



Alexander Early Head Start December 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:

Alexander Early Head Start
401 East Main Avenue
Taylorsville, NC 28681
Phone: 828-635-1479

www.enolagroup.org

Facebook: Early Head Start of Alexander, The Enola Group

Love and lunch!

On Thursday, November 10th we had our annual Thankful Luncheon here at EHS. Children and families had the opportunity to socialize, play and eat together. There was so much food that many people took plates home. Lowes' Foods donated rolls and green beans and Hannah's BBQ donated ham and turkey for our feast. Lots of folks brought a dish to share and took time to write what their family is thankful for on our turkey feathers. We are thankful for having such wonderful families to share the journey through childhood with!



Winter can often mean breaks for the kids from school. Whether they are out for Christmas break, inclement weather or a scheduled school holiday, it's tough to figure out how to entertain the troops when outside play isn't always possible. *Great news!* There are a host of ways to have fun with kids in the winter without spending (much) money. Here are a few quick, creative ideas for free things to do with the little ones this winter:

- Pitch a tent in the living room. Camp out with sleeping bags and pillows.
- Take turns reading books aloud.
- Make a bird feeder out of pine cones and peanut butter for the back yard, and wait for visitors to arrive and enjoy it!
- Frequent the library for fun seasonal media.
- Color pictures
- Attend a free kids' woodworking or crafting workshop at your local hardware or craft store.
- Create your own fairy tale. Start with the classic "Once Upon a Time..." opener, and take turns combining classic story elements to make your own. Record what you come up with!
- Use your collection of odd socks to make a whole sock monkey family.
- Turn all the lights off and play laser tag or hide-and-seek in the dark.
- "Cook" or create easy recipes like the one on the back of this page with your child



Cooking with kids! Here is a healthy snack and a fun activity to do with Children of any age!
Use your imagination and change it up!

INGREDIENTS NUTRITION

Makes 2 Servings

2 medium bananas

$\frac{1}{4}$ cup peanut butter

$\frac{1}{4}$ cup flaked coconut

4 raisins

12 pretzel sticks (small thin kind)

DIRECTIONS

1. Peel and slice each banana into 10 segments.
2. Assemble "caterpillar" by spreading segments with peanut butter and pressing pieces together.
3. Sprinkle half of coconut over each "caterpillar" and press lightly with fingertips to coat.
4. Use additional peanut butter to press raisins on one end to form "eyes."
5. Break pretzel sticks into small pieces for "legs" and "antenna."
6. Tip: use different colored dyed coconut for a very colorful caterpillar!

