

NPHS/EHS EXPRESS LETTER

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Welcome Back!!!!!!



We at Early Head Start would like to welcome back all of the returning children and families.

To all of the new children and families. Your journey of your child's education starts now and Early Head Start welcomes you to our family. Here are some articles and information that you may find interesting for you and your family. Enjoy.

Let's make this year the best year ever at Early Head Start. Thank You.

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Tips for Parents: Reading Aloud to Infants and Toddlers

- 4 Long before your baby is ready to hold a book, he'll start learning about reading and language through his relationship with you. Talking and reading to your infant or toddler provides the building blocks he'll need to develop language and reading skills of his own.
- 5 Here are a few tips to make the most of your special reading time together.

The following tip sheet is provided courtesy of the National Center for Family Literacy (NCFL).

Before Reading the Story

Make sure your child is comfortable and can see the book. Read the title out loud. Show your baby the cover of the book and talk about it. Describe the illustration and what you think the book will be about.

While Reading the Story

Try to make a lot of eye contact with your baby as you read. Read one-to-one with your infant. Toddlers, though, may enjoy listening to a story in a very small group. Vary your voice to fit the characters and the events in the story.

Pause while you are reading to show your baby the pictures in the book. Share your own reactions to the story through your voice or gestures, and encourage your child to react to the story as well.

Keep your child's interest in the story by inviting him to participate. Let him touch the book and help you turn the pages. Invite your toddler to join in with rhymes, sounds, and repeated words or phrases. But also be aware that your baby may get tired before you finish a book, and that's okay. Change plans when your child loses interest in the book.

After Reading the Story

Let your child explore the book and play with toys and objects that remind her of the book. With your toddler, talk about the book and relate it to his own experiences.

Reread the story often. You may tire of it, but your baby won't! Plus, hearing the same story over and over again helps your child begin to recognize and remember words.



7 Super Things Parents and Caregivers Can Do

There are a number of things that parents and caregivers can do to help motivate young children to learn. These activities offer parents and caregivers tips on getting children involved in reading and learning.

The following is an excerpt from Teaching Our Youngest.

7 Super Things Parents and Caregivers Can Do

1. Talk often with your children from the day they are born.
2. Hug them, hold them, and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies.
Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't."
6. Ensure a safe, orderly, and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.



Low Cost Healthy Recipe

Italian Turkey Sliders with Honey Dijon Mayo

Sliders are very popular right now and this version made with ground turkey and baked rather than fried is not only good, but good for you. Kids ate these like there was no tomorrow and even the pickiest of them finished his plate without a complaint. Served with baked Parmesan fries this was the perfect 'fast food' meal and the cost per slider is about 45 cents -- that's good, too.

Ingredients

- 20 ounces lean ground turkey
- 2 tablespoons Parmesan cheese, grated
- 1 clove garlic - minced
- 1/2 teaspoon basil,, dried
- 1/2 teaspoon oregano,, dried
- 1 teaspoon salt
- freshly ground black pepper
- 16 dinner or slider rolls
- 1/3 cup mayonnaise
- 1 tablespoon honey Dijon mustard

Directions

1. Combine ground turkey, cheese and all seasonings. Mix together well.
2. Shape turkey into 16 small patties.
3. Place patties on a greased baking sheet.
4. Bake at 350 degrees F for 8 - 10 minutes or until cooked through. Be careful not to cook too long or they will become dried out.
5. Combine mayonnaise with honey Dijon mustard and stir until well blended.
6. Place on rolls and top with honey Dijon mayo and enjoy.





10 Reasons Why Your Child Needs You to Be an Active Father

Fathers play a critical role in the development of their children; however, many fathers are uncertain about the responsibilities and privileges associated with this role. Children need fathers who love and care for them on a consistent basis. The latest research indicates that fathers who are actively involved in raising their children can make a positive and lasting difference in their lives. In contrast, this same research reveals a number of potentially negative outcomes for children whose fathers are not involved. Listed below are 20 reasons why your child needs you to be an active father. Being an active father:

1. Lets your child know that you love her. Love involves more than saying the words, "I love you." Fathers who love their children demonstrate their love by spending quality and quantity time together. Children who feel loved are more likely to develop a strong emotional bond with their father and a healthy self-esteem.

2. Provides your child with greater financial resources. Research clearly indicates that families with an active father are "better off" financially. This means that children with active fathers will be more likely to have access to resources that facilitate healthy development (e.g., food, clothing, shelter, quality medical care).

3. Provides your child with a positive male role model. Children, regardless of gender, need positive male and female role models. Children tend to model behavior (positive and negative) that they witness on a consistent basis. Active fathers can promote positive behaviors by setting a proper example for their children.

4. Provides your child with emotional support. In addition to financial support, children also need emotional support from their parents. Active fathers listen and support their children when they experience joy, sadness, anger, fear, and frustration. Fathers who support their children emotionally tend to raise children who are more in-tune with the needs of others.

5. Enhances your child's self-esteem. Self-esteem refers to how a person feels about himself. Children with high self-esteem tend to be happier and more confident than children with low self-esteem. Active fathers promote their children's self-esteem by being fully involved in their lives and letting them know that they are highly valued.

6. Enhances your child's intellectual development. Children who are raised with actively involved fathers tend to score higher on measures of verbal and mathematical ability, and also demonstrate greater problem-solving and social skills.

7. Provides your child with guidance and discipline. From infancy, children need proper guidance and discipline. Active fathers play an important role in teaching their children proper behavior by setting and enforcing healthy limits.

8. Gives your child someone to play with. One of the primary ways that fathers bond with their children is through play. According to researchers, there are qualitative differences in the ways fathers and mothers play with their children. Fathers tend to use a more physical style of play (e.g., wrestling) that offers a number of benefits to children, including enhanced cognitive ability.

9. Provides your child with someone to talk to when she has questions. Young children are full of questions. This natural curiosity helps them learn about their environment. Active fathers can be a valuable source of information for children who are seeking answers to life's important questions.

10. Increases your child's chances for academic success. Children whose fathers are actively involved in their lives are more likely to achieve academic success than children whose fathers are not actively involved. These academic benefits appear to extend into adulthood.

Career Opportunities!!!!



- In Head Start: Teachers for Cameron and Marshall counties.

Teacher Assistants for Brooke, Ohio, and Marshall counties.

- In Early Head Start: None at this point in time.

If you aspire to influence the lives young children and their families. Go to www.npheadstart.org to get a head start on your career. Keep checking on our site for more positions available or submit a cover letter, resume and the names addresses and telephone numbers or three reference to:

Human Resources Office

Northern Panhandle Head Start

1 Orchard Road, Suite 1

Wheeling WV, 26003

Male Forum

Greeting, My name is Timothy A. Midget your Early Head Start Father Advocate.

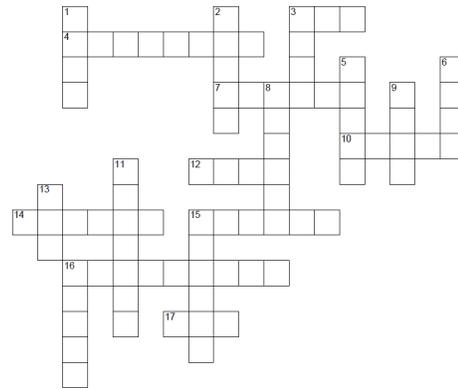
I want to personally welcome all of the fathers and male figures in the families to EHS.

Here at EHS understand the importance of male involvement early in your child's life. What we want to do is increase the male involvement in our center base and home base programs. Also EHS and I will be hosting Male Forums thought out the year. Where we can discuss how to achieve this goal of increasing male involvement. Let's go males, We can do this together in getting to our goal.

If you have any questions on Increasing Male Involvement or any upcoming male focus events you can reach me at:(304-232-4590)
Thank you!!!!

References and Credits

The National Center for Family Literacy (ncfl) pg1, www.eclkc.com pg 2 and 3, www.disneyFamily.com pg2, Np Human Resource Department pg4, www.kget.com pg4, Edited by Timothy A. Midget and assisted by Lynette Blankenship



anteater
beach
bow
butterfly
cereal
dime
dollar
flush
fly
give
hawk
hip
lady
nickel
penny
pool
quarter
store
toilet
turtle

ACROSS

- 3 The part of your body below your waist.
- 4 An animal with a very long nose that eats ants.
- 7 A coin worth 5 cents.
- 10 This is a place where you buy things you need.
- 12 A coin worth 10 cents.
- 14 Money that is worth 100 cents.
- 15 This is a place you sit in the bathroom.
- 16 An insect with large colorful wings.
- 17 A flying insect.

DOWN

- 1 Another word for woman.
- 2 A coin worth 1 cent.
- 3 A large hunting bird that catches small animals.
- 5 You do this after using the toilet.
- 6 To let someone have something.
- 8 A breakfast food eaten with milk in a bowl.
- 9 A small body of water you can swim in.
- 11 A coin worth 25 cents.
- 13 You use this to shoot an arrow.
- 15 A slow moving reptile with a shell on his back.
- 16 This is the sand alongside a lake or ocean.

Brain Food



4TH and Inches

Thank goodness football is back. Here are some previews of Cleveland Browns and Pittsburgh Steelers



PROGNOSIS: The upcoming season for the Browns looks a bit like last year, except that the club isn't coming off a strong finish. There is still plenty of promise, along with a handful of questions, and it looks as if Cleveland did another fine job in the draft. However, the Browns are going through a complete overhaul at a time when there is less of a window to prepare due to the lockout. Landing a number of draft picks for 2012 shows that the Browns also believe there are still some struggles to endure, but at least Holmgren now has his own man on the sidelines. Most of 2011 will serve as growing trials for Cleveland's young players as the likes of McCoy, Sheard and Taylor learn how tough the AFC North can be.

PROGNOSIS: The Steelers have failed to make the playoffs following each of their last two Super Bowl appearances, but the minimal turnover the club underwent should go a long way towards breaking that trend. Pittsburgh showed last year that its aging defense is still among the best in the league, and Roethlisberger has a host of young weapons to go to in addition to the veteran Ward. Pittsburgh fans will have to cross their fingers that the bodies of Harrison and Polamalu don't betray the defensive stars, as either of those two would be tough to replace. The Steelers did do a good job of adding youth to its important positions -- mainly the defensive line and secondary -- and that should leave them equipped to handle any injury setbacks en route to defending their AFC crown.

How to enroll

If you have a child ages 0 to 3 years old. You can go to the center nearest to you or contact us by phone. Here are a list of our centers and phone numbers.

Pipinos Head Start Center & Pipinos Early Head Start Home Base

275 Cross street
Weirton, WV 26062
(304)797-0281 (Hancock County)

Building Blocks 1&2
402 Commerce Street
Wellsburg, WV 26070
(304)737-4818 (Brooke County)

Orchard Park & Orchard Park Early Head Start

1 Orchard Road
Wheeling, WV 26003
(304)233-3290 (Ohio County)

Building Blocks 3&4
13th& High Street
Benwood, WV 26031
(304) 233-1724 (Marshall County)

Building Blocks 5
WCCCF Rt.7 Box 152
New Martinsville, WV 26155
(304)447-1560 (Wetzel County)

Martyn Early Learning Center
Head Start & Early Head Start
Rt. 20 Box 152 Bates Run Road
Jacksonburg, WV 26377
(304)889-3509 (Wetzel County)

Quote of the day

**“Shoot for the moon. Even if you miss,
you’ll land among the stars.” –
Brian Littrell**

Volunteer Time

We always need volunteers in the classroom. If you would like to volunteer please contact your-center. Thank you..

