

Week of
November 18, 2024

Plainfield Head Start
616-454-8874

****SAVE THE DATE****

November 26th

Family Engagement Event

4:30 – 5:30

****School Closed for Fall Break****

November 27 – November 29



Using paint brushes, writing utensils, playdough, scissors ect...
Are ways to strengthen fine motor skills!

Children who understand their emotions and the emotions of others are less impulsive, more focused and do better academically. Start your child out on the right path by helping them learn to name their feelings. Also, help them understand appropriate ways to deal with their feelings.

- * Play games – Simon says Freeze happy, freeze sad
- * Sing songs – If you're happy and you know it
(Change the words up)
- * Read Stories – Sad Monster Glad Monster, The Feelings Book
- * Introduce New feeling words – frustrated, angry, loved, joyful

<https://www.facebook.com/pg/hs4kc/events>
www.hs4kc.org

These materials were developed under a grant awarded by the Michigan Department of Lifelong Education, Advancement, and Potential."

 **Head Start
for Kent County**
Connecting Families and Community Resources

 **Readiness Program**
Michigan's Nationally Recognized Pre-K Program

Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

How Sugar Affects Baby Teeth

Children can be picky eaters and want pop and sugary treats often, but it's very important to begin healthy eating habits from an early age. Many parents aren't aware of how sugar affects baby teeth and what causes cavities. What does cause cavities? A cavity needs three things to form: a tooth, bacteria, and carbohydrates (sugars). When your child eats or drinks sugars, it only takes 20 seconds for the bacteria on their teeth to mix with the sugar and turn into acid. This acid begins to attack the tooth and break it down. Over time, this results in cavities.

Did You Know?

- Most children in the United States eat and drink at least 19 teaspoons of added sugar per day.
- Children under age 2 should not be served any foods or drinks with added sugar.
- Children over age 2 should not eat or drink more than 6 teaspoons of added sugar per day.

How to Prevent Cavities

- Have your child drink water between meals and snacks: water does not have sugar and will help wash the acid from the teeth
- Give milk or juice at mealtime only: fruit juice and milk have sugars, but the food helps to wash away the extra sugars in the milk and juice.
- Brush teeth twice a day, and after sugary food and drinks.