

# News You Can Use...

Home Visiting - May 2024

## The Importance of Schedules and Routines

Familiar activities can provide comfort for both adults and children. Just like adults, children feel more confident and secure when their daily activities are predictable and familiar. A consistent daily schedule and step by step routines give children a predictable day.

Schedules and routines help children:

- Feel in control of their environment
- Feel safe, secure, and comfortable
- Know what is happening now and what comes next
- Know how to do an activity or task
- Engage in learning

<https://eclkc.ohs.acf.hhs.gov/>



Recognizing what comes next in a routine is an early math skill. Babies start to recognize the sequence of events early on. For example, when they hear the bath water running they know it's bath time. When you ask your toddler to get their coat, they know outside comes next!

## Summer family events are back!

Your Home Visitor will share a summer events calendar with you soon! Please join us in June and July at the park, library, Head Start sites, splash pad and zoo!



# Hands on Gardening

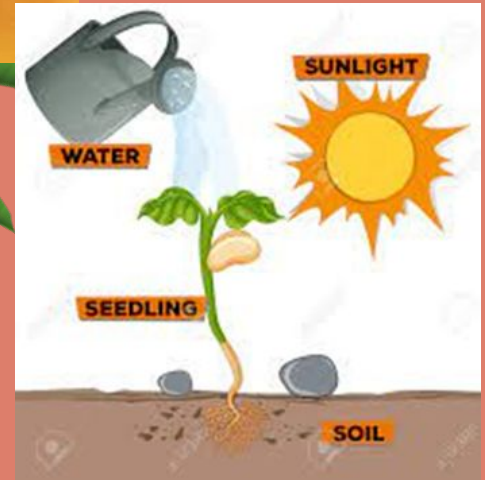
## Learn the life cycle of a plant.

Use kitchen scraps, beans, or seeds from a packet.

1. Put seeds in a baggy with wet paper towel or a planter with soil (an empty egg container works well)
2. Add water
3. Place in a sunny spot

For other kitchen scraps ideas visit this website:

<https://kidsgardening.org/resources/garden-activities-kitchen-scrap-gardening/>



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15 Playgroup at Sylvan 10:00am-12:00pm	16	17
<b>In-home Snack will be delivered by your Home Visitor</b>				
20	21	22 Local Recreation Family Event at Sylvan 11:00am-12:15pm	23	24 No Home Visits Closed for Agency Holiday
27 No Home Visits Closed for Agency Holiday	28 Playgroup at Sylvan 10:00am-12:00pm	29	30	31



# May 2024



## Spring Conferences!

This month your Home Visitor will meet with you to discuss your child's development over the last few months! We look forward to discussing your child's progress and setting goals for the next few months.



## HV Snack Menu

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15 Playgroup: Sylvan @ 10:00-12:00 pm  Cottage Cheese, Peaches	16	17
20	21	22	23	24
<b>In- Home Snack Week Exploring Fresh Strawberries</b>				
27	28 Playgroup: Sylvan @ 10:00-12:00 pm  CoJack Cheese, Ritz Crackers	29	30	31

**In-Home Snack Portions:**  
See Rebus Cards

**Formula & Baby Food Available at Socialization**  
Whole & Skim Milk Available When Served