



Caldwell Early Head Start Newsletter July 2015

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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Reminder

Stay hydrated by drinking lots of fluids this Summer!

Did You Know... Brittany Fleming, an EHS parent has shown interest in leading playgroups. On June 9th, Brittany lead her first activity. That's right her first group activity! The activity involved painting and planting flowers. Before the activity began, she lead a parent discussion on child interests and learning opportunities that the parents may notice while playing with their child. She also encouraged parents to support their child's learning



by sitting with their child and talking with him or her about what they were doing. The activity and Brittany's leadership was a success!! Thank you Brittany for leading this play group!

This is what Brittany had to say,

"I really enjoyed leading the playgroup. At first I was kind of nervous, and then once I started, it was really fun. I was showing parents that the children were really learning from this activity we did together. Overall, I think we had a great turnout and enjoyed watching everyone laugh and have fun as well as the kids. The kids really had fun while they were learning!"

If you have an interest in leading a playgroup at the Family Resource Center or would like to learn more about playgroups, talk with your in-home educator, she can help you get started. Come join the activities and watch how easy and fun it is to lead a playgroup. See you soon!



Play Helps Children Develop Fine Motor Skills and School Readiness

One of the Early Head Start school readiness goals is children will develop their fine motor skills. Children use their fingers and hands (fine motor skills) for many things during their daily play and routines. The more opportunities children have to explore and manipulate toys and objects the more skillful and confident they will become in using their fine motor skills. Your child's fine motor skills and confidence is important now and later on when your child enters school, as children use pencils, cut and paste with scissors and glue, button and zip their coats, etc.



Squeezing lemons to make lemonade helps develop fine motor skills.

Some things you can do to help your child develop fine motor skills is to provide him or her with lots of opportunities to hold toys, shake things, reach for toys or others, pick up and let go of things, use markers, build with blocks, brush teeth, help with dressing and undressing, use scissors, and put puzzles together.

Other ways to help your child develop their fine motor skills include: practicing picking up cereal with fingers, practice using a spoon or fork at meal time, squeezing lemons or oranges, and eating finger foods. *Everyday opportunities that you provide can help build your child's development and readiness for school.*

Now Enrolling

CHILDREN BIRTH TO THREE YEARS OLD
AND WOMEN WHO ARE PREGNANT

Services at No Cost to families for:

Child Care

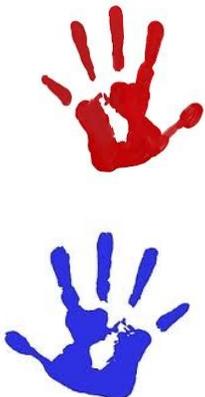
School Readiness and Child Development

In-Home Education/Home Visiting

Group Socializations/Playgroups

Alexander (828)-635-1479 Burke (828)-475-010

Caldwell (828)-757-8632



Call Us!