

WCAC Early Head Start Newsletter

March 2022

Let's get social!



Socialization is important for early childhood development. Join us on the second Friday of every month for story time at the Southbridge library, and the fourth Tuesday of each month for a craft and story at the Webster library

Playground Safety

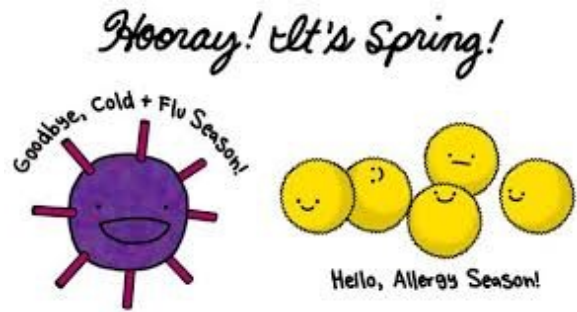
- *Wait your turn.
- *Go down slide on your bottom feet first.
- * Hold onto railings when climbing.
- * Sit down on swings.
- *Touch play structures to see if they are hot to prevent burns.
- * Remove helmets, scarves, and loose items that may be choking hazards.



Healthy and Happy

Allergy Awareness

Spring is in the air, and so are allergies, which can cause your child to have a clear runny or stuffy nose, itchy and watery eyes, and a cough, especially when he or she has spent a lot of time outside. Keeping your windows closed and running the air conditioner can help reduce pollen counts indoors and make breathing a little easier.



Eat Right ~ Live Strong

Breakfast Egg Muffins

- 6 Eggs
- 1/4 Cup Milk (any type)
- 1/2 Cup Chopped Broccoli
- 1/2 Cup Shredded Cheddar Cheese
- Salt and pepper



1. Preheat oven to 375.
2. Line 8 muffin tins with liners
3. In a bowl whisk eggs and milk together.
4. Add broccoli, cheese, salt and pepper.
5. Stir
6. Pour eggs into muffin cups until 3/4 the way full.
5. Bake for 20-25 Minutes or until golden brown.
6. let cool and enjoy.

CALM DOWN ANGER YOGA

Better Together–

Family Activity



I am an elephant.
WIDE-LEGGED FORWARD BEND



I am a jackal.
DOWNWARD-FACING DOG POSE



I am a crocodile.
PLANK POSE



I am a hippo.
CHILD'S POSE



I am a lion.
RESTING POSE

© Kids Yoga Stories



Items Needed:

paper plates

Paint (green paint and other desired colors for flower)

Craft Stick

Green paper

Scissors

Glue

DIRECTIONS:

1. Cut small slits into the paper plate. Go back through and cut another slit so that the slits connect and you cut out a small piece. This makes your flower petals.
2. Paint craft stick green and allow to dry.
3. Paint paper plate and allow to dry.
4. Glue craft stick to the back of the paper plate as the stem.
5. Cut two leaves from the green paper and glue to either side of the craft stick.

Staying Balanced

Spring Into Self Care

1. Take a walk
2. Try a new recipe
3. Play Outside
4. Open Windows
5. Look for leaves growing

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www.wcac.net/youth-and-family-services/early-head-start/

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Spring Activities



Tuesday, March 29th Webster Public Library (Language fun) 10:00am - 12:00pm

Friday, April 8th Southbridge Public Library (Storytime) 10:00am - 12:00 pm

Thursday, April 14th Spring Activity (Socialization room) 10:00am - 12:00pm

Tuesday, April 19th Oxford Playground (Treasure Land) 10:00am - 12:00pm

Tuesday, April 26th Webster Public Library (Language fun) 10:00am - 12:00pm

Thursday, May 5th Lupa Zoo (Ludlow) 10:00am - 12:00pm

Friday, May 13th Southbridge Public Library (Storytime) 10:00am - 12:00 pm

Wednesday, May 18th Charlton Community Playground 10:00am - 12:00pm

Thursday, May 26th Farm Animal fun (Socialization room) 10:am - 12:00pm

Tuesday, May 31st Webster Public Library (Language fun) 10:00am - 12:00pm

