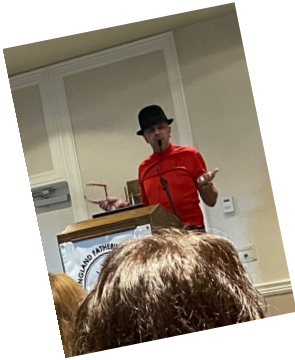




WCAC Early Head Start Newsletter

April 2023



EHS family educators Rachel LaPan-Viens and Melissa Blier had the opportunity to attend the New England Fathering Conference in Newport, RI this month. They were inspired by the amazing speakers at the conference, as well as gained a wealth of information from the workshops they attended. They are looking forward to sharing the many resources they've received, and would like to extend an invitation to any parent who would like to attend a workshop or conference.



Food:

Webster/Dudley: Webster/Dudley Food Share

Phone: (508)943-9171

Southbridge: Catholic Charities

Phone: (508)765-5936

Oxford: Oxford Food Pantry

Phone: (508)987-1062

Charlton: Chip-In

Phone: (508)248-3292

WIC

Phone: 1-800-WIC-1007

Clothing:

Catholic Charities Southern Worcester County

Phone: (508)765-5936

Financial Empowerment:

Wcac.net/financial-empowerment/financial-coaching

Ingredients

- Banana
- Various Sprinkles (including two black ones for the eyes)
- 1 Pretzel Stick

Eat Right ~ Live Strong

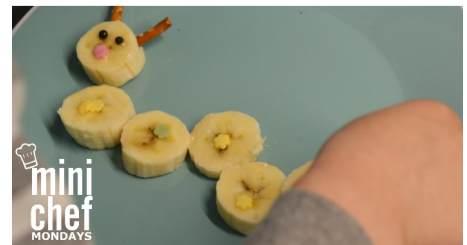
Banana Caterpillar Snack

1. Carefully slice the banana and arrange slices into the caterpillar shape.
2. Decorate body with sprinkles and use two black sprinkles to make the eyes.
3. Break the pretzel sticks in half and stick them in the head to make the antennae. You could also use pretzel sticks to add feet to your caterpillar.
4. Serve and enjoy.



BANANA CATERPILLARS

myminiadventurer.com



Healthy and Happy

It's the Small Things...



Prevent Choking!

Keep small objects like marbles, balloons, small balls, and coins off the floor and out of reach of children.



Other common choking hazards you should keep away from you baby include:



Marbles and small balls



Toys with small part



Tiny toys that can fit in the mouth



Balloons



Hair accessories



Magnets



Morsels of dog food



Coins



Buttons



Batteries

Childproof your home — Keep your baby safe.



U.S. Consumer Product Safety Commission

CPSC hotline: 800-638-2772
and 800-638-8270 (TTY)

This alert was produced by CPSC's Neighborhood Safety Network program. Sign up to receive free NSN safety alerts and posters at

www.cpsc.gov

NSN-5

Better Together—Family Activity

Supplies

- Coffee Filter Papers
- Markers
- Pipe Cleaners
- Paint Brush
- Water



Instructions

1. Decorate the coffee filter using the markers.
2. Add water to the coffee filter using a paintbrush. Wet the coffee filter completely.
3. Let dry.
4. Fold the coffee filter into thin folds.
5. Fold the pipe cleaner in half and wrap it around the middle of the folded coffee filter.
6. Fan out the wing parts and curl the top part of the pipe cleaner.

Staying Balanced

Breathing Exercises For Kids

Bunny Breath

Take three quick sniffs and one long nose exhale.



Blow Bubbles



Snake Breath

snale through nose and make a hissing noise as you exhale.



Blow out a Candle



Flower Breath

Breathe in through the nose and out through the mouth.



When you're feeling...

STRESSED



drink some
tea



take a
breather



try yoga



journal out
your worries



take a
bubble bath



go for a walk
in nature

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