

Early Head Start Home Connection

Literacy!

Birth-12 Months:



What is this activity?

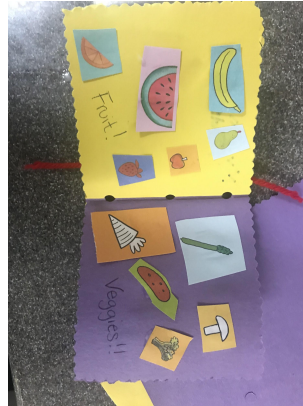
Peek-a-boo: Choose a time when your baby is ready to play. Start by covering your face with your hands, a blanket or towel for a couple of seconds. Uncover and say, "Peek-a-Boo!" in a warm happy tone. Laugh and smile with your baby as they respond to you. For older babies you could hide behind a piece of furniture and pop out to say "Peek-a-Boo! Take turns with your baby. Teach them to cover their face with their hands or help them do this. You could say "Where are you?" and respond to your child's excitement. Play as long as they are interested

Why is it important?

Playing games like Peek-a-Boo helps Your baby learn about object permanence and develops their vocabulary. Around 6-7 months your baby is starting to understand that even if they do not see a person or object it still exists. Games like this can help build an understanding of anticipating what might come next in a story. Expanding vocabularies and object permanence are skills that will be needed for reading later on.

This Activity Contributed by:
Head Start

12 Months - 24 Months:



What is this activity?

DIY Picture Book! Together you can go through an old magazine, newspaper ads, or anything you have lying around. Get some scissors, glue, construction paper. If you have it you can use a hole punch and some string or yarn. Pick a theme (I did favorite foods) let your child go through the magazine/newspaper and point out their favorite things to eat! Cut them out together, and glue them to the paper. We chose to categorize ours to learn about different types of foods.

Why is it important?

This is a great way to develop your child's love of books, as well as being a way to introduce new topics to them (healthy foods). Having books in your child's life has shown to benefit many areas of brain development beyond just literacy, including being a predictor for school success.

This activity contributed by:
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24 Months- 36 Months:



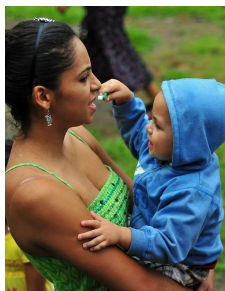
What is this activity?

Homemade Story: Use an old notebook, or loose pieces of paper tied/stapled together. Have your child draw pictures, letters, or shapes on the pages. Once your child is done creating on each page, work together to create a title for the story and note your child as the author on the front! You can go through the pages just as you would reading a book - asking your child about the pictures and pointing out different things you see. Keep the book with other books in the home so your child knows they made something special. You can have them read their book to you!

Why is it important?

This activity can help build creative thinking as your child tries to mirror some of the images or letters they see in other books. They can practice their drawing and writing skills as they build their hand and finger skills. Once the book is complete, kids can feel a sense of accomplishment and pride in creating something that will be kept to use over and over again.

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Head Start

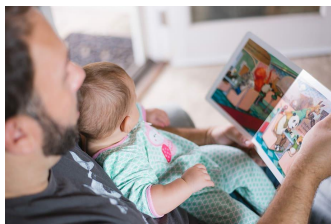


February is National Children's Dental Health Month!

- Cleaning and brushing teeth removes plaque (the build-up on teeth) that causes tooth decay.
- You can start cleaning your baby's teeth by wiping (as soon as you see them!) with a soft cloth or brushing with a small soft toothbrush, a tiny smear (rice sized) of fluoride toothpaste and water.
- At 18 months start using a pea sized amount of fluoride toothpaste to brush your child's teeth. Encourage your child to spit out toothpaste after brushing, but not rinse.
- Clean all surfaces of the teeth and gums twice a day (after breakfast and before bed).
- Children will need an adult to help them brush their teeth until about 7 or 8 years of age.

It is important to start taking care of the baby teeth as soon as they emerge. Baby teeth can get cavities just like adult teeth. In addition to the pain caused by a cavity, young children can develop dental infections. Tooth decay is a serious, infectious, and transmissible disease that can spread quickly and lead to infection or abscess.

Building Skills Through Routines



It is important to learn how your child communicates. You can do this through observing their sounds, facial expressions, and gestures. It is also important to verbalize their needs and wants. "You are sucking on your fingers, you may be hungry." Your child is learning to communicate starting at birth. Language and literacy are two important skills that build upon each other throughout development.

Try This: Copy your baby's sounds to encourage imitation, put words to their sounds such as when your baby laughs, "you think that is funny." Play peek-a-boo and other back and forth games, read a lot of books and use them as a part of your daily routine. Reading before naptime and/or bedtime are great places to build reading into your routine. While reading, use different voices and emphasis to show questions or different characters. Infants and toddlers learn through repetition so make sure to repeat things as much as they want it.



Brushing for Two: How Your Oral Health Affects Baby

Hormonal changes during pregnancy can increase pregnancy gingivitis (irritated gums). Stomach acid from morning sickness can weaken tooth enamel creating more cavity risk. Frequent snacking can increase acid-loving bacteria. When a pregnant woman has excessive bacteria in her mouth, it can enter the bloodstream and travel to the uterus. Bacteria can also be passed along to a newborn causing dental concerns when the child is older. The simple act of brushing teeth can reduce these risks. Brush with fluoride at least twice a day and continue to see your oral health care provider for regular exams.

Beaverton Library is now open for grab and go services! Learn more here:

<https://youtu.be/68T8kKZftRE>

Check out our Community Action YouTube channel!

<https://www.youtube.com/channel/UCvY3MtbztRFH791lc5Zt-SA>