



# 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

## Banana Snowman

### Ingredients:

Sliced Bananas

Pretzels

Chocolate Chips



### 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

### Materials:

Large Bowl

Flour

Vegetable or Coconut Oil



### 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 [Sfard@wccac.net](mailto:Sfard@wccac.net). We would love to include home recipes, holiday traditions, and parenting tips and tricks you would like to share.

# 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.

## How Snowy Weather Benefits Children

Seeing the Outdoors



from a New Lens

Increases in Exercise and



Using Different Muscles

Vitamin D Exposure



Breathing Fresh Air



and Avoiding Germs

New Challenges and



Problem Solving



WWW.CONCORDIALM.ORG  
724-352-1571



February is



Children's Dental  
Health Month!

## 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!



©2020, Little Learning Corner, LLC

# Tooth Brushing Art Activity

## Items needed:

White Paint

Tooth Brush

Tooth Template

## Directions:

Using the tooth-brush, brush (paint) the tooth till it is clean and white.

