TRI-COUNTY HEAD START

December 2024

5 or more fruits and vegetables each day

2 hours or less screen time each day

1 hour or more physical activity each day

0 sugary drinks!

THINGS TO KNOW

As the year comes to a close, we are wishing all of our families a wonderful winter break. We are excited about all the educational gains your child had made this year so far!

Holiday baking and cooking is a great way for your child to practice self-help skills and strengthen their small and large motor skills.

In December, we focus on safe sleep. Getting enough sleep helps children to focus at school and allows them to feel rested and prepared to learn. Nighttime routines can help make the process of putting your child to bed easier.

Ideas to Build Your Own Bedtime Routine

- Turn off screens.
- Take a bath.
- Brush our teeth.
- Take a bathroom break.
- Read stories.
- Set a regular bedtime.

Amount of sleep your child needs each day, including their naps:

- Infants (0-12 months) = 14-15 hours
- Toddler (1-3 years) = 12-14 hours
- Preschoolers (3-5 years) = 11-13 hours

CALENDAR

12 Days of Holiday Cheer
December 6-23

Taste and Talk - stop by during pick-up to sample a recipe & talk to our dietitian.
December 9, 2:30-5:00 pm @ Maywood
December 10, 2:30-5:00 pm @ LCC

Policy Council Meeting
December 16, 5:30-6:30 pm

Board of Directors Meeting
December 17, 5:30-6:30 pm

Winter Break - Agency Closed
December 24-January 3

Safe Sleep

Do you know the ABC's of safe sleep?
A = alone in crib
B = back to sleep
C = crib empty of all objects

WATCH NOW **Safe Sleep Essentials Video**

Alert Not all safe sleep products are safe for infants

READ MORE

Check For product recalls at cpsc.gov

Need clothing?
Visit Tri-County Closet.
Open Monday-Fridays, 9 am - 5 pm

CONTACT US

teamtricounty.org

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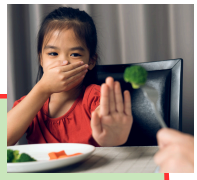
Tri-County Head Start



DUAL LANGUAGE

December is a wonderful time to share your home language and holiday traditions with your child! Kids who grow up with two languages can build stronger memory and problem-solving skills.

Try this: play 'I Spy' with holiday items around the house using words in your language, like 'I spy something red' (*Veo algo rojo*). It's a fun way to practice words together.

Here's a riddle: What has many words but never speaks? (Answer: A book!)

Check out activity

Felices Fiestas (Happy Holidays)

NUTRITION

Picky eating is common. At times, your child may not eat much and this is normal. Children ages 2-5 only gain an average of 4-5 pounds per year. This means they need less calories to maintain their growth, and will be less hungry.

- Try to offer healthy meals and snacks every 2-3 hours (no snacks between these times)
- Offer new foods with familiar foods.
- Remember it can take several introductions before they might accept a new food.

This month we are learning about root vegetables!

December Menu: Maywood & LCC

HOME-BASED

The Home-Based program has been very busy this fall! Follow the link below to see what we have been up to!

READ MORE

The kids loved making and eating pumpkin pie pudding!

Pumpkin Pie Pudding Recipe

MAYWOOD & LCC

"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flewn. How did it get so late so soon?"
~Dr Seuss

This month, activities will be centered around winter weather and snow play. Children will learn about staying safe in the winter, winter holidays and traditions.

Reminders

- Send your child with proper winter gear for outdoor activities.
- Let us know about any updates to your child's diet or information ASAP.
- Make sure to sign your child in and out daily.