

APRIL

"If we don't stand up for children,
then we don't stand up for much."

— Marian Wright Edelman



Health

There is nothing more important than a child's health. Be aware of common childhood illnesses and preventive measures to keep children healthy.

- Keep your child's immunizations up to date. Check with the doctor or state health clinic about what is needed. Your child's immunizations will need to be current to enter kindergarten.
- Physical activity helps keep children healthy and maintain a healthy weight. Parents should make sure that their children are getting at least 60 minutes of physical activity a day. Remember that being active with your children is a great way to show them how important it is.
- Encourage your children to eat nutritious foods. Fruits, vegetables, meats, dairy products and grains are important foods for your children. Try new foods together and work to "eat a rainbow of colors" every day. Sweets and fatty foods should be limited for all children.
- Take your child for a regular wellness check. Speak with the doctor about any concerns you may have about your child.
- While all children grow and change at their own rate, some children can experience delays in development. If you have concerns, contact your local Intermediate Unit. Or, call CONNECT Information Service, 800-692-7288.
- Children should brush their teeth regularly and receive a dental exam every 6 months. Parents can clean their child's mouth until he or she is able to brush independently. Make sure your child is getting the appropriate fluoride supplements and set a good example by practicing good dental hygiene.
- Check with your child's doctor about having your child tested for lead. This is especially important if you live in an older house or apartment.
- Don't expose your child to tobacco smoke. Second hand smoke is not healthy for your child.

Me Book

Write down the words to your child's favorite song. Have him/her draw a picture to go



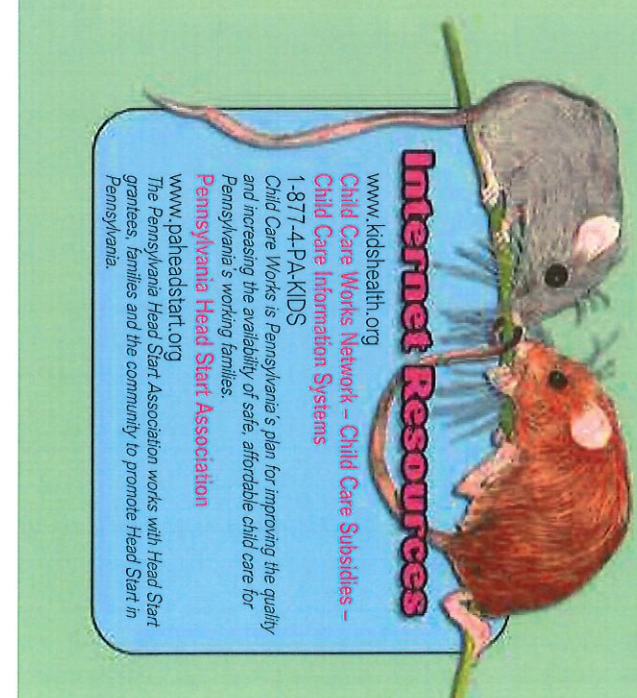
along with it. Label the page, "My Favorite Song." Date it and save!

page 8



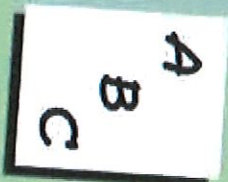
Internet Resources

www.kidshhealth.org
Child Care Works Network - Child Care Subsidies - Child Care Information Systems
1-877-4-PA-KIDS
Child Care Works is Pennsylvania's plan for improving the quality and increasing the availability of safe, affordable child care for Pennsylvania's working families.
Pennsylvania Head Start Association
www.pahheadstart.org
The Pennsylvania Head Start Association works with Head Start grantees, families and the community to promote Head Start in Pennsylvania.



A Week of Activities!

- ➔ Talk about different ways to get from one place to another (transportation) such as car, bike, airplane, taxi, walking, bus, etc.. Which ones would your family use to go to places that are near or far?
- ✋ Talk to your child about things that make him/her nervous, scared, excited, sad and happy. Tell your child things that make you feel those ways too.
- 🔍 Take a walk to look for flowers. Talk about the way they look or smell. How many colors do you see?
- ✍ Write a large letter of the alphabet on a piece of paper. Have your child trace the letter with glue and put small objects that begin with the letter on the glue. For example, cotton balls on the letter C or beans on the letter B.



A Week of Activities!

- ✋ Help your child pack away winter clothes and bring out lighter, cooler clothes. Make a place where your child can reach his/her own jacket or sweater.
- 🍎 Play "Puddle Jump". Put on rain gear on a rainy day and go outside to practice jumping over puddles. Or, play this inside by pretending that pillows are the puddles.
- 😊 Ask your child to help you plan for a family meal. Together, make a list of the things you need from the store. Let your child help you find the items at the store.
- 📖 Give your child two-step directions during the day. Use directions such as "Get your coat and go to the door." Or "Take off your clothes and get in the bath tub."



A Week of Activities!

- 📖 Help your child make a musical instrument with items found around the house. Put rice or beans inside a plastic bottle to make a shaker or cut a hole in a shoe box lid and wrap rubber bands around the lid to make a guitar.
- 🍎 Encourage your child to use tongs or tweezers to pick up objects from one bowl and transfer them into another. Cotton balls or ice are good, safe objects for your child to use.
- ▶ Play "A Pocket Full of Change." Help your child begin to identify coins by sorting them according to size or color. Talk about how they are alike or different. Tell your child the names.
- 😊 Find a "secret" item and put it in a bag or box. Ask your child, "Can you guess what I've got in here?" Give clues, one at a time, until he or she has guessed correctly. Next, ask your child to find the surprise object and you guess from his/her clues.



A Week of Activities!

- 🔍 How much did it rain? Leave a container or cup outside to measure the rainfall. Show your child how to use a ruler to see how much it rained.
- ➔ What do parents do all day? Talk about the jobs that mommies and daddies do and why they are important.
- ▶ Play "Where Is It?" Ask your child where you find objects in your home. Use prepositions such as under, below, over, above, on, before, to describe locations. "Where is the tissue box?" (on the table)
- 📖 Encourage your child to paint with different objects from nature such as sticks, leaves or rocks.



Check these out!

- This Rocket** by Paul Collicutt
- How Do Dinosaurs Get Well** by Jane Yolen
- Gaps for Sale** by Esphyr Slobodkin
- If You Decide to Go to the Moon** by Faith McNulty
- That New Animal** by Emily Jenkins
- How to Catch a Star** by Oliver Jeffers



- 😊 Approaches to Learning Through Play
- 📖 Creative Thinking and Expression
- 📖 Language and Literacy Development
- ▶ Mathematical Thinking and Expression
- ✋ Social and Emotional Development
- ▶ Health, Wellness and Physical Development
- 🔍 Scientific Thinking and Technology
- ➔ Social Studies Thinking