



Caldwell Early Head Start Newsletter May 2017

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:

Caldwell Early Head Start

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www.enolagroup.org

Facebook: Caldwell Early Head Start



Reminder:

Read aloud
15 minutes
every day

Cooking Matters Graduates!



Thank you all for participating in Cooking Matters. These graduates learned about and practiced meal planning, cooking together as a team, reading food labels, and learned how to shop on a \$10 budget.

After the 6 weeks classes, each participant received cooking items for their participation along with their Cooking Matters book. This book provides healthy snacks and meals for the family.

What a great time to enjoy fun things to do at home or in your neighborhood with your family.



♦ 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, nature walk or ride your bike.

♦ 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 Family Resource Center.



Spring Is in the air!

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 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)