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### **Head Start** Holiday Closings

- All Head Start Centers, except HAFH and Pinewood will be closed December 21, 2020 through January 1, 2021. Children will return on January 4, 2021.
- HAFH and Pinewood will be closed December 23, 2020 through January 1, 2021. Children will return on January 4, 2021.

The Head Start Central Office will be closed on December 23, 24, 25, 2020 and January 1, 2021 for the Holidays.

# L.B.J. & C. Head Start No

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# **Making Life Easier: Surviving and Enjoying the Holidays**

Prepare your child for changes in routines and schedule.

- Involve your child in some of the holiday preparations.
- Keep aspects of your typical routine whenever possible.
- Give clear directions.
- Use positive words.
- Provide transition warnings.
- Use 'Wait Time.'
- Provide limited choices.
- Tell your child how to

behave. Provide frequent and praise specific

acceptable behavior. Empathize with your child's feelings.

for



Inform family and friends of helpful strategies. Be attentive to your child's diet.

Holiday Travel - Plan ahead • Pack a bag of favorite items to take with you.

- Call airlines, airport or bus depot ahead about special accommodations.
- Visit the airport or bus depot in advance.
- Create a personal story.
- Celebrate the successes along the way.

Source: https:// challengingbehavior.cbcs.usf.edu/docs/ life easier holidays% 20and%20tipcard.pdf

# White Bread Clay Recipe

#### Ingredients

- 1-2 slices White Bread, crusts removed
- 1 Tbsp. White Glue
- (you may want to double or triple this recipe, 1 bread
- slice makes approx. 3 tablespoon. of clay.)

Directions

Rip bread into tiny pieces

in bowl. Add glue and mix with fork till all crumbs are moistened. Roll into ball. If too wet, add a little more bread. Knead until smooth. If dough dries out while working, add a few drops of water and knead. Store in sealed container in refrigerator up to a month. Air dries in 1-3 days. For a semi-gloss

finish; brush on equal parts water and white glue. Good for detailed projects-won't crack when drying.

#### **Preschool Parent Press**



## . & C. Inclement Weather Policy

In the event weather, the Head will continue Program to observe the public school closing in each county where late, the Head Start Center will Head Start centers are located.

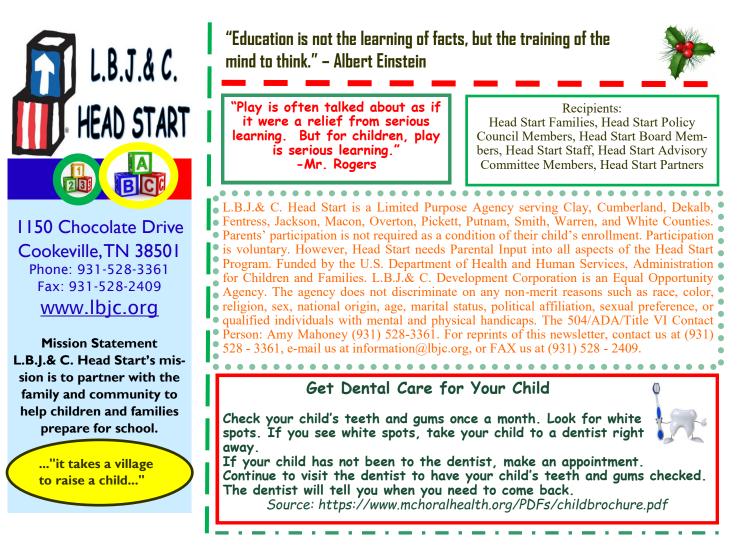
In the event that the public school system in the county where your Head Start Center is located is closed, the Head at the regular time. Start center will be closed.

of inclement If the public school system in closes early due to inclement Start the county where your Head weather, non-working parents Start center is located is open will be expected to pick their on time, 1-hour late, or 2-hours child up at the time of school open at its normal opening time. Children will be allowed to come at their regular time. They are not required to come later. Breakfast will be served

If the public school system should close early.

closing.

Working parents will be expected to work out a system so their child can be picked up as soon as possible. Parents should make arrangements in the event the Head Start center



# **GIVE YOUR CHILD HEALTHY FOODS**

Give your child healthy foods. Give her foods like fruits, vegetables, wholegrain products like bread or crackers, and dairy products like milk, yogurt, or cheese.



Lean meats, fish, chicken, eggs, and beans are also good for your child.

• Wean your child from a bottle to a cup by age 12 to 14 months.

- Do not put your child to sleep with a bottle filled with milk, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- Serve juice in a cup with no lid, not a bottle. For children ages 1 to 3, offer no more than 4 ounces of juice each day. For children ages 4 to 6, offer no more than 4 to 6 ounces of juice each day. Give your child 100percent fruit juice only. It is even better to give your child fruit instead of juice.
- Give your child water several times a day. The water should have fluoride.
- Give your child fewer sweets like candy,

cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give



them at mealtimes only.

• Reward your child with a big smile or a hug, not with food.

Source: https:// www.mchoralhealth.org/DFs/ childbrochure.pdf