



# Head Start Gazette

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June 2016



**Congratulations to all our Head Start graduates! The future now belongs to you. Grasp it with two hands and shoot for the stars.**

## Teaching a Kid How to Tie Their Shoes

Before you start, make sure they are seated.

Kids are wobbly and tend to bolt unexpectedly.



0

**1** Demonstrate by using the Wacky Bunny Method.



He has two ears (make loops)  
He's got crossed eyes (cross loops)  
He picks his nose (pull loop through)  
And he pulls his ears (tighten loops)

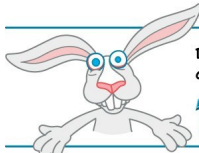


Have the child try it all by themselves.



2

**3** Untangle the knots, or cut them free and grab a new pair of shoes to continue.

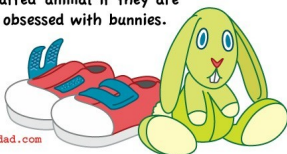


Demonstrate it again and again...

**Ta-Da! x100**

4

**5** Buy the child velcro shoes and a stuffed animal if they are now obsessed with bunnies.



howtobeadad.com

## Prep Your Kid for Kindergarten

You will always be your child's first and favorite teacher. Your daily play and family interactions prepare your child to start school and go beyond. While the new school year may seem far away, these next few months will fly by, and you can do things today to help your child arrive at kindergarten confident and ready to learn, such as:

Read to your child.

Reading is the single greatest thing you can do to ensure a lifelong passion for learning.

Ask your child questions that require an answer besides yes or no

Incorporate learning opportunities into daily tasks, such as car rides and shopping trips. Have your child find patterns; point out familiar objects; and count, sort or classify items.

This summer, try playing card games and board games, go for long walks, and inspect plants and insects.



of taking turns  
Use crayons, scissors and pencils appropriately  
Can run, jump, hop and skip  
**Academic skills**  
Recognize simple shapes and col-

ors

Sing simple memorized songs

Show interest in stories and books

Recognize their own printed name and some signs and symbols, such as favorite restaurant logos or traffic signs

Copy patterns, including writing their own name

Recognize several letters of the alphabet and some numbers and can count

Express thoughts and ideas in drawings

Kindergarten teachers are excited to meet their new students who have been practicing these skills:

### Social and emotional skills

Follow routines and can follow 3-step directions consistently

Feel comfortable and confident away from family for short times

Play cooperatively and is able to take turns with others

Express personal wants and needs clearly

### Physical skills

Use the bathroom, wash hands and dress independently

Understand the concept

<http://www.parenting.com/child/education/prep-your-kid-kindergarten>

## Free food for the Summer for Children 18 and younger: Summer BreakSpot

Free food for children 18 and under at most public schools, YMCA etc. To find your closest location go to <http://www.summerfoodflorida.org/>

## Safe Summer for Kids

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun.

### Master water safety

Water-related activities are popular for getting physical activity and have many health benefits. Here are some tips to stay safe while having fun.

Learn how to prevent recreational water illnesses and help protect yourself and your kids.

Help kids get H<sub>2</sub>O Smartz about water safety.

Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning.

Always supervise children when in or around water. A responsible adult should constantly watch young children.

Teach kids to swim. Formal swimming les-

sons can protect young children from drowning.

Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life.

Install a four-sided fence around home pools.

Recreational boating can be a wonderful way to spend time with family and friends. Make boating safety a priority.

Wear a properly fitted life jacket every time you and your loved ones are on the water.

### Beat the heat and sun

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defense is prevention.

Never leave infants, children, or pets in a parked car, even if the windows are cracked open.

Dress infants and children in loose, lightweight, light-colored clothing.

Schedule outdoor activities carefully, for morning and evening hours.

Stay cool with cool showers or baths.

Seek medical care immediate if your child has symptoms of heat-related illness

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

Cover up. Clothing that covers your and your child's skin helps protect against UV rays.

Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

<http://www.cdc.gov/family/kids/summer/>



### Reading Programs:

#### Barnes & Noble Summer Reading Program

Have your kids read books and answer the questions in the Summer Reading Triathlon Reading Journal. Bring the completed journal to any Barnes & Noble bookstore between May 17th and September 6th, and your child can choose a FREE book from their selection on the Reading Journal list.

Visit the library: Go online to <http://kids.ocls.info/> to see what special summer programs are available for kids.

#### Pottery Barn Kids Book Club:

Every Tuesday from 11 a.m.-11:30 a.m. join Pottery Barn Kids for FREE story time Plus kids receive a special FREE gift after attending five story time sessions.

## Terk's Banana S'mores

### What you'll need:

1 banana  
1-2 graham crackers  
chocolate chips  
mini marshmallows  
Cinnamon

### How To Make It:

Slice a banana down the middle, leaving the peel intact. Add a handful of chocolate chips. Crumble graham crackers and add to the banana.

Add some mini marshmallows.

Sprinkle cinnamon on top. Wrap banana in aluminum foil.

Place in toaster oven for 3 minutes at 350 degrees.

<http://family.disney.com/recipe/terks-banana-smores>





A car can become deadly hot in just 10 minutes.

## Summer Safety Tips - High Temperatures and Hot Cars

In just 10 minutes, the temperature of a parked vehicle can rise 20 degrees. The crack of a window, even by inches, is no match to combat the rising heat. This heat can be deadly, especially for children because their body temperatures rise five times faster than adults.

Although it may be hard to believe, children can easily be left behind in the car when parents are distracted, rushing, multi-tasking or have a change in routine. This is especially true during the summer months when kids are out of

school and may have a different caretaker or driver.

**Here are some tips to keep your kids safe this summer:**

Be sure to check the back seat before you leave the vehicle.

Put your purse, briefcase, lunch, etc. in the backseat so you are sure to look before you lock the door.

Do not let your children play near vehicles; they may accidentally lock themselves in.

If there is a change in plans and someone else is dropping the kids off at sum-

mer camp, have them call you at drop off so you know everyone made it safely.

In the state of Florida it is a criminal offense to leave a child unattended in a vehicle; however, sadly for some parents, the loss is much greater than that of any arrest or prosecution.

Anyone who sees a young child, vulnerable adult, or animal left unattended in a vehicle during these extreme summer temperatures should contact emergency personnel immediately.

<http://www.myflfamilies.com/service-programs/child-welfare/high-temperatures>



## Year End Head Start Activities



Greeting parents!

We have come to the end of yet another exciting year. As all of you know, many of you have planned or are still planning your Parent Activity. These activities could and have included a trip to the zoo, having a quest speaker come out, having a family photo night, etc.

**Fifth Avenue Head Start** enjoyed a lunch buffet at



**Ichigo Ichie** in Sanford. During this time, parents and their children were able to engage and share positive parent-child interaction.

**Lawton Head Start** attended the Central Florida Zoo and Botanical Gardens. During their visit, parents and children viewed and learned about different species of animals and the

different types of flowers and plants.

**Palm Plaza Head Start** attended the Diamond P Equestrian Center. During their visit, parents and children were able to learn about and interact with the horses, including horse rides, and feed the chickens.



## Things to do with your Children for free:

### Movies



Some theaters are free and others are just a \$1 or \$2 to enjoy recent blockbusters and kid favorites! Be sure to look at Regal, Cinemark, Cobb Theaters and the Garden Theater for all of your options.

### Leu Gardens



On the first Monday of the month, Leu Gardens offers a free **story time event** indoors for little ones starting at 10 a.m. After story time, stroll through the lush gardens or bring a blanket to relax in the shade while the kids play. Entry to the gardens is free on the first Monday of the month (except in Spring, **check website before going**). Regular ticket price is \$3 for kids and \$10 for adults.

### Museums On Us Program

The first weekend of every month, Bank of America and Merrill Lynch customers can visit museums free through the bank's **Museums On Us** program.



Just show your Bank of America or Merrill Lynch credit or debit card Saturday or Sunday and you'll get free admission to these Orlando museums: **Orlando Museum of Art, Mennello Museum of American Art, Orange County Regional History Center, Orlando Science Center**

### Museums:

#### Mennello Museum

Every second Sunday of the month, **Mennello Museum offers free admission** to the galleries, craft stations and mini-tours for kids from noon to 2:30 p.m. And then it's open house to all the galleries until 4 p.m.

#### The Charles Hosmer Morse Museum of American Art

**Open Houses** are scheduled on Independence Day, Easter weekend, Holiday weekends, and Winter Park Sidewalk Art Festival weekend. The museum also opens its doors during **Friday Nights at the Morse** November through April from 5 p.m. to 8 p.m.

#### Museums in Orlando that are always free

City Arts Factory  
Grand Bohemian Gallery  
Holocaust Memorial Resource and Education Center of Central Florida  
Museum of Seminole County History  
Winter Park Historical Museum  
Zora Neale Hurston National Museum of Fine Arts  
Creadlé School of Art Galleries  
Sanford Museum  
Winter Garden Heritage Museum  
Central Florida Railroad Museum

#### Take the kids bowling.

**Boardwalk Bowl** and **Colonial Lanes** are offering free bowling for the kids all summer long.

### Casa Feliz

Casa Feliz in Winter Park opens its doors for Music at the Casa on Sunday afternoons from 12 p.m. to 3 p.m. Come as you are for a casual event with live music and free tours of the historic house and James Gamble Rogers II Studio.

### Kids Workshop:

#### Home Depot Kids' Workshops

On the first Saturday of the month from 9 a.m. to noon, **Home Depot offers free Kids' Workshops**. Your kids will leave with their own craft, an orange kid's workshop apron, a commemorative pin and a certificate of achievement.

**Lowe's Build & Grow** Lowe's offers **free Kids' Clinics** every month. You will need to RSVP to guarantee that your child will receive a kit. Participants get their craft, an apron, goggles and a patch.

#### Lakeshore Learning Store

Lakeshore Learning offers free crafts for kids every Saturday from 11 a.m. to 3 p.m. Most of the activities are very simple to complete, making them perfect for preschoolers.

**Lego Mini Monthly Build** has an opportunity for kids 6-14 to build a Lego mini and take it home free of charge! It's the first Tuesday of every month! Begins at 5 PM.



### Summer Outdoor Fun:

**Splash Pads** Take your kids to the splash pads to play and beat the heat. Most of them are free.

**Playgrounds** Consider spending some time exploring some of them that are out of your area for something new!

**Beach** Pack up an umbrella and picnic basket and head out to the beach for the day

**Free National Parks** Visit the park for free on August 25 through 28: National Park Service Birthday September 24: National Public Lands Day and on November 11: Veterans Day

**Black Hammock Adventures** on Lake Jessup has free live alligator and bird exhibits. Watch trainers feed the 12-foot (3.6-meter), 650-pound (295-kilogram) resident gator Hammy on Sunday afternoons



**\*We highly recommend that you call ahead and verify that these offers are still valid.\***