



WCAC Early Head Start Newsletter

January| February 2022

Need help with Taxes?

Through the Volunteer Income Tax Assistance program, IRS-certified volunteers prepare taxes and specifically look for tax credits the household may be eligible for, such as the Earned Income Tax Credit, Child Tax Credit, Circuit Breaker Tax Credit, and others. Utilizing the free tax preparation services allows families to retain their full refund, avoiding typical preparation fees which can often cost hundreds of dollars.

Find eligibility information at https:// www.wcac.net/vita/





In the event of inclement weather, you will receive a message from Child Plus letting you know if we have a delay or if the centers are closed. In the event the centers are closed there will be no visits. Feel free to reach out to your Family Educator with any questions if you did not receive a message and are concerned about the weather. MARK YOUR CALENDAR!

January 18– Center Closed February 2nd– Center Closed February 21– Center Closed



Healthy Living

Ingredients:

Pretzels

Sliced Bananas

Chocolate Chips

Banana Snowman



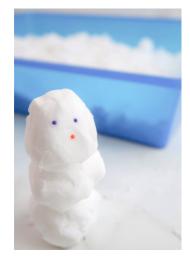
Directions:

Give your child some banana slices, a few pretzels and some chocolate chips and have them create snowman before enjoying them. (for younger children you can build them yourself)

*Try with apple slices instead of banana

Better Together– Family Activity

Fake Snow



Directions:

- 1. Add 10 cups flour and 6 OZ oil
- 2. Mix ingredients together until completely combined.
- 3. Add small toys (cars, animals)
- 4. HAVE FUN!!!

Have an Idea, We Would Love to Hear It!

We are always looking for parent contributions. If you would like to contribute something to the newsletter please email it to Stephanie at Sfafard@wcac.net. We would love to include home recipes, holiday traditions, and parenting tips and tricks you would like to share.

Materials: Large Bowl Flour

Vegetable or Coconut Oil



Staying Balanced

7 TIPS TO BEAT 🔆 THE WINTER BLUES



1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.

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How Snowy Weather Benefits Children







Dental Tips

Brush twice a day

Go to the dentist around 1st birthday

Limit sugary food and drinks before bed



Local Dental Offices

New England Kids

48 Auburn St Auburn

508-832-6278

Southbridge Family Dental

305 Main St Southbridge

508-765-0880

Sturbridge Children's Dentistry

419 Main St Sturbridge

508-347-5554

Kids Zone Dental

113 Sutton Ave Oxford 508-731-0808

Webster Smiles 70 Worcester Rd Webster 508-640-6040

Brushing My Teeth

I have my toothpaste. I have my brush.

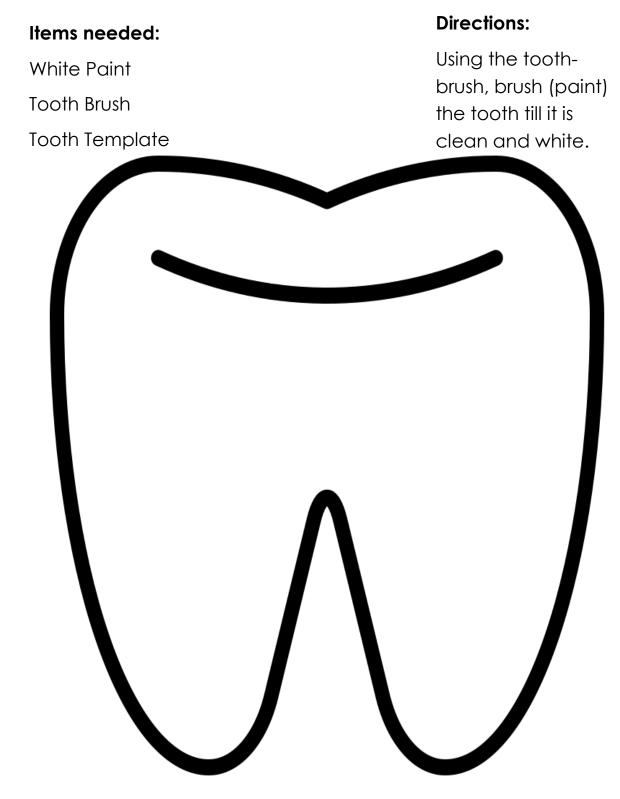
My mom said I better not rush!

Brush in circles to get them clean. Front, back, and in between.

> If I brush for a while, I will have a happy smile!



Tooth Brushing Art Activity



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