



### 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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[www.enolagroup.org](http://www.enolagroup.org)

**Facebook:** Early Head Start of Burke, The Enola Group

### Save the Date!

- **Policy Council**  
January 12th  
4:00 pm–6:00 pm
- **Parent Meeting**  
January 20th  
1:00 pm– 2:00 pm
- **Men Zone**  
January 28th  
6:00 pm– 7:30 pm

## Burke Early Head Start January 2016

### The Power of Pretend Play!

Make believe play is a powerful learning activity for young children. It expands their imagination, language, cognitive, physical and social emotional development. They learn about their likes and dislikes. When you engage with your child in pretend play activities, you can encourage him to play with puppets, dolls or other items, use different tones of voice and act out roles of different people. If they are pretending to feed a doll, ask questions about the food, taste and describe what your child is doing. Children learn through play. Let's take advantage of a fun way to learn!



“Tell me about your baby?  
She seems hungry. What kind of food  
will you feed her?”

## Creative Art with Young Children

Creative art activities provide young children with chances to develop their mind, body and senses. The arts invite children to listen, observe, discuss, move, solve problems and imagine. Open ended art allows young children to create with freedom.

### Open Ended Art Ideas:

-Use a variety of tools to paint; such as a fly swat, cotton balls, old toothbrush, Q-tips, coffee filters and toys that roll!

-Add sand, coffee grounds or dish liquid to paint to create a different texture.

-Give young children playdough at the table. Use plastic knives, forks, spoons, jar lids and safety scissors to cut, mold and build with the dough.

-Tear and glue old newspaper, sales papers and magazines. Place a small drop of school glue on a plate or lid. Let young children dip Q-tip in the glue and spread on paper.



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### Playdough Recipe:

Mix together the following:

- 2 cups flour
- 1 cup salt
- food coloring
- water (add slowly and mix until desired consistency)

### Tips for Fun!

- Use plastic kitchen tools such as plastic knives, spoons, cookie cutters and spatulas to cut and make designs. Unopened cans work as rolling pins to roll out dough.
- Provide child safe scissors to strengthen young children's fingers and hands as they develop fine motor control to cut.

"All young children are great artists. The importance of their art is in the act of creating with confidence and in using their imaginations. It is our sacred trust not to take away this gift from our children, but to encourage and nurture it at every opportunity." ~ Susan Striker