



## Burke Early Head Start February 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:

**Burke Early Head Start**  
501 E. Concord St.  
Morganton, NC 28655  
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[www.enolagroup.org](http://www.enolagroup.org)

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

**Reminder!**

Men Zone Meeting  
February 25th  
6:00-7:30 pm

Parent Meeting  
February 17th  
11:30-12:30 pm

## February is Dental Health Month!

Keep your child's teeth healthy – Follow these tips each day!!

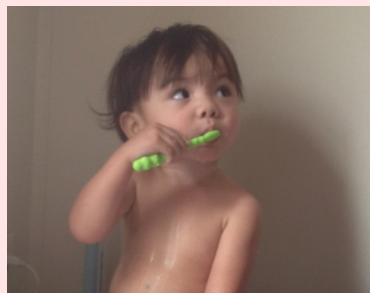
- Brush children's teeth for two minutes, two times a day.
- Use a tiny smear of fluoride toothpaste on a child's toothbrush. Increase to a pea-size drop at age 3.
- Begin flossing around teeth as soon as the first one appears.
- Offer water between meals.
- Begin dental visits at 1 year old, have a check-up every 6 months



These simple steps, followed daily, will help prevent cavities. Regular dental checkups keep small problems from becoming big ones!!

### Make Tooth Brushing Fun!

- Brush to the beat. Let your child choose their favorite song to listen to while brushing for two minutes.
- Follow the leader. Brush along with your child, copy each other's actions.
- Set a timer. Tooth brush timers can be found on the tooth brush isle in your local department store.
- Get your child involved in the beginning. Let them pick out their own toothbrush. Give them a special cup to fill and rinse from after brushing.



# School Readiness Time!

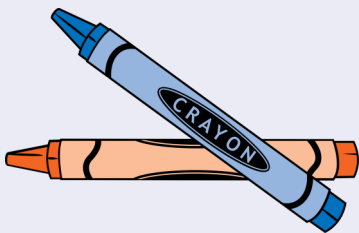


## Fine motor development

- Give your toddler opportunities to use crayons, markers and pencils.
- Choose a table or floor space where your child can draw and color freely. Gently remind them to keep the “crayon on the paper”.
- Children enjoy tearing paper. Give them old mail or sales papers to rip and tear.
- Squeezing, patting and rolling playdough strengthens muscles in the hand. Allow your child to work with playdough often.

Jazmine is learning to scribble. Jazmine puts the crayons one by one in mom's hands and mom counts

the crayons. Jazmine’s mom says each color as she touches them. Jazmine chooses a crayon and begins to scribble. Scribbling helps Jazmine with her fine motor skills.—In Home Educator



## Planning for Preschool

Transition meeting for Burke County Preschool Services

When: February 10th, 10:30-11:30

Where: Burke EHS Family Resource Center

Childcare and transportation will be provided. Families will have the chance to ask questions and complete applications for preschool services with Burke County Schools.

