

# HEADS UP

## Lake Geauga United Head Start's Monthly News Bulletin

### Geauga Center

#### Parent Meeting

January 18, 2022

5:30p.m

Via Zoom– More info to come

### Painesville Center

#### Parent Meeting

January 19, 2022

5:30 p.m.

Via Zoom-More info to come

### West Center

#### Parent Meeting

January 20,2022

5:30 p.m.

Via Zoom-More info to come

### Education Advisory Committee

January 21, 2022

9:00a.m.

Via Zoom-More info to come

### January Head Start Closings

Martin Luther King Jr.  
Day– January 17, 2022



January 2022



## Healthy New Year's Resolutions for Children & Teens

*By: Lanre Falusi, MD, FAAP*

The start of a new year is a great time to help your children focus on forming good habits. Making New Year's resolutions can be a fun way to do this!

As a pediatrician and mom of three kids, I know how important it is to set healthy goals with kids – and to be realistic about those goals. Kids also love having something to work toward. They can have fun keeping track on sticker charts or getting praise or rewards as they reach these goals, depending on their age.

## New Year's resolution ideas for preschoolers

- I will try hard to clean up my toys by putting them where they belong.
- I will let my parents help me brush my teeth twice a day.
- I will wash my hands after going to the bathroom and before eating.
- I will try new foods when I can, especially all different colors of vegetables.
- I will learn how to help clear the table when I am done eating.
- I will do my best to be nice to other kids who need a friend or look sad or lonely.
- I will talk with my parent or another adult I trust when I need help or am scare.

# Curriculum Corner

## TOGETHER TIME ACTIVITIES

Over the next several months Together-Time Activities will occasionally be sent home. These are activities that will promote learning in various areas of the home. Many of the ideas might be routines you are doing already. The more you enjoy playing with your children, the more they may be able to learn. All of these activities can be added to the Monthly Home Activity Calendar so please be sure to put in the total amount of time spent each day on activities into the Activity Calendar.

### **In the Kitchen**

In the kitchen, you and your children can do many things together: put away groceries, prepare meals and snacks, set the table. Every family member can have a job to do! Your children will feel good about their successes as they use their large and small muscles and look for shapes and colors. Remind your children about family rules and safety in the kitchen.

### **Help your children become aware of differences in foods.**

- Talk with your children about the size, taste texture, and color of foods. Help them to recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods.
- Ask them to talk about changes in foods as you cook them ("How did it look when it was raw?... when we started to cook it?... how does it look now?"). Help your children to compare the before and after.
- Talk with your children about any foods that have special meaning to your family.

### **Look for shapes or colors around the kitchen in and on the cabinets, refrigerator and stove.**

- Ask your children to find circles, triangles, or squares.
- Play the game, "I see something you don't see and the color (or the shape) IS..." Your children can name the items or foods that are in the kitchen and that fit the description until they get to the item you have in mind.

### **Set the table with your children.**

- Ask your children to make sure there is one plate, one glass, and so on, for each person.
- Talk about how to handle the dishes and silverware, so they stay clean and unbroken.

### **Involve your children in meal preparation.**

- All family members preparing food need to wash their hands before handling food.
- Measure with cups, tablespoons, and teaspoons. Ask your children to guess how many tablespoons make a cup of water. Then, help them check it out!
- Let your children pour water with spoons, cups, and pitchers.
- Involve your children in making part of a meal or a snack.

### **Talk about opposites big and small, hard and soft.**

Sort and name foods after a trip to the grocery store.

Let your children name each food, or ask them to tell you something about each food, as you take it out of the bag.

- As you sort the groceries, ask your children to put together all the foods that are the same: fresh vegetables in one place, boxes in another place.
- Talk with your children about the sizes of cans as you put them away—tall and short, wide and narrow.

### **Name kitchen appliances and their uses.**

- Ask your children what the toaster is for, what the oven does. Give safety tips for the use of each appliance, and talk about who can turn them on and off.
- Ask about other ways to toast bread, heat the leftovers. The answers might be very creative!

### **Let your children help clean up the kitchen.**

- Ask them to sort eating and cooking utensils by type or use.
- Let them wipe the table after meals. Encourage them to wipe the table from left to right and collect all the crumbs



## It's Cold Outside...

We like to take the kids outside for gym time if weather permits. Playing outdoors promotes physical development and well-being. This is because outdoor play encourages the use of the whole body by offering a safe space to run, jump, and exercise. Please remember to be sure your little one is wearing a winter coat, gloves, and a winter hat. Thank you for your support.



## Ways to sneak in fruit and vegetables

By: Wendy Kirby RD LD

Children need a minimum of five servings of vegetables and fruit every day. Often, they'd prefer to fill on the candy or perhaps a bowl of grain or pasta rather than attempting an apple or perhaps a plate of steamed broccoli. So we need to get creative.

- \*Try a breakfast smoothie. All you need to do is throw some fruits, low-fat yogurt and ice inside a blender.
- \*Add dried fruit to oatmeal and cereal- like raisins or cranberries.
- \*Add blueberries or sliced apples or strawberry slices to a peanut butter sandwich.
- \*Top a chicken or turkey sandwich with lettuce, tomato, cucumber.
- \*Create a fun salad bar for dinner. Have a variety chopped vegetables, some cheese, and combined with spring mix or romaine lettuce and let your child create the perfect salad.
- \*For a dessert idea, Place a scoop of frozen yogurt inside a bowl and top it with fresh fruit.
- \*Pick an exotic fruit/vegetable to obtain your child's curiosity. After some luck, their curiosity will over-shadow their initial apprehension to trying something new. You could attempt artichokes, plantains, papaya, mango or star fruit
- \*Create a pot of vegetable soup or stew that's heavy on veggies and simple around the meat.



By Dena McMurdie

It's never too early to teach your child about wellness. As this pandemic stretches on, my kids and I have had to find new ways to take care of our emotional, physical, and mental health. These picture books teach young children how to deal with stress, take care of their bodies, and manage their emotions in a healthy way. From breathing exercises to exploring nature, these fantastic picture books will help you and your child focus on wellness during unpredictable and stressful times.

