



Early Childhood Center Newsletter

MARCH 2020

March 2020

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Daylight Savings Time Starts on March 8th!
Remember to 'Spring forward' 1 hour.

Center Happenings

In February we:

- Learned about heart shapes, heart health and feelings through dance, art, play and stories.
- Had our Parent Night
- Had our Valentine's Day Party with family and friends!



Parents and children enjoyed a healthy meal plus child performances and experiments about healthy teeth and diets.

For the Family

Make the Most of Playtime

Interact with your child as much as possible. Read books, sing songs, play with toys, make crafts, do household chores, and play outside together. Talk to your child: label items, point out interesting things, tell stories, comment about what you see and how you feel, and explain how things work and why things happen. Your child may not always seem to be listening, but he or she may be hearing more than you think.

From the Centers for Disease Control and Prevention (CDC) www.cdc.gov

Child/Adult Find is happening soon! (One Day Only)

Is Child/Adult Find for me?

Do you wonder if your baby should be walking or crawling yet?

Do you wonder if your child should be talking yet?

Does it sometimes seem like your child trips or falls more than other children?

Is it sometimes hard for your child to be comforted?

Does your little one ever have trouble hearing or seeing?

Do you know of any young children who may be struggling?

Are **you** ready to get your **GED**? Do **you** want to start **college**?

Are you thinking about starting a career?

Child/Adult Find is for you!

What is Child/Adult Find?

Child/Adult Find is a **one-time visit** where **trained professionals** provide screening and answer your questions.

Details

Cost.....None

Walk-in registration

When..... April 9 from 9:00 AM to 5:00 PM

Where.....Early Childhood Center



Celebrate Dr. Seuss Week

March 2nd – 6th

Navajo Constellations Family Socialization

March 4th @ 10:00 AM

Grand-parenting sessions start

March 4 @ 5:00 PM

Graduation Committee Meeting

March 9th @ 5:30 PM

Navajo Housing Authority Presentation

March 10 @ 10:00 AM

Spring Carnival

March 18th @ 5:00 PM

Child Find (One day only)

April 9 from 9:00 AM to 5:00 PM

Is Early Childhood Education Important? YES!

Your baby's brain grows most in the first 5 years of life. Her brain will double in size in the first year. By age 5 her brain will be 90% grown.

Your baby is born with billions of neurons (one kind of brain cell). Her brain also has some synapses. These let one neuron send a signal to another neuron. At birth, each neuron has about 2500 synapses. By age three, each neuron has about 15,000 synapses. These paths send information. They are how we learn and move.

Your baby makes synapses by hearing, touching, and doing things. The synapses your baby uses, your baby keeps. The synapses your baby doesn't use are lost-forever.

Early Childhood Education helps your baby make and keep synapses. On the outside, this is your baby learning to smile, talk, walk, ride a bike, write her name, read a book, and more.

Early Childhood Center Teachers are trained to help your baby make and keep the synapses she needs to learn. Teachers pick which activities to do and when to do them to help your child learn.

Parents are the first and best Early Childhood Teachers. When you hold, cuddle and talk to your child, you are helping your baby make and keep those important synapses.