
Telisha Torres  
T.J. Walker  
Taylor Zea

### UCHRA Van Buren Co. Head Start Center Received a Grant to Enhance Our Playground

We were very excited when we received the news that we were one of the 351 recipients to receive a \$5,000 grant for our playground from the **Head Start Body Start National Center for Physical Development and Outdoor Play**. The children are waiting as patiently as they can for new equipment to enjoy while they develop growth in the gross motor area.

# EVENTS COMING IN October

**Thursday  
October 8**                      **Open House**

**Monday-Tuesday  
October 12 – 13**              **NO SCHOOL  
Fall Break**

**Thursday  
October 15**                      **NO SCHOOL  
Staff Attending  
TAEYC  
Conference**

**Monday  
October 26**                      **Field Trip  
Autumn Acres**

**Tuesday  
October 27**                      **Dental Visit**

## Birthdays For October

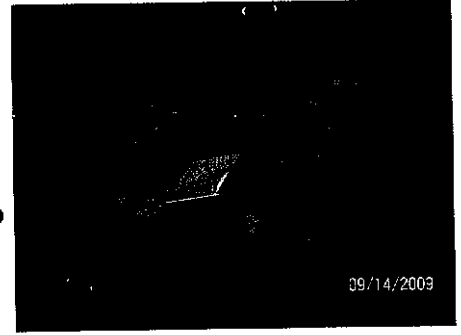
**HAPPY BIRTHDAY**

Elias Bickford  
Christopher Hastings



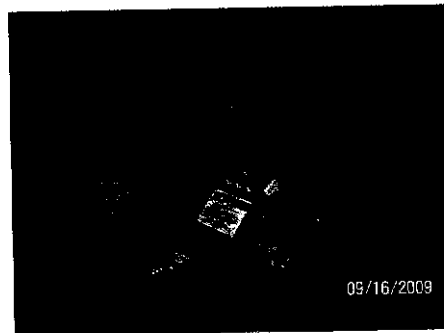
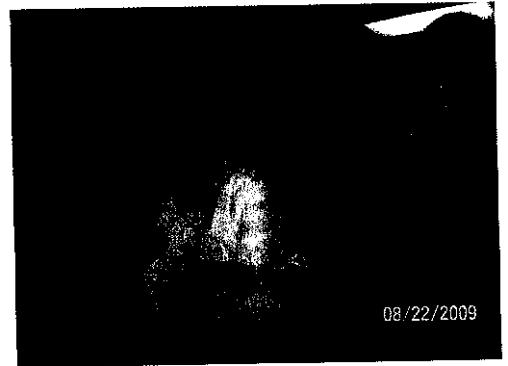
## WHAT WE DID IN SEPTEMBER

Mr. Zach  
Fetcher from the  
Fall Creek Falls  
Fire Department  
came and read to  
us, he is our first  
community  
reader!



Mr. R.C.  
Christian  
came and  
taught us  
about Gun  
Safety and  
how to buckle  
up!

Nurse April  
came to see us  
and  
show us how  
To stay well!



Mr. Barry Austin  
presented us with  
a gift of the  
America Flag  
That was flown  
with our troops in  
Afghanistan

## HEALTH & NUTRITION

### Make Physical Exercise Part of Your Daily Routine

You know that as an adult you have to exercise your body if you want to stay healthy. Children, too, need to exercise to build strong bones and muscles, have a healthy weight, and to be alert during the day and sleep well at night. Exercise isn't just jumping jacks and pushups. Any kind of movement that increases your heart rate or strengthens your muscles and your bones is exercise.

## READING NEWS

### READING TO CHILDREN IS THE MOST IMPORTANT THING PARENTS CAN DO TO ENSURE SUCCESS IN SCHOOL!!

Before a child can learn to read, they need to understand things about print. Between the ages of two and four, a child learns that words express meaning, that letters strung together make words, and that words strung together makes sentences. A child learns that English print always follows a left to right and top to bottom progression. They learn that pages in a book turn a certain way and that both words and pictures provide meaning. Children begin to recognize printed words like 'stop' and 'Cheerios' and 'Elmo'. This awareness of print is a important element in preschool literacy. The best way to build print awareness in young children is to read to them frequently and to talk about words and books with them while reading. Explain what a title is; put your finger under each word as you say it aloud. Let your child point to words and pictures and turn the pages as you read. Read favorite stories again and again.

**BOOK FAIR IS COMING OCTOBER 5TH THROUGH 9TH  
8:00 AM TO 4:00 PM**

## Teacher's Corner

### BUILDING BLOCKS FAMILY

#### Time with your Kids

Parents involvement is fundamental for children's mental health and well-being. The family activities suggested in this section are designed to help you spend, with ease, enough quality family time during your day to ensure that you're involved in every aspect of your child's life. Even the most ordinary events can turn into opportunities for bonding, communicating, and LEARNING!

#### The World Around Us

Exploring nature brings awe and wonder into children's lives. Studies show that experiencing nature is an important ingredient for physical, academic, and emotional growth. Making a connection to nature heightens children's curiosity and develops a desire to explore the world around them. With this knowledge, children learn to protect and preserve the natural environment.

#### Play Games Together

Many board or online games are excellent tools for teaching logic, reading readiness, classification, sound and color discrimination, and/or memorization. Time spent in learning how to play and in playing quality games is time spent on EDUCATION.

#### Learning to Love Reading

Learning to read is a continuous process for children that begins early and is greatly influenced by parents and caregivers. The importance of reading to children can't be overemphasized: it improves brain growth, language development, and ACADEMIC ACHIEVEMENT!

**Being a Good Citizen.** Being a good citizen means thinking about others. Good citizens help others-at home, at school, in the neighborhood, and in their communities. Families work together to tackle "good deeds" projects. But, it is important to keep in mind your child's interests and abilities when choosing an activity.

#### Tips on Time

One of the most important things you can do to safeguard your children is to spend time with them. When strong ties are formed between children and their families, children are less likely to develop drug problems.

# Early Years

WORKING TOGETHER FOR A GREAT START

October 2009

Compliments of  
UCHRA Van Buren County Head Start

## KID BITS



### "What's your opinion?"

Give your youngster's self-esteem a boost by asking—and listening to—her opinion. Ask her which book she thinks would make a good movie. Or let her decide whether to wrap a gift in red or blue paper. You'll show her that her ideas are important.

### Family car wash

It's a workout, a chore, and a good time: washing your car together. Give each person a sponge and one area of the car to soap. You might put your child in charge of doors, for example. Then, take turns hosing off your section.

### Pumpkin decorating

Bring out your youngster's artistic side by letting her paint a pumpkin. She could make a smiley face on one side and a spooky one on the other. Or she might try something totally different, like flowers or rainbows. *Tip:* Acrylic or poster paints will work best.

### Worth quoting

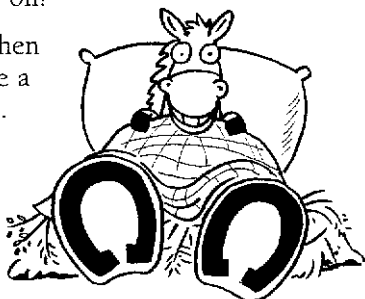
"Act as if what you do makes a difference. It does."

*William James*

### Just for fun

**Q:** When do you go to bed with your shoes on?

**A:** When you're a horse.



## Be a good citizen

How can you help your youngster grow up to be a helpful, responsible member of the community? Start by showing him what good citizens do—and then let him do his part. Here are some ideas.

**Find role models.** Let your child see good citizens at work. Take him to a fire or rescue station (call ahead to find out a good time to visit). He may be able to sit inside emergency vehicles and hear firefighters or rescue workers describe their jobs (putting out fires, helping people who are sick or hurt). You can also invite him along if you volunteer in a soup kitchen or help clean up the neighborhood.

**Take action.** At home, discuss ways your youngster can be a good citizen. He can encourage family members to wear seatbelts by posting a sign in the car. Help him write "Click it!" and have him draw and color a picture of himself buckled in. He might also help you pack up toys



to donate to charity or boxes of toiletries to send to soldiers.

**Discover democracy.** Explain that adults have a say in government when they vote to choose leaders such as mayors and presidents. Suggest that your little one participate by writing a letter to the president. He can dictate sentences to you about things he cares about ("I'm worried about dogs that don't have homes"). Help him mail the letter to: The President, The White House, 1600 Pennsylvania Avenue NW, Washington, DC 20500. ♥

## Dramatic play

Acting out fairy tales can build your child's language, imagination, and planning skills. Here's how she can stage her production:

1. Let her choose a familiar story and decide which roles to act out. For "Goldilocks and the Three Bears," she might be Goldilocks and Baby Bear while you are Mama Bear and Papa Bear.
2. Ask your youngster to find props around the house. She may use bowls for the bears' porridge and different-sized pillows for their beds.
3. Read the book aloud and act out your lines. As Goldilocks, your child can taste porridge and lie down on the beds. Stop to let her say Baby Bear's lines ("Somebody's been sleeping in my bed..."). Encourage her to use as much expression as possible. ♥

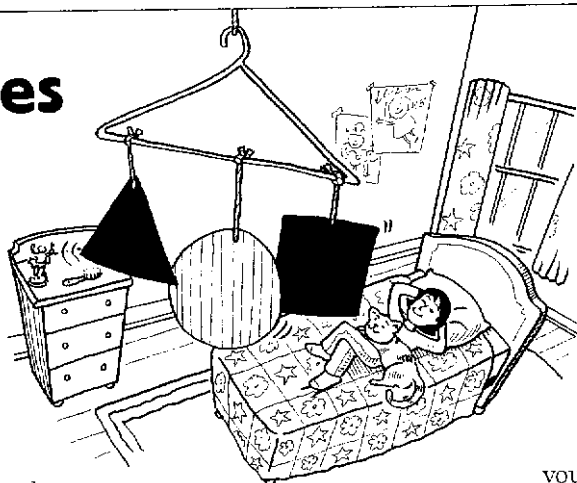


# A world of shapes

Zoe's sandwich is cut into triangles, Ellis's checkerboard has lots of squares, and Jill's hula hoop is a circle. Shapes are everywhere! Introduce your child to geometry with these three activities.

## 1. Find shapes

Play "I Spy" to point out real-life shapes to your youngster. Describe an object for her to guess. "I spy a square. It's soft and red. What is it?" (A couch pillow.) Talk about what makes it square: it has four sides that are the same length and four corners. Then, let her choose an object for you to guess.



## 2. Make shapes

Building a mobile can teach your child shape names. Have her cut different shapes from construction paper, and help her label them (triangle, rectangle). Then, hole-punch the shapes, thread yarn through the holes, and tie them to a plastic clothes hanger.

## 3. Celebrate shapes

Declare a "Shape of the Day." If your youngster picks circles, she might eat pancakes with banana slices, wear a polka-dotted shirt, and play Frisbee. On triangle day, she could draw a picture using only triangles, read a book about triangles (try *Greedy Triangle* by Marilyn Burns), and make a large triangle outside with sidewalk chalk and walk along the edges. ♥

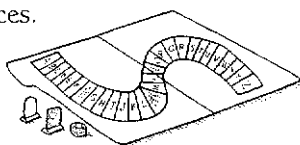
## ACTIVITY CORNER Starts with...



"Let's make a board game!" Your youngster will enjoy learning about letters and sounds with this homemade alphabet game.

**Materials:** file folder, pencil, markers, die, game pieces

Draw a two-inch-wide S-shaped path from one end of an open folder to the other. Make horizontal lines to create 28 spaces.



Have your youngster use colored markers to write a letter (A to Z, in order) in each space. He should leave two blanks where you can write fun instructions: "Fell in alphabet soup. Go back two spaces." "Sing the ABC song and advance to M."

To play, roll the die and move that many spaces with your game piece. Then, say a word that starts with the letter you land on (example: "elephant" for E). *Tip:* Help your child by reminding him what sound the letter makes. The first player to reach Z wins. ♥

## PARENT TO PARENT

### Overcoming language barriers

My son wanted to play with Tim, a boy in his class who was learning English. But Mark didn't know how to talk to him. I asked my friend who teaches English as a Second Language for advice, and she said children this age usually learn English quickly. And the more other children talk to them, the faster they learn.



She suggested that Mark say hello to Tim each morning and good-bye each afternoon. He might point to the book corner and say, "Do you want to read together?" On the playground, he could motion to the sliding board and say, "Let's go down the slide."

My friend was right. After less than a month, Mark told me Tim is using more English. And now, my son says "hello" and "good-bye" in Korean! ♥

## Q & A Rewards for good behavior?

**Q:** I know some people give their children stickers to get them to behave better, but lately I've been hearing that this may not be a good idea. What else can I try to help my daughter behave?

**A:** Giving stickers or other rewards can seem like a good idea at first. But it may be more effective to show your child that doing the right thing comes with built-in rewards. For example, point out the automatic consequences

of good behavior: "Let's put the trains away quickly so we'll have more time to play at the park."

The feeling that comes from behaving well is another built-in reward. Help your youngster understand that she should be proud of her accomplishments. You might say, "You've learned to stay in bed all night. You must feel like such a big kid."

With your guidance, your daughter will see that the results of doing what's right are rewards that she can earn all by herself. ♥



### OUR PURPOSE

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

Resources for Educators, a division of Aspen Publishers, Inc.  
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# Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Octubre de 2009

Compliments of  
UCHRA Van Buren County Head Start

## NOTAS BREVES



### “¿Qué te parece?”

Refuerce la autoestima de su hija preguntándole—y escuchando—su opinión. Pregúntele qué libro cree ella que sería una buena película. Deje que decida si envuelve un regalo en papel rojo o en papel azul. Le dará a entender que sus opiniones son importantes.

### Lavado de auto en familia

Es ejercicio físico, una tarea y algo divertido: lavar el auto juntos. Dele a cada persona una esponja y asigne una parte del auto para que lo lave. Podría encargar a su hijo de las puertas, por ejemplo. A continuación, túrnense aclarando sus secciones.

### Decorar calabazas

Estimule el lado creativo de su hija sugiriéndole que pinte una calabaza. Podría hacer una cara sonriente en un lado y una de miedo en el otro. O bien podría probar algo totalmente distinto como flores o el arco iris. *Idea:* Las pinturas acrílicas o para carteles darán los mejores resultados.

### Vale la pena citar

“Acrúa como si lo que hicieras fuera importante. Lo es.”

William James

### Simplemente cómico

**P:** ¿Cuándo te vas a dormir con los zapatos puestos?

**R:** Cuando eres un caballo.

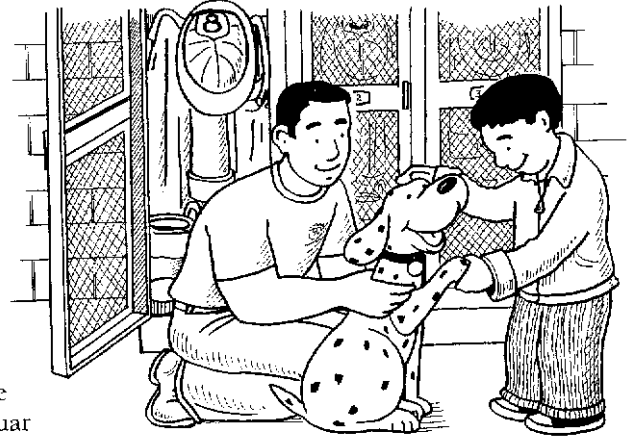


## Ser buen ciudadano

¿Cómo puede ayudar a su hijo a ser un miembro de la comunidad útil y responsable? Enséñele ante todo lo que los buenos ciudadanos hacen y luego deje que él haga lo que le corresponde. He aquí algunas ideas.

**Encuentren modelos.** Que su hijo vea buenos ciudadanos en acción. Llévelo a una estación de bomberos o a una de rescate (llame previamente para averiguar cuál es el mejor momento para la visita). Quizá su hijo pueda sentarse dentro de los vehículos para emergencias y escuchar a los bomberos o a los paramédicos describir sus trabajos (apagar incendios, ayudar a personas enfermas o heridas). También puede invitarlo a ir con usted si hace voluntariado en un comedor gratuito o ayuda a limpiar su barrio.

**Actúen.** Comenten en casa cómo puede su hijo ser un buen ciudadano. Puede animar a otros miembros de la familia a ponerse los cinturones de seguridad colocando una señal en el auto. Ayúdelo a escribir “¡Abróchate!” y dígame que dibuje y pinte



una imagen de sí mismo con el cinturón puesto. También podría ayudar a empaquetar juguetes para darlos a una organización benéfica y cajas de artículos de limpieza para enviarlos a los soldados.

**Descubran la democracia.** Explique que los adultos pueden participar en el gobierno cuando votan para elegir líderes como alcaldes y presidentes. Sugiera a su pequeño que participe escribiendo una carta al presidente. Puede dictarle a usted frases sobre cosas que le preocupan (“Me preocupan los perros sin hogar”). Ayúdelo a enviar la carta a: The President, The White House, 1600 Pennsylvania Avenue NW, Washington, DC 20500. ♥

## Teatro de cuentos de hadas

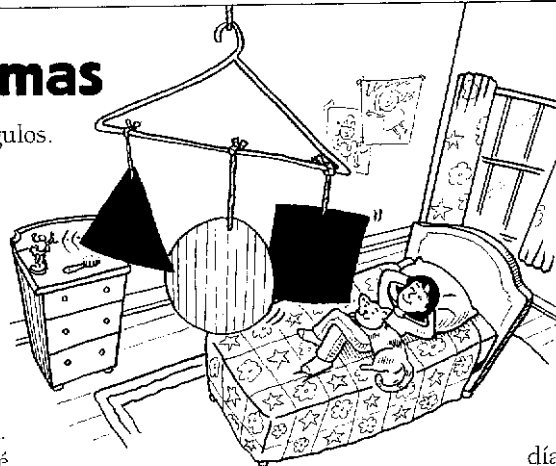
Representar cuentos de hadas puede fortalecer las habilidades de lenguaje, imaginación y planificación de su hija. He aquí cómo puede organizar su representación:

1. Que su hija elija una historia que conozca bien y decida qué papeles va a representar. Para “Ricitos de oro y los tres osos” ella podría ser Ricitos de oro y el Osito pequeño mientras que usted puede hacer de Mamá Osa y Papá Oso.
2. Diga a su hija que busque accesorios por la casa. Puede usar cuencos para la papilla de los osos y almohadas de distintos tamaños para las camas.
3. Lean el libro en voz alta y representen sus líneas. Ricitos de Oro puede probar la papilla y tumbarse en las camas. Deténgase para que ella diga las líneas del Osito (“Alguien ha dormido en mi cama...”). Anímela a ser tan expresiva como pueda. ♥



# Un mundo de formas

El bocado de Zoe está cortado en triángulos. El tablero de ajedrez de Ellis tiene muchos cuadrados y el aro hula de Jill es un círculo. ¡Hay formas por todas partes! Introduzca a su hija en el mundo de la geometría con estas tres actividades.



## 1. Encontrar formas

Jueguen al “Veo, veo” para que su hija vea formas en lo que les rodea. Describa un objeto a fin de que ella adivine de qué se trata. “Veo, veo un cuadrado. Es rojo y blando. ¿Qué es?” (El almohadón del sofá.) Hablen de lo que lo hace cuadrado: tiene cuatro lados de la misma longitud y cuatro esquinas. A continuación, que ella elija un objeto para que usted lo adivine.

## 2. Hacer formas

Construir un móvil puede enseñar a su hija los nombres de las formas. Dígame que corte distintas formas en cartulina y ayúdela a etiquetarlas con su nombre (triángulo, rectángulo). A continuación, perforen las formas, pasen un cordón por los agujeros y átenlas a una percha de plástico.

## 3. Divertirse con formas

Declaren cuál es la “Forma del día”. Si su hija elige círculos podría comer panqueques con rodajas de banana, ponerse una blusa de lunares o jugar al Frisbee. El día del triángulo podría dibujar una imagen usando sólo triángulos, leer un libro sobre triángulos (*Greedy Triangle* de Marilyn Burns) y hacer fuera de casa un triángulo grande con tiza y caminar sobre sus lados. ♥

### RINCÓN DE ACTIVIDAD

### Empieza con...

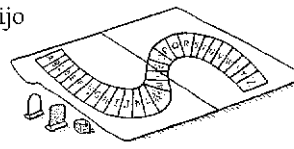
“¡Vamos a hacer un juego de mesa!” Su hijo disfrutará aprendiendo letras y sonidos con este juego del abecedario hecho en casa.

**Materiales:** carpeta para archivar, lápiz, marcadores, dado, fichas de juego

Dibujen un camino en forma de S de dos pulgadas de ancho desde un extremo de la carpeta abierta hasta el otro extremo. Hagan líneas horizontales para crear 28 espacios.

Diga a su hijo que use marcadores de colores para escribir una letra (de la A a la Z, por orden) en cada espacio. Debería dejar dos en blanco para que usted escriba en ellos instrucciones divertidas: “Caíste en sopa de letras. Retrocede dos espacios” o “Canta la canción del ABC y avanza hasta la M”.

Para jugar, lancen el dado y avancen por el tablero el número de espacios que les salga. A continuación, digan una palabra que empiece por la letra en la que caen (ejemplo: “elefante” para la E). *Idea:* Ayude a su hijo recordándole el sonido que hace cada letra. Gana el primer jugador que llega a la Z. ♥



### DE PADRE A PADRE



## Vencer las barreras de la lengua

Mi hijo quería jugar con Tim, un niño en su clase que está aprendiendo inglés. Pero Mark no sabía cómo hablar con él. Le pedí consejo a mi amiga que enseña inglés como segunda lengua y me dijo que los niños de esta edad por lo general aprenden inglés rápidamente. Y cuanto más les hablan otros niños, más rápidamente aprenden.

Me sugirió que Mark saludara a Tim cada mañana y se despidiera de él cada tarde. También podría señalar el rincón de los libros y preguntarle en inglés: “¿Quieres que leamos juntos?” En el recreo, podría hacer un gesto hacia el tobogán y decirle: “Vamos a tirarnos por el tobogán”.

Mi amiga tenía razón: al cabo de menos de un mes, Mark me dijo que Tim está hablando más inglés. ¡Y ahora mi hijo dice “hola” y “adiós” en coreano! ♥



## ¡Premios al buen comportamiento!

**P:** Sé que algunas personas les dan a sus hijos pegatinas para que se porten mejor pero hace poco que he oído que quizá esto no sea muy buena idea. ¿Qué otra cosa puedo hacer para que mi hija se porte mejor?

**R:** Dar pegatinas u otros premios puede parecer, de entrada, una buena idea. Pero quizá sea más eficaz enseñar a su hija que hacer lo que es debido trae sus propias recompensas. Por ejemplo, indique las consecuencias automáticas del buen comportamiento:

“Vamos a colocar los trenes rápidamente para que tengas más tiempo de jugar en el parque”.

El sentimiento de satisfacción que llega con el trabajo bien hecho es otra recompensa incluida. Ayude a su hija a entender que debería sentirse orgullosa de sus logros. Podría decirle: “Has aprendido a quedarte toda la noche en la cama. Seguro que te sientes toda una niña mayor”.

Dirigida por usted, su hija verá que los resultados de hacer lo que es debido son recompensas que se gana ella misma. ♥



### 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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