



### Early Head Start Program Mission:

- To enhance the growth and development of young children
- To support and strengthen healthy family development and well-being
- To promote healthy prenatal outcomes for women who are pregnant
- To serve children with disabilities and their families

### Contact Information:

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## Alexander Early Head Start April 2017 Newsletter

### Week of the young child

Everyone wants to be a kid again, and soon you will get your chance! April 24th through 28th is designated as week of the young child by NAEYC, the National Association for the Education of Young Children. There are lots of activities planned around the nation related to celebrating children. We will have a Tasty Tuesday cooking activity during playgroup, the Men's Zone will be hosting a scavenger hunt, and we will have a "Fun Friday" from 10 – 12 in the FRC. The Alexander County Partnership has Yoga, car seat checks, book fairs and other things happening that you should check out this week as well. So take advantage of this chance to be a kid again and enjoy time with your child!

Since we are celebrating children this month, here are some fun things to do at home or in your neighborhood with your children:

- ◆ Make home-made playdough, bubbles and/or slime (recipe is on the back)



- ◆ Have a picnic- indoors, outdoors, or at the park

- ◆ Go on a hike- Rocky Face is having a community day on April 22<sup>nd</sup>, and it's free!



- ◆ Cook with your child, let them help you make a meal for your family

- ◆ Come to a play group!  
You will be amazed at all the fun you can have here at the FRC!

Check out what fun everyone had at our recent Men's Zone! Matheson Park was the place to be last month for a bubble-blowing bonanza! I'm not sure who had more fun, the adults or the children? They made home-made bubble solution, wands and more and shared a delicious meal. Check out our next activity at the end of April for more fun, and this time, Moms will get to do something fun together while Dads hang with the children!



**No Cook Playdough Recipe****Ingredients:**

- 1 cup of flour
- 1 cup of boiling water
- 2 tablespoons of cream of tartar
- 1/2 cup of salt
- 1 tablespoon of oil

**Directions:**

- Simply mix all the ingredients together!
- Be careful as it can be quite hot.

**Slime****Ingredients:**

- 1/2 cup water
- 1/2 school glue
- 1/4 cup liquid Tide laundry detergent
- If you'd like to add color or extras to your slime such as fragrance or glow liquids, make sure to add these extras to the glue solution before adding the laundry detergent.

**Directions:**

Combine water and school glue, mix well. Slowly stir in Tide until slime form

**Bubbles****Ingredients:**

- 1 1/2 cups light corn syrup
- 1 quart water (4 cups)
- 1 cup liquid dish soap
- 5-10 drops glycerin (in first aid isle) this is an optional ingredient

**Directions:**

Mix all together and enjoy. (Best if made 24 hours before you use them)