



# WCAC Early Head Start Newsletter

*May 2022*



## Coordinator's Corner

Greeting EHS Family,

We are sad to announce the departure of family educator Stephanie Fafard. She has decided to continue her journey with another agency. We wish her well, and continued success. I would also like to formally welcome our newest family educator, Rachel LaPan-Viens. She is an accomplished educator in the field of early education and care, and we are extremely happy she has joined our team. I would also like to thank all our families for not just participating in the program but for opening up their homes to us as we navigate out of this "post-pandemic" period. Thank you again, and I hope to see you all at the next social.

Best regards,  
*Clivette C. Lee*  
EHS/ERSEA  
Coordinator



## Financial Empowerment:

Website: [wcac.net/financial-empowerment/financial-coaching](http://wcac.net/financial-empowerment/financial-coaching)

## Food:

**Webster/Dudley:** Webster/Dudley food share

Phone: (508)943-9171

**Southbridge:** Catholic Charities

Phone: (508)765-5936

**Oxford:** Oxford Food Pantry

Phone: (508)987-1062

**Charlton:** Chip-In

Phone: (508)248-3292

## Clothing:

Catholic Charities Southern Worcester County

Phone: (508)765-5936

# Healthy and Happy



## Simple Rules To Protect Your Family From Sunburns

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella or stroller canopy.
- Limit your sun exposure between 10:00am and 4:00pm when UV rays are strongest.
- Use sunscreen.
- Wear sunglasses with at least 99% UV protection. Look for youth-sized sunglasses with UV protection for your child.
- Make sure everyone in your family knows how to protect his or her skin and eyes. Remember to set a good example by practicing sun safety yourself.

## Eat Right ~ Live

### Banana Caterpillar Snack

- \* 1 Banana
- \* Sprinkles (Including 2 black ones for the eyes)
- \* 1 Pretzel Stick



1. Carefully slice the banana and arrange into a caterpillar shape.
2. Decorate the body with sprinkles.
3. Use two black sprinkles to make the eyes.
4. Break the pretzel stick in half and place them in the head to make the antennae.
5. Serve and enjoy!

\*You could also use more pretzel sticks to add feet to your caterpillar



# **SUPER FUN YOGA BREATHING FOR KIDS**

## Staying Balanced

### Self-care Tips

- Eat Your Favorite Snack
- Get Outside
- Crank Up the Tunes
- Text a Friend
- Enjoy your cup of Tea or Coffee

## Better Together— Family Activity



### **Caterpillar Craft**

#### Items Needed:

Crayons or Markers

Scissors

Glue

#### DIRECTIONS:

1. Color caterpillar.
2. Cut out the parts of the caterpillar.
3. Use glue to piece together your caterpillar.

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[www.wcac.net/youth-and-family-services/early-head-start/](http://www.wcac.net/youth-and-family-services/early-head-start/)

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## **May Activities**



Friday, May 13th ..... Lupa Zoo (Ludlow) 10:00am - 12:00pm

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

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

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

