



Bradford-Tioga Early Head Start

MAY 2024

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If you need to cancel a Home Visit, please contact your Family Partner as soon as possible.



Ingredients:

- ◆ 3-4 baby carrots
- ◆ 3-4 oz. cream cheese, softened
- ◆ 6-8 crackers
- ◆ 1-2 stalks celery, cut in approx. 2-inch pieces (about 6 or 8)
- ◆ 2-4 tbsp peanut butter
- ◆ 2 raisins, cut in little pieces
- ◆ Pretzel twists

Instructions:

- 1) Chop carrots and then mix into the cream cheese.
- 2) Spread cream cheese mixture on each cracker. Spread peanut butter into crevice of celery piece and carefully place on top of each cracker.
- 3) Place two pretzel twists within the celery/peanut butter and then add your small raisin pieces (they will act as your butterfly's "eyes.")
- 4) Enjoy and happy snacking!



Peanut butter and banana sandwiches are a classic sandwich duo. After all, what's not to love about the sweetness of bananas paired with the creaminess of peanut butter?

With this snack, you skip the bread. And instead of cutting up your bananas into small slices, you slice your banana lengthwise to form two "logs".

Then top your logs with peanut butter and your kids' favorite toppings. Some toppings they can choose include:

- ▽ blueberries
- ▽ raisins
- ▽ chocolate chips
- ▽ granola
- ▽ other dried fruit
- ▽ sunflower seeds
- ▽ mini marshmallows
- ▽ graham crackers (crushed)
- ▽ Chopped nuts



Five Little Speckled Frogs



Five little speckled frogs sat on a speckled log

Eating some most delicious bugs, Yum Yum.

One jumped into the pool where it was nice and cool

Then there were FOUR speckled frogs, Glug Glug.

FOUR....

THREE...

TWO...

ONE little speckled frog sat on a speckled log

Eating some most delicious bugs, Yum Yum.

He jumped into the pool where it was nice and cool

Then there were NO speckled frogs, Glug Glug.



Family Playgroups

Athens & Towanda

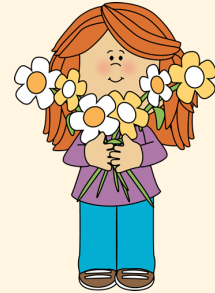
DATE: Friday, May 10, 2024

TIME: 11:00 am

WHERE: New Albany Park

ACTIVITY: Candle Holder

PARENT TRAINING: Inexpensive Educational Opportunities
for Children in the Summer.



Canton & Troy

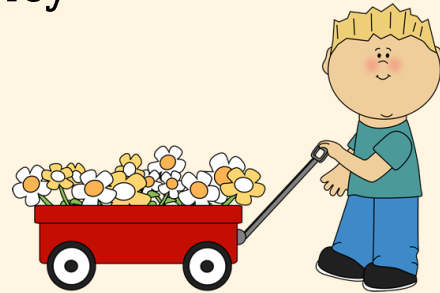
DATE: Wednesday, May 15, 2024

TIME: 12:00 pm

WHERE: Mansfield Free Public Library

ACTIVITY: Build a Flower

PARENT TRAINING: Playground Safety



Elkland & Wellsboro

DATE: Wednesday, May 8, 2024

TIME: 8:00 am

WHERE: Wellsboro Family Playgroup Room

ACTIVITY: I Spy

PARENT TRAINING: Time Management, Mental Health & Healing



Infants

0-7 months:

- ◆ 4-6 oz. formula or breast milk

8-11 months:

- ◆ 2-4 oz. formula, breast milk, or full strength fruit juice
- 0-½ bread or 0-2 crackers

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Toddlers

- ◆ 1/2 oz. Mozzarella Stick
- ◆ 4oz. Apple Juice



May is..." National Asthma and Allergy Awareness Month"

ASTHMA AND ALLERGIES ARE A MAJOR HEALTH CONCERN

THE FACTS ABOUT ASTHMA AND ALLERGIES



Over
60 MILLION
Americans have asthma and allergies



More prevalent
than the top six diseases
combined

Increased
100%
during the past 30 years

Asthma costs
the U.S. almost
\$82 BILLION
a year



Asthma is the main reason
children are absent from school
and visit the ER



99%
of bedrooms have
at least one allergen



75%
of bedrooms have
at least 3-6 allergens

**More than 100 million people in the United States have asthma and/or allergies.
Some people may have more than one of these conditions.**

- More than 27 million people in the U.S. have asthma (more than 22 million adults & 4.5 million children).
- About 20 million people in the U.S. have food allergies (16 million adults & 4 million children).
- About 81 million people in the U.S. have rhinitis due to nasal allergies, also called "hay fever" (67 million adults and 14 million children).
- There is no cure for asthma or allergies.

ASTHMA

is the third-leading cause of hospital stays in children.

aafa.org

What Are Symptoms of Asthma in Children?

Most children with asthma will show symptoms before they turn 5 years old. However, people can develop asthma at any age. Asthma signs and symptoms in infants and toddlers may also be different from older children and teens.

The signs and symptoms of asthma in a baby or toddler include:

- o Fast breathing
- o Working harder to breath
- o Nostrils flaring
- o Skin is sucking in around and between ribs or above the sternum
- o Exaggerated belly movement
- o Panting with normal activities such as playing
- o Wheezing (a whistling sound)
- o Persistent coughing
- o Difficulty sucking or eating
- o Tiredness, not interested in normal or favorite activities
- o Cyanosis, a tissue color change on mucus membranes (tongue, lips, and around the eyes) and fingertips or nail beds – cyanosis appears grayish or whitish on darker skin tones and bluish on lighter skin tones

Treatment for asthma in children

1. **Avoiding or reducing asthma triggers.** To do this, you need to know what triggers your child's asthma and then take steps to manage those triggers. Triggers can include:
 - o Viral respiratory infections
 - o Exercise and physical activity
 - o Cold and dry air
 - o Big temperature and weather changes
 - o Allergens (like pet dander, dust mites, pollen)
 - o Strong odors, irritants, chemicals
 - o Smoke (wildfire, cooking, cigarette, vaping)
 - o Medicines
 - o Indoor and outdoor air pollution
2. **Giving your child their asthma medicines as prescribed.** They may need to take medicines daily, as needed, or both. This will depend on the severity of your child's asthma and the type of medicine they take.

EGG CARTON Flowers



Supplies:

- ◇ egg carton
- ◇ scissors
- ◇ paint
- ◇ paint brush
- ◇ paper straw
- ◇ pom pom
- ◇ glue

Directions:

First you'll have an adult cut out four containers out of the egg carton. Trim around the edges so that it gives it a rounder shape for the petals of the flower.

Next, have your child paint their flower. Use any colors you'd like.







After the paint's dried you can attach the stem of the flower by gluing it to the back. Using a paper straw will ensure that it is thick enough to hold up the egg carton.

Next, choose a pom pom and glue that to the center of the painted egg carton.



SCHOOL READINESS CORNER

Fun Facts

-  Did you know when adults talk with children about books and pictures, the children learn more?
-  Did you know that children whose parents/guardians read to them regularly do better in school than children whose parents do not read to them?
-  Did you know the more words a child hears and knows before kindergarten; the easier it is for that child to learn to read?
-  Did you know that children who know some letters of the alphabet before kindergarten learn to read faster than children who do not?

5 Ideas For Pacifier Weaning

1. **Send the pacifier to a new baby-** take advantage of a friend's new baby being born. Explain to your child that the new baby would a pacifier and since they are a big kid now you are going to mail their pacifiers to the new baby.
2. **Paci fairy-** just like the tooth fairy. Explain that when they go to sleep that night the pacifier will be replaced with a special toy.
3. **Books-** there are books to prepare your child for the transition. Reading a few weeks before the end date can mentally start the process in their minds that they are going to grow to the next stage.



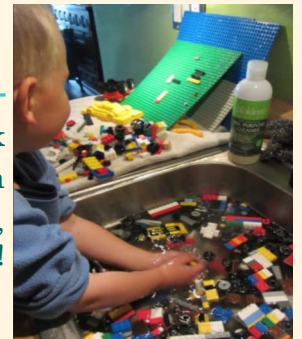
Kitchen Sink Water Play



Simple Soapy Bubbles Water Play- fill the kitchen sink with a little bit of warm water and bubbles then add a few spoons or cups, measuring cups and let the little ones play.

Lego Sensory Play-

adding legos or duplos to the sink with soap and water is not only a fun tactile sensory experience for kids, but it will also get those bricks clean!



Simple Sink or Float Experiment Play-

Will the barbie float and the toy truck sink? Fill up the kitchen sink, gather up some random toys and let your kids experiment!

!!! NEVER LEAVE YOUR CHILD UNATTENDED AROUND WATER !!!