



UCHRA Van Buren County Head Start  
 "Hand In Hand Together We Can"  
**February**



1/31/18

## Stop Norovirus!

Norovirus causes diarrhea and vomiting. It spreads easily from an infected person to others, especially in long-term care facilities. Elderly residents are more likely to become very sick or die from norovirus.

**Protect yourself and elderly residents from norovirus.**



**WASH YOUR HANDS**  
 Wash your hands often with soap and water for at least 20 seconds each time and avoid touching your mouth.



**CLEAN SURFACES**  
 Use a bleach-based cleaner or other approved product\* to disinfect surfaces and objects that are frequently touched.



**WASH LAUNDRY**  
 Remove and wash soiled clothes and linens immediately, then tumble dry.



**USE GOWN AND GLOVES**  
 Use gown and gloves when touching or caring for patients to reduce exposure to vomit or fecal matter.



**STAY HOME WHEN SICK**  
 If you're sick, stay home and don't take care of or visit people in long-term care facilities for at least 2 days after your symptoms stop.

For more information, visit [www.cdc.gov/norovirus](http://www.cdc.gov/norovirus)



U.S. Department of Health and Human Services  
 Centers for Disease Control and Prevention

\*Use a chlorine bleach solution with a concentration of 1000-5000 ppm (5-25 tablespoons of household bleach (5.25%) per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency(EPA) at [http://www.epa.gov/oppad001/list\\_g\\_norovirus.pdf](http://www.epa.gov/oppad001/list_g_norovirus.pdf)

### January Perfect Attendance

- Raylee B. Damien
- Nehemiah Wyatt
- Brayton Milly
- Matthew Keegan
- Kolbie Raylee W. Lleyton
- Ryan Rylee
- Adrien Mayah
- Collin Kurtis
- Lorie Silas
- Madalynn Hunter



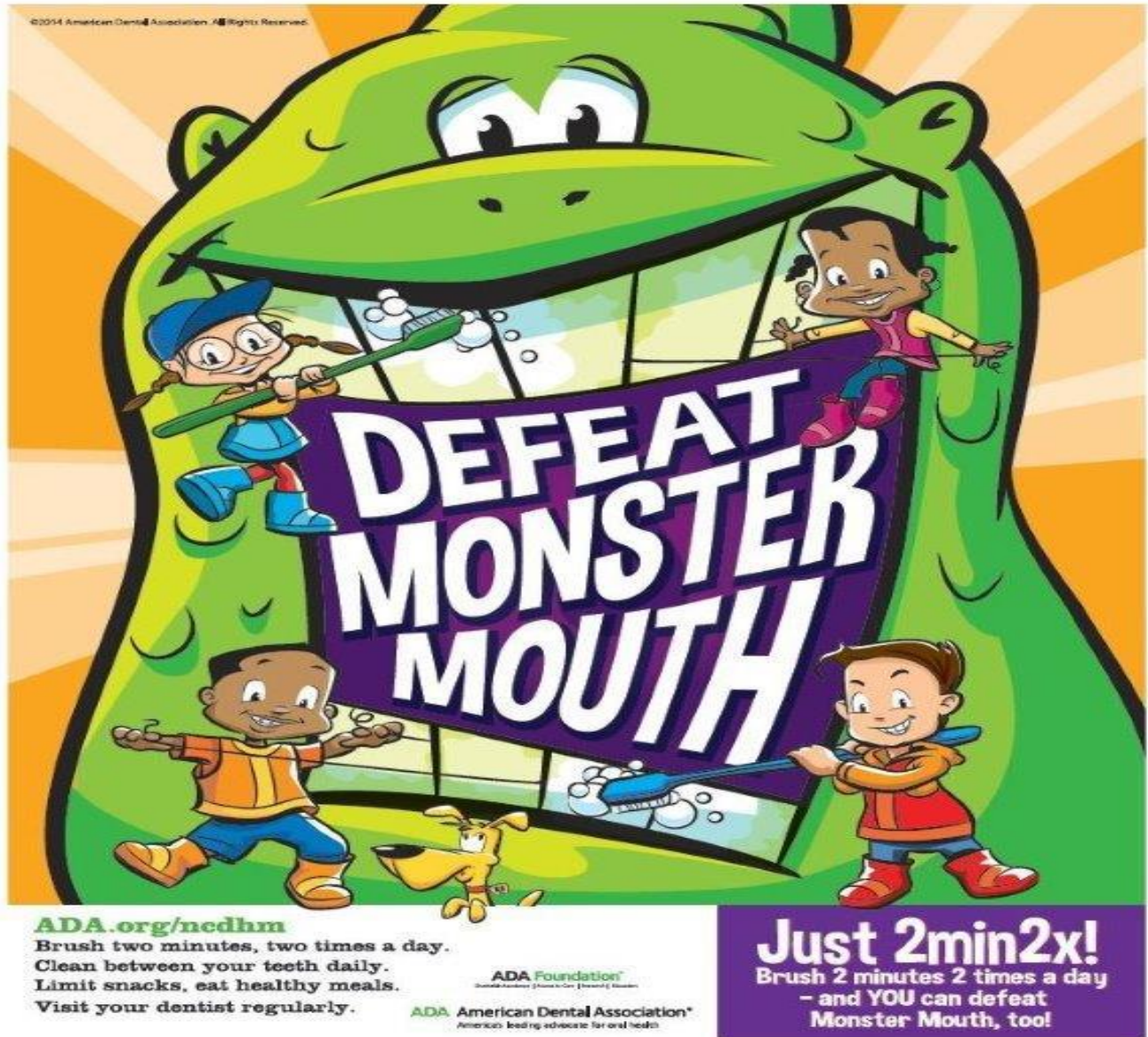
- Wednesday, 14th Nutrition W/AG Ext. Office Valentine's Party
- Monday, 19th NO SCHOOL President's Day
- Reading Week
- Monday, 26th Pajama Day
- Tuesday, 27th Miss Matched Shoes Day
- Wednesday, 28th Sunglasses Day
- Monthly Birthday Recognition
- Thursday, March 1st Hat Day
- Friday, March 2nd Family Reading Night @ 2PM



Matthew Damien

Van Buren County Head Start!

If you are currently not a Facebook member please sign up. Some of the benefits include: photo galleries, special news and updates, plus the ability to connect and chat on line with other people who share your interest.



Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.

Demonstrate effective ways to defeat monster mouth and maintain good oral health by brushing, flossing, rinsing, and eating healthy snacks.

**FOR SPECIAL RECOGNITION**

**\*Teeth Brushing Charts**

**Start on Friday 2/1 are due back on Thursday 3/1 to all whom return.**

# Five ways to find time to read aloud 20 minutes a day in a busy world



During a recent visit to our pediatrician's office, I found myself alone with my daughter in an empty exam room, waiting for the doctor to make an appearance. To fill the idle minutes, I reached down and pulled a book out of the basket tucked under the chair. What ensued was a delightful handful of minutes complete with snuggles and giggles as I read aloud to my girl and we laughed at the illustrations and chanted the sing-songy repetitive phrases together.

The expression on the doctor's face as she opened the door was priceless, for you see, my daughter is 16 years old and we were reenacting our shared memories of reading books together throughout her early childhood years. From the time my daughter was an infant I spent hours reading to her on a regular basis. It was built into our daily routines, and the time we spent together sharing books turned into wonderful conversations and memorable experiences.

According to the results of a [national survey](#) by Readaloud.org that was released in March, parents of children ages 0-8 recognize that children reap great benefits from the experience of being read aloud to on a regular basis. However, the survey shows that just 34 percent of respondents read aloud to their children for a minimum of 20 minutes each day.

Despite the fact that the [American Academy of Pediatrics recommends reading aloud to children](#) from birth, only one in 10 parents stated that they have consistently read aloud 20 minutes daily with their child since the day they were born.

Life is hectic for parents of young children. Their days are jam-packed with responsibilities and activities, and little ones require a lot of help and guidance. Every trip out the door involves brushing multiple sets of teeth, attaching countless shoes to the proper feet, zipping numerous jackets, and securing all of those seat belts and car seat buckles. Evenings can be chaotic, and by the time children are tucked into their beds, parents enjoying their first moment of solitude of the day might also recall the things that slipped through the cracks. Often that includes reading to their children.

It may at times feel like another impossible obligation to fulfill, but reading aloud does not have to become an additional burden or activity to squeeze into an already overcrowded schedule. Try these small tweaks to carve out additional time for sharing a book with your child.

**Think outside the bed.** Seventy-one percent of survey respondents reported that they read to their children at bedtime. That is a natural time to curl up with a book, but given the crazy schedules of families, it can be challenging to carve out time at the end of the day to spend 20 minutes with a book or two. As bedtimes get pushed back, parents and children may

become tired and grumpy. Reading can become a battle of wills or a chore that gets rushed. Consider finding other quiet moments throughout the day to share a story, such as bath time, meal time or while taking a break in the afternoon.

**Every minute counts.** Babies, in particular, have trouble focusing on any one activity for a sustained amount of time. Introduce read-aloud times incrementally. Start with a minute or two, several times a day. You will notice a gradual increase in your baby's attention span. Perhaps you only read a page or two before your child wiggles away. That is fine. Do not give up; try reading a few more minutes at a later time. Introduce your infant to a variety of board books, interactive tactile books and books with flaps and other fun surprises.

**Banish books from the shelves.** Any early childhood classroom teacher will tell you that books that are neatly placed on a crowded shelf are not the books that children will choose to read. Have you noticed how books are placed side by side, with the covers showing, at bookstores and libraries? Sometimes books are propped up on the tops of shelves or in baskets strategically placed where they might be picked up and browsed through. Keep books in your home in smaller baskets, on the tops of tables or other furniture, or on a low shelf next to your couch. When books are stored within reach where you and your children sit and relax, you'll be more likely to indulge in a shared reading activity when you have a couple of idle minutes.

**Take reading on the road.** Fill a tote bag with a few favorite books to keep in the car. Use the inevitable wait time during carpool duty to read to your child. Encourage your children to "read" the stories to you while you're driving. Read signs and posters aloud as you travel. Look for books in waiting areas. If you don't see any at first, ask the receptionist if any are available; they may have a secret stash behind the counter.

**Use various resources to stock your home with books.** Look for books at thrift stores, yard sales and other places that recycle goods. Visit the library. Ask librarians, teachers and book store employees for recommendations — they love to share their experiences and opinions. Check out anthologies of picture books and poems to expose your child to a variety of texts and authors. And reread favorite stories. Return visits to books offer fresh perspectives and can generate new conversations.

The good news from the recently released study is that parents seem to have received the message that reading aloud to their children is both necessary and beneficial. Incorporating the minor adjustments listed above in the attitudes, perspectives and environment of a family's daily routine can result in more time spent sharing and enjoying the stories, rhymes and information found in books. Which one will you implement today?

**UCHRA Van Buren Head Start Menus 2017-2018**

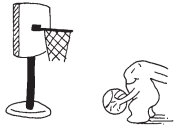
Week 1		Monday1/29	Tuesday1/30	Wednesday1/31	Thursday2/1	Friday2/2
<b>Meal Pattern</b>						
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries	1/2 Banana	Orange Wedges (C )	Cooked Apple Slices (C )	
Bread/Alternate	WW Biscuits	Oatmeal	WW Pancakes	Toasted English Muffin	WW Biscuit	
Other/Notes	Gravy		Syrup	Jelly		
<b>Lunch</b>	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch	
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Meat/Alternate 1 1/2 oz	Ground Beef Chili with Beans	Pinto Beans (l)	Pork Chop	Cooked Diced Chicken	CN Label Pepporoni Cheese Pizza	
Vegetable 1/4 c	(Tomatoes (A,C) and Beans)	Turnip Greens (A,C)	Lima Beans	Corn	Green Beans	
Fruit 1/4 c (Veggies can replace fruits)	Diced Pears	Corn	Beets	Diced Tomatoes (A,C)	Diced Peaches (C )	
Bread/Alternate	WW Crackers	Cornbread Muffin	WW Roll	WW Loaf Bread	(Crust)	
Other/Notes	Shredded Sharp Cheese *Serve as @ Chili	Mustard		WW Rice Serve as @Chicken Gumbo		
<b>Snack (2of4 components)</b>	Snack	Snack	Snack	Snack	Snack	
Milk 1/2 c			1% Milk			
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice		Pineapple Tidbits		
Bread/Alternate	Grahams		Multi Grain Cheerios cereal	1/2 WW Bagel	WW Crackers	
Meat/Alternate 1/2 oz		Monzerella Cheese Stick		Cream Cheese	American Cheese Slices	
Other/Notes	Water			Water	Water Let child assemble	
Week 2		Monday2/5	Tuesday2/6	Wednesday2/7	Thursday2/8	Friday2/9
<b>Meal Pattern</b>						
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C )	Banana Slices	Orange Wedges (C)	Diced Apricots	Applesauce	
Bread/Alternate	WW Cream of Wheat	Rice Krispies Cereal	WW Toast	Oatmeal	Blueberry Muffin	
Other/Notes			American Cheese *Serve as Cheese Toast			
<b>Lunch</b>	Lunch	Lunch	Lunch	Lunch	Lunch	
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Meat/Alternate 1 1/2 oz	CN Chicken Patty (l)	Pinto Beans(l)	Hamburger Steak	@Tuna Salad	CN Beef Ravioli	
Vegetable 1/4 c	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	Green Beans (Tomato Sauce- (A,C))	
Fruit 1/4 c (Veggies can replace fruits)	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	Corn	Green Peas	Tropical Fruit	Diced Peaches (C )	
Bread/Alternate	WW Bun	Cornbread Muffin	WW Roll	WW Bread	(Ravioli pasta)	
Other/Notes	Ketchup, Mustard, Mayo Let child assemble	Mustard	Cooked Sweet Peppers & Onions	*Serve as Sandwich		
<b>Snack (2of4 components)</b>	Snack	Snack	Snack	Snack	Snack	
Milk 1/2 c	1% Milk				1% Milk	
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)			
Bread/Alternate	Blueberry Muffin	WW Crackers	Bosco Stick-(Cheese & Bread)	Animal Crackers	Graham Crackers	
Meat/Alternate 1/2 oz		Boiled Egg- halved		Yogurt		
Other/Notes		water	water	water		
Week 3		Monday2/12	Tuesday2/13	Wednesday2/14	Thursday2/15	Friday2/16
<b>Meal Pattern</b>						
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Orange Wedges (C )	Tomato Wedges (A,C)	Banana Slices	Cooked Apple Slices (C )	Pineapple Tidbits (A,C)	
Bread/Alternate	Toasted English Muffin	WW Toast	Multi-Grain Cheerios Cereal	Blueberry Muffin	1/2 WW Bagel	
Other/Notes	Jelly	American Cheese *Serve as Cheese Toast		Cream Cheese		
<b>Lunch</b>	Lunch	Lunch	Lunch	Lunch	Lunch	
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Meat/Alternate 1 1/2 oz	Turkey	Boiled Chicken	CN Beef Ravioli	Fish Fillet (l)	Sausage,Egg,& Cheese Burrito	
Vegetable 1/4 c	Mashed Potatoes	Cooked Carrots (A)	Green Beans	Raw Broccoli (A, C)	Baked Hashbrown	
Fruit 1/4 c (Veggies can replace fruits)	Green Peas	Tropical Fruit	(Tomato Sauce- (A,C))	Diced Peaches (C )	Orange Wedges (C )	
Bread/Alternate	WW Bread	WW Egg noodles	(Ravioli pasta)	WW Roll	(Burrito wrap)	
Other/Notes	Turkey Gravy *Serve as Open Face Sandwich	WW Crackers *Serve as @Chicken Noodle Soup		Ketchup, Ranch	Ketchup, Salsa	
<b>Snack (2of4 components)</b>	Snack	Snack	Snack	Snack	Snack	
Milk 1/2 c						
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Applesauce	Diced Pears	Diced Strawberries(A)	Tomato Juice (A,C)	
Bread/Alternate	Grahams crackers	Graham crackers				
Meat/Alternate 1/2 oz			Shredded Sharp Cheese	Yogurt	Monzeller Cheese stick	
Other/Notes	Water	Water	water	Water		
Week 4		Monday2/19	Tuesday2/20	Wednesday2/21	Thursday2/22	Friday2/23
<b>Meal Pattern</b>						
<b>Breakfast</b>		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c		Cooked Apple Slices	Diced Peaches (C )	Diced Apricots	Banana Slices	
Bread/Alternate		WW Biscuits	Oatmeal	WW Toast	Rice Krispies Cereal	
Other/Notes				American Cheese *Serve as Cheese Toast		
<b>Lunch</b>		Lunch	Lunch	Lunch (Culture Food)	Lunch	
Milk 3/4 c		1% Milk	1% Milk	1% Milk	1% Milk	
Meat/Alternate 1 1/2 oz		@Ground Beef Meat Sauce	@White Beans with Ham Chunks	@ Orange Chicken	Beef patty	
Vegetable 1/4 c		Green Beans (Tomato Sauce- (A,C))	@Cole Slaw	Mixed Green Peas & Carrots	Baked Curly Fries	
Fruit 1/4 c (Veggies can replace fruits)		Diced Pears	Strawberries	Pineapple Tidbits	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	
Bread/Alternate		WW Spaghetti Noodles	Cornbread Muffin	Brown Rice	WW Bun	
Other/Notes		Parmesean Cheese *Serve as @Spaghetti			Ketchup, Mustard, Mayo *Serve as Burger-Let child assemble	
<b>Snack (2 of 4 components)</b>		Snack	Snack	Snack	Snack	
Milk 1/2 c						
Fruit/Vegetable/Juice 1/2 c		Pineapple Tidbits (A,C)		Tomato Sauce(A,C)		
Bread/Alternate		1/2 Bagel	WW Crackers	Bosco Stick-(Cheese & Bread)	Animal Crackers	
Meat/Alternate 1/2 oz		Cream Cheese	American Cheese Slices		Yogurt	
Other/Notes		water	Water Let child assemble	water	water	
Week 5		Monday2/26	Tuesday2/27	Wednesday2/28	Thursday3/1	Friday3/2
<b>Meal Pattern</b>						
<b>Breakfast</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Pineapple Tidbits (A,C)	Diced Strawberries	1/2 Banana	Orange Wedges (C )	Cooked Apple Slices (C )	
Bread/Alternate	1/2 WW Bagel	Oatmeal	WW Pancakes	Toasted English Muffin	WW Biscuit	
Other/Notes	Cream Cheese		Syrup	Jelly		
<b>Lunch</b>	Lunch	Lunch	Lunch	Lunch	Lunch	
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
Meat/Alternate 1 1/2 oz	Sausage,Egg,& Cheese Burrito	Ground Beef Chili with Beans	Pork Chop	Beef Patty	CN Label Pepporoni Cheese Pizza	
Vegetable 1/4 c	Baked Hashbrown	(Tomatoes (A,C) and Beans in Chili)	Lima Beans	Baked Curly Fries	Green Beans	
Fruit 1/4 c (Veggies can replace fruits)	Orange Wedges (C )	Diced Pears	Beets	Romaine Lettuce/Spinach mix & Tomato Slices (A,C)	Diced Peaches (C )	
Bread/Alternate	(Burrito wrap)	WW Crackers	WW Roll	WW Bun	(Crust)	
Other/Notes	Ketchup, Salsa	Sharp Shredded Cheese		Ketchup, Mustard, Mayo Let child assemble		
<b>Snack (2of4 components)</b>	Snack	Snack	Snack	Snack	Snack	
Milk 1/2 c			1% Milk			
Fruit/Vegetable/Juice 1/2 c	Tomato Juice (A,C)			Pineapple Tidbits		
Bread/Alternate		Animal Crackers	Multi Grain Cheerios cereal	1/2 WW Bagel	WW Crackers	
Meat/Alternate 1/2 oz	Monzeller Cheese stick	Yogurt		Cream Cheese	American Cheese Slices	
Other/Notes				Water	Water Let child assemble	

@ Recipe in recipe book WW=Whole Wheat or Whole Gra (l)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label  
 Note: Substitutions will be made in accordance with individually identified needs.

# Early Years

WORKING TOGETHER FOR A GREAT START

February 2018



Compliments of  
UCHRA Van Buren County Head Start

## KID BITS

### My own business card

Creating a pretend “business card” is a fun way for your child to learn her address and phone number. Show her a real one (yours, one from an office you visit), and then have her make her own using an index card. Help her write her name, address, and phone number. She could draw a small picture (ballet shoe, soccer ball) to show something she does.

### A gracious host

Having friends over lets your youngster practice social skills. Explain that it’s nice to let his guest take the first tricycle ride, for example. Make sharing easier by allowing your child to put away one special toy before his friend arrives—everything else is for both youngsters to enjoy.

### Not afraid of the dark

Help your child overcome her fear of the dark by making it “friendlier.” Try decorating her ceiling with glow-in-the-dark stars from a dollar store, or give her a night-light for her room. She may also feel better cuddling a stuffed animal who “likes” the dark, perhaps an owl or a raccoon.

### Worth quoting

“Learning is a treasure that will follow its owner everywhere.” *Chinese proverb*

### Just for fun

**Q:** What did the envelope say to the stamp?

**A:** Stick with me, and we’ll go places.



## Playful ways to boost self-control

Little ones learn many skills through play, and self-control is no exception. These games and activities can help improve your youngster’s ability to slow down and think before he acts.

### Stop and go

Name an action for your child to do, such as jumping up and down. Every time you call out, “Go,” he should start jumping. When you say “Stop,” he stands still. But if you say a random word instead of “Go” and “Stop” (“Bananas,” or “Jupiter,” for example), he should ignore you. He’ll need to listen carefully so he knows whether you’re giving a command—or just being silly!

### Be a mirror

Face your youngster, and strike a pose. Maybe you’ll stand with one hand on your hip and the other on your head. Ask your child to copy you. Now, slowly move to a new pose while he moves with you as your mirror. He’ll practice



resisting the urge to make any other movements—after all, a mirror reflects only what’s in front of it.

### Count down

In a situation where your youngster tends to get antsy (say, waiting for food at a restaurant), have him pretend he’s an astronaut. Suggest that he put on his imaginary spacesuit and get ready for launch. Slowly count backward from 10 together. This will give him a chance to settle down. ♥

## Reasons to write

Your child is probably excited about learning to write. Whether she’s just making squiggly lines or starting to form words, here are ways to nurture her new skill:

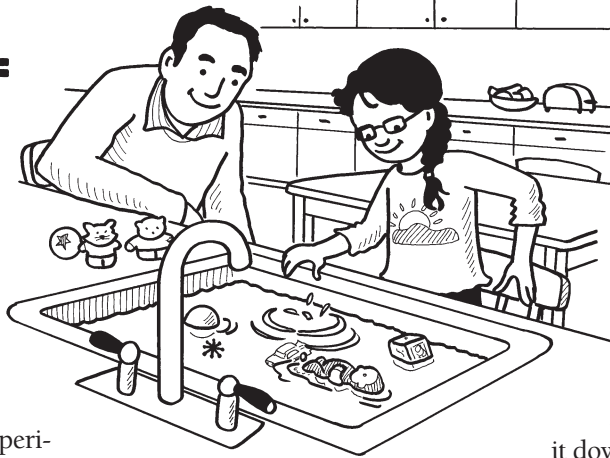
- Write lists together. Your youngster could list animals she’d like to visit at the zoo, jobs she might have when she grows up, or rainy-day activities to try.
- Let her leave messages for family members. You can help her spell the words on a sticky note (“Let’s play a game!”) and find a place to put it where it will be found. Or give her dry-erase markers to write a greeting on a window or a bathroom mirror. She can easily wipe off the glass when she’s finished. ♥



# More curiosity = more learning

“Why are the trees bare in winter?” “What are clouds made of?” Kids this age wonder about everything—and that’s good, because curiosity fuels learning. Try these suggestions to feed your youngster’s natural inquisitiveness.

**Encourage exploration.** Hands-on experiments can satisfy your child’s curiosity and lead to new things to wonder about. For instance, if she wants to know whether toy cars will float, let her test them



to research on your next visit to the library or when you’re online together. That will give both of you a chance to learn new things—and your youngster will see that even grownups are still learning.♥

in a sink. As she experiments, she might wonder which of her other toys will sink and which will float. After she tries them, ask her what the toys that float or sink have in common.

**Find out together.** Don’t worry if you’re not sure why we get hiccups or why lightning comes before thunder. You can simply say, “That’s a good question. Let’s write it down.” Keep a notebook full of questions



## PARENT TO PARENT

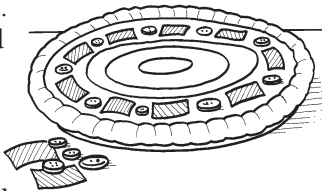
### Artsy patterns

My grandson Noah loves doing arts and crafts with me. He’s learning about patterns in school, so I thought our projects could be a great way to practice patterns at home.

I suggested that we color together in my “grown-up” coloring book. I started coloring a swirly design, alternating its stripes purple, blue, purple, blue. I asked Noah to color the next stripe in the pattern, and he made it purple.

Then, Noah wanted to make his own patterns. I gave him craft supplies like crepe-paper scraps and buttons, and he glued them in a pattern around the border of a paper plate.

Now Noah points out patterns to me all the time—in the scarf I’m knitting, on my couch where we snuggle up and read, and on a cake we decorated together!♥



## Q & A

### Advice for parent volunteers

**Q:** This month, I will be volunteering in my daughter’s classroom. What should I expect?

**A:** It’s great that you’re going to help your daughter’s teacher. Your youngster will feel proud to see you in her classroom, and volunteering is one way to show her that you care about her school.

When you arrive at school, go to the office first, since you may need to sign in and get a badge. In the classroom, the teacher will explain what to do. She may have you work with a small group of children, perhaps doing jigsaw puzzles or making a snack. Or maybe she’ll ask you to make copies or cut out letters and numbers. After you leave the classroom, be sure to keep information about the students confidential.

*Note:* If you have younger children at home, arrange for someone to watch them while you volunteer. Consider swapping child care with another parent who volunteers at a different time.♥



## ACTIVITY CORNER

### Parachute games

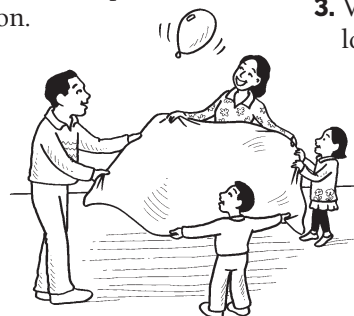
You and your child can play parachute games at home with just a flat bedsheet. Have each family member hold one side of the sheet, and enjoy these activities that promote cooperation and coordination.

1. Take turns deciding how everyone will move the “parachute.” Lift it up high, or make low waves, for example. Keep going until everyone has had a chance to give an instruction.

2. Place a ball on the sheet, and lift to roll the ball from player to player. Your child can count how many times the ball is passed before it falls off. How high will he count?

3. Work together to launch a balloon as high as possible.

4. Fill the center of the sheet with “popcorn” (several crumpled sheets of paper). Everyone shakes the sheet and calls, “Pop, pop, pop!” until all the popcorn “pops” off the parachute.♥



**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 CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 800-394-5052 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
 ISSN 1540-5567

# Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Febrero de 2018



Compliments of  
UCHRA Van Buren County Head Start

## NOTAS BREVES

### Mi propia tarjeta de presentación

Es divertido crear una “tarjeta de presentación” de mentirijillas para que su hija se aprenda sus señas y su número de teléfono. Enséñele una de verdad (la de usted, la de una oficina que usted visite) y que ella haga la suya con una ficha de cartulina. Ayúdela a que escriba su nombre, su dirección y su número de teléfono. Podría dibujar una imagen pequeña (zapatilla de ballet, balón de fútbol) para enseñarle a la gente lo que hace.

### Anfitriones atentos

Cuando los amigos los visiten, su hijo podrá practicar la sociabilidad. Explíquelo, por ejemplo, que es bonito dejar que su huésped dé el primer paseo en triciclo. Deje que su hijo aparte un juguete especial antes de que llegue su amigo y compartir le resultará más fácil: todo lo demás es para que lo disfruten los dos.

### Sin miedo a la oscuridad

Ayude a su hija a que supere el miedo a la oscuridad convirtiéndola en algo “más amable”. Compre en la tienda del dólar estrellas que brillen en la oscuridad y decore el techo de su dormitorio con ellas o dele una luz de noche para su cuarto. La tranquilizará también abrazando un animal de peluche al que “le guste” la oscuridad, por ejemplo un búho o un mapache.

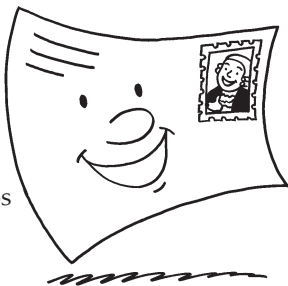
### Vale la pena citar

“Aprender es un tesoro que irá tras su dueño por todas partes”. *Proverbio chino*

### Simplemente cómico

**P:** ¿Qué le dijo el sobre a la estampilla?

**R:** Pégate a mí, que nos vamos de viaje.



## Maneras juguetonas de reforzar el autocontrol

Los pequeñines aprenden muchas destrezas a través del juego y el autocontrol no es la excepción. Estos juegos y actividades pueden contribuir a mejorar la habilidad de su hijo para detenerse y pensar antes de actuar.

### Para y procede

Diga una acción para que la haga su hijo, por ejemplo dar saltos. Cada vez que usted diga “Adelante”, su hijo tiene que empezar a saltar. Cuando usted diga “Para”, se queda quieto. Pero si usted dice una palabra cualquiera en lugar de “Adelante” y “Para” (“Bananas” o “Júpiter” por ejemplo), su hijo debe ignorarla. Tendrá que escuchar con atención para saber si usted le está dando una orden ¡o simplemente bromea!

### Conviértete en espejo

Colóquese frente a su hijo y haga una postura. Puede ponerse de pie con una mano en la cadera y la otra en la cabeza. Dígale a su hijo que la imite. A continuación haga espacio otra postura mientras que él se mueve al mismo tiempo como si fuera su espejo. Así practicará cómo resistir



el deseo de hacer otros movimientos pues un espejo refleja sólo lo que está frente a él.

### Cuenta atrás

En una situación en la que su hijo se suele impacientar (por ejemplo, cuando espera la comida en un restaurante), dígale que juegue a ser un astronauta. Sugíerale que se ponga su traje espacial imaginario y que se prepare para el lanzamiento. Cuenten despacio hacia atrás desde 10. Esto le dará la oportunidad de tranquilizarse.♥

## Razones para escribir

Es probable que su hija esté entusiasmada porque está aprendiendo a escribir. Tanto si sólo hace garraños o si empieza a formar palabras, he aquí formas de apoyar su nueva destreza:

- Escriban listas. Su hija podría hacer una lista de animales que le gustaría visitar en el zoo, profesiones para cuando sea mayor o actividades que hacer en un día de lluvia.
- Dígale que deje mensajes para los miembros de su familia. Usted podría ayudarla a que escriba las palabras en papelitos adhesivos (“¡Vamos a jugar!”) y a que los coloque en un lugar donde puedan encontrarlos. O bien dele marcadores borrables para que escriba felicitaciones en una ventana o en el espejo del baño. Puede borrar fácilmente el vidrio cuando termine.♥





# Más curiosidad = aprender más

“¿Por qué están desnudos en invierno los árboles?” “¿De qué están hechas las nubes?” A esta edad los niños se preguntan por todo y eso es bueno, porque la curiosidad lleva a aprender. Ponga a prueba estas sugerencias para nutrir el natural talante inquisitivo de su hija.

**Estimule la exploración.** Los experimentos prácticos pueden satisfacer la curiosidad de su hija y encaminarla a nuevos motivos de asombro. Por ejemplo, si quiere saber si los carritos de juguete flotarán, deje que lo compruebe en un



lavabo. Durante el experimento quizá se pregunte cuál de sus otros juguetes se hundirá y cuál flotará. Cuando lo compruebe, pregúntele qué tienen en común los juguetes que flotan o que se hundan.

**Averigüenlo juntos.** No se preocupe si no sabe por qué tenemos hipo o por qué el relámpago precede al trueno. Sencillamente podría decirle a su hija: “Buena pregunta. Vamos a apuntarla”. Tengan un cuaderno lleno de preguntas e investiguen las respuestas en su próxima visita a la biblioteca o en la red. Esto les dará a los dos la oportunidad de aprender cosas nuevas y su hija verá que los mayores siguen aprendiendo.♥

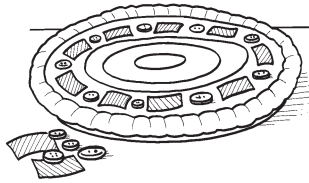
## DE PADRE A PADRE



### Secuencias artísticas

A mi nieto Noah le encanta hacer trabajos manuales conmigo. Está estudiando secuencias en la escuela así que pensé que podríamos aprovechar nuestros proyectos para practicar las secuencias en casa.

Le sugerí que coloreáramos en un libro para colorear “de personas mayores”. Yo empecé a colorear un diseño de espirales, alternando tiras de morado, azul, morado, azul. Le pedí a Noah que coloreara la siguiente tira de la secuencia y la hizo morada.



Luego Noah quiso inventar sus propias secuencias. Le di materiales de manualidades como trocitos de papel crepe y botones y él los pegó en secuencia siguiendo todo alrededor el borde de un plato de papel.

Ahora Noah me muestra constantemente secuencias en la bufanda que tejo, en el sofá en el que nos acurrucamos para leer ¡y en un pastel que hemos decorado juntos!♥

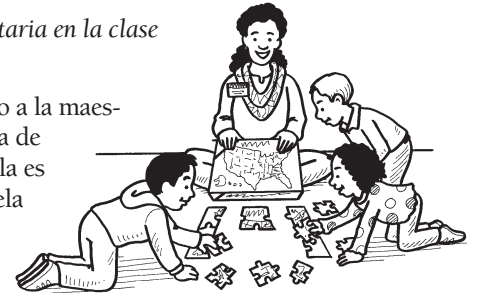
## P & R Consejo para padres voluntarios

**P:** Este mes voy a trabajar como voluntaria en la clase de mi hija. ¿Qué me espera allí?

**R:** Es estupendo que vaya a echarle una mano a la maestra de su hija. Su pequeña se sentirá orgullosa de verla en su aula y el voluntariado en la escuela es una forma de mostrarle a su hija que la escuela es algo importante para usted.

Cuando llegue a la escuela vaya primero a la oficina pues necesitará firmar y conseguir un distintivo. En el salón de clase la maestra le explicará lo que tiene que hacer. Quizá le pida que trabaje con un grupo pequeño de niños haciendo rompecabezas o preparando una golosina. O tal vez le pida que haga fotocopias o que recorte letras y números. Cuando deje el aula cerciórese de mantener confidencial la información sobre los alumnos.

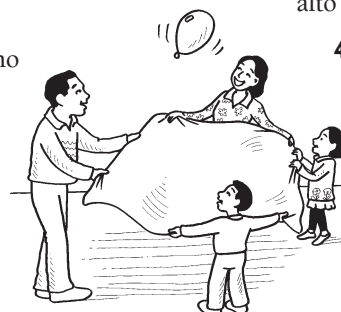
*Nota:* Si tiene en casa niños pequeños, disponga que alguien se ocupe de ellos mientras usted ayuda en la escuela. Considere la posibilidad de intercambiar el cuidado de los niños con otros padres que ayuden en la escuela a otra hora.♥



## RINCÓN DE ACTIVIDAD Juegos de paracaídas

Usted y su hijo pueden jugar a juegos de paracaídas en casa con una sencilla sábana encima. Dígale a cada miembro de su familia que sujete un lado de la sábana y disfruten con estas actividades que promueven la cooperación y la coordinación.

**1.** Decidan por turnos cómo moverá el “paracaídas” cada uno de ustedes. Levántenlo alto o hagan olas bajas, por ejemplo. Continúen hasta que todos hayan tenido la oportunidad de dar una instrucción.



**2.** Coloquen una pelota en la sábana y pasen la pelota rodándola de jugador a jugador. Su hijo puede contar cuántas veces pueden pasarse la pelota antes de que se caiga. ¿Hasta qué número contará?

**3.** Cooperen para lanzar un globo tan alto como puedan.

**4.** Llenen el centro de la sábana de “palomitas de maíz” (varios folios de papel arrugados). Todos sacuden la sábana y dicen “pum, pum, pum” hasta que todas las palomitas “re-vienten” y salten del paracaídas.♥

### 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.

Resources for Educators, una filial de CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 800-394-5052 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
 ISSN 1540-5575