



Alexander Early Head Start March 2016 Newsletter

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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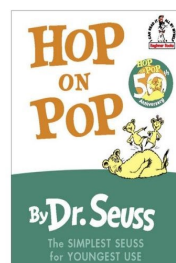
Facebook: Early Head Start of Alexander, The Enola Group



Construction zone!

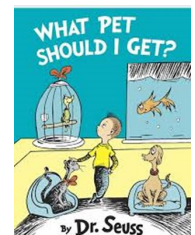
When we think of a construction zone we think of building things... Our own construction zone is happening right here in the FRC where we build relationships with our children during our Men's Zone groups! Every month the significant men in our children's lives have the opportunity to bring their children to a fun-filled night where food, fun, and friends gather to enjoy time together. The group has planned lots of great things from a trip to Rocky Face Park last spring to creating their own "drive in movie" night complete with cardboard cars last week! Mom's benefit from this event too as they get a night to "do their own thing" for a few hours. Check out our calendar for information and dates or ask your Home Visitor for details.

Hope to see you there!



March 2 is Dr. Seuss's birthday. In celebration of such a beloved children's author, we will read the story "Hop on Pop" during playgroup on March 1st. Adding actions to stories is a great way to get young readers excited about books so there will be lots of movement with this story, plus we will make a healthy snack to commemorate his accomplishments!

One very interesting fact about Dr. Seuss is that his last known book was published almost 25 years after his death. His widow, Audrey Geisel, found a finished draft of a book in some boxes that were packed away once he passed. The long-awaited book is titled "What Pet Should I Get?" and was released in July of 2015. Please come join us for a fantastic peak into such a wonderful imagination full of fun and exploration!



Be on Look Out

Grocery Store
Tours coming to
FRC near you



“Staycations!”

Say what?

During the month of March children in elementary school will have a week off. Many families have to make arrangements for childcare during this week or figure out WHAT to do with the ALL the kids for this long week off! If you are not planning to go out of town, you are probably working hard to plan time this week to entertain/occupy the children. Sometimes it’s hard to find activities that will appeal to your young children as well as your elementary schoolers. Here are a few ideas that are free or cost very little that you can do. Plan a picnic in the park! Kids love eating outside. They can run, climb, swing, play in the fresh air and right in time for helping with those winter stuck-inside blues. Go to the Hiddenite Emerald mines. They are open all day and are not overly expensive. Be ready to get down and dirty (wear old clothes) as you search for the perfect gem! Go to the library! What a great way to spend quality time and encourage great reading habits. Check out the Catawba Science Center. They have a program that helps eligible families afford to take the whole family without breaking the bank. And finally, pick out a time to have family game night and plan things that the whole family will enjoy, the possibilities are endless! Hide and seek, go fish, matching, coloring together, and I spy with my little eye are games that everyone can do together. Make plans to have fun with your family now, the benefits are lifelong!



Spring Break Planner

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday
Sunday		




whilehewasnapping.com



Word of mouth...

Do you know someone that is expecting or has a child ages birth to five? We will be hosting a county wide screening here at the EHS FRC on April 25th.

This is a great opportunity to make sure families are getting all the supports and services they need that are offered through our county. Spread the word to anyone you know that might be interested in participating. For more information, check with your Home Visitor.

