

May 2026



MCAEOC PARENT NEWSLETTER



Mississippi County, Arkansas, Economic Opportunity Commission, INC
Head Start and Early Head Start Education Department

Website: mcaeoc.org

Parent Newsletter

May 2026

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Comisión de Oportunidades Económicas del Condado de Mississippi, Arkansas, INC
Departamento de Educación Head Start y Early Head Start

Página web: mcaeoc.org

Boletín para padres

Mayo 2026

En esta edición:

1. Regístrate ahora
2. La asistencia importa
3. ReadyRosie
4. Preparación para el jardín de infancia de mayo
5. Objetivos de aprendizaje en infantil
6. Lista de Habilidades para Infantil
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9. Hoja para colorear de Formas de Jardín
10. Memorando de la hora de la comida
11. Consejos de salud mental para la crianza
12. Tus palabras importan
13. Carta de agradecimiento



Attention Parents

We will soon begin to complete Returnee registration for Early and Head Start. Your Family Service Associate will contact you with information needed for registration for the upcoming school year. We look forward to an amazing new school year for our children. If you have any questions, please contact your FSA or Parent Resource Center in your area. Please take this time to complete all Health Services and Immunizations needed.

All Consent Forms need to be signed by Parents and Staff during the registration process

Income needed for USDA & ABC (Yearly)

- *Self-declarations (notarized)
- *Child support
- *Written statements from employer or person helping pay bills (or print out)
- *Housing Allowances (rent/ mortgage, taxes, insurance, interest and utilities)
- ** If using SNAP for eligibility, you do not have to collect any income unless for ABC (please collect).
- *McKinney-Vento Verification Form for Homeless
- *Check stubs (last 4 consecutive)
- *Unemployment
- *SSI or SSA
- *SNAP# or Budget ID



870-763-0534 or 870-563-5912



REGULAR ATTENDANCE LEADS TO SUCCESS!!

Your Child's Success in School Depends on You!

Head Start
MCAEOC HEAD START

Just like $1 + 1 = 2$, There is a simple formula for school success:

1. Bedtime routines are important to help your child wind down and get ready to sleep. Brush teeth, help your child set out the clothes they will wear to school the next day and cozy up to read a bedtime story together.
2. Preschoolers need 10-12 hours of sleep. If well rested your child will be more cooperative and enjoy his/her day more. Set the alarm clock for the next morning.
3. Parents set the example for their child by getting up when the alarm goes off. Wake your child and make this time special and fun for the two of you!
4. Help your child dress and get ready for school each morning.
5. Your child's success in school begins with consistent attendance.

Attending Head Start Each Day Matters!

- Your child will be more ready to learn when in Kindergarten.
- Your child will learn how to make friends. Children who do attend school tend to get along better with other children than those who don't go to school.
- Your child will learn that school is a safe place and will become more comfortable being away from home.
- Your child will learn how to solve problems and increase thinking and reasoning skills.
- Your child will receive nutritious meals each day they are in school.
- Your child will learn a great deal of how the world works and have fun learning!
- Your child will experience activities and play equipment that many families don't have time or money to provide.
- Consistent attendance in school will create the habit of good attendance in later years.

ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses 2 days a month.

They will miss 20 DAYS a year.

They will miss 30 HOURS of math over the school year.

They will miss 60 HOURS of reading & writing over the school year.

They will miss over 1 YEAR of school by graduation.

When a student misses 4 days a month.

They will miss 40 DAYS a year.

They will miss 60 HOURS of math over the school year.

They will miss 120 HOURS of reading & writing over the school year.

They will miss over 2 YEARS of school by graduation.



Ready Rosie

A Family Partnership

A FREE Learning Website for Families

ReadyRosie is a powerful learning platform that helps families support their child's learning at home.

What You Get:

- ✦ Powerful learning games
 - 🎥 Expert instructional videos
 - 💡 Meaningful everyday learning activities
 - 🕒 Quick 2-minute videos designed for busy families
-

Best of All:

100% It's completely **FREE** for families!

How to Register

- 📱 **Step 1:** Provide your mobile phone number and/or email address
- ✉ **Step 2:** Accept the invitation you receive
- 🎉 **Step 3:** Start receiving learning content right away!

PREPARE

your child/ren to

PASS the
LITERACY test

by 3rd grade.

- 1.** So, Accept the READYRosie Invitation
- 2.** Follow the directions, **WATCH** the video with your child, follow the steps.
- 3.** Talk, ask questions and repeat if necessary.
- 4.** Be Attentive, as your child learn new skills!



**Remember, you are an
EDUCATOR TOO!**





May



Invite your child to think and solve problems.

WEEK 1

Collect materials that encourage thinking and problem-solving.

- ✿ Cut out pictures of things that go together and paste each picture on a separate card. Examples of pictures to collect include:
 - shoe and sock • flowers and vase • baseball and bat
- ✿ Collect real objects that go together. Examples to collect include:
 - cup and saucer • hammer and nail
 - comb and brush
- ✿ Cut out pictures your child can put in order and paste each picture on a separate card. Have sets of 3 picture cards. Here are examples:
 - baby, boy, and man
 - Planting flower seeds, flowers growing, and picking flowers

WEEK 2

Involve your child in discovering things that go together.

- ✿ Begin with collecting real objects that go together.
 - Place the collected objects on a table or the floor. Make sure that objects that go together are separated from each other.
 - Ask your child to find the two objects that go together.

Focus on Kindergarten Readiness Indicators

✿ Completes a task such as working a puzzle

Engages in memory games such as, "What's Missing?" or simple memory activities

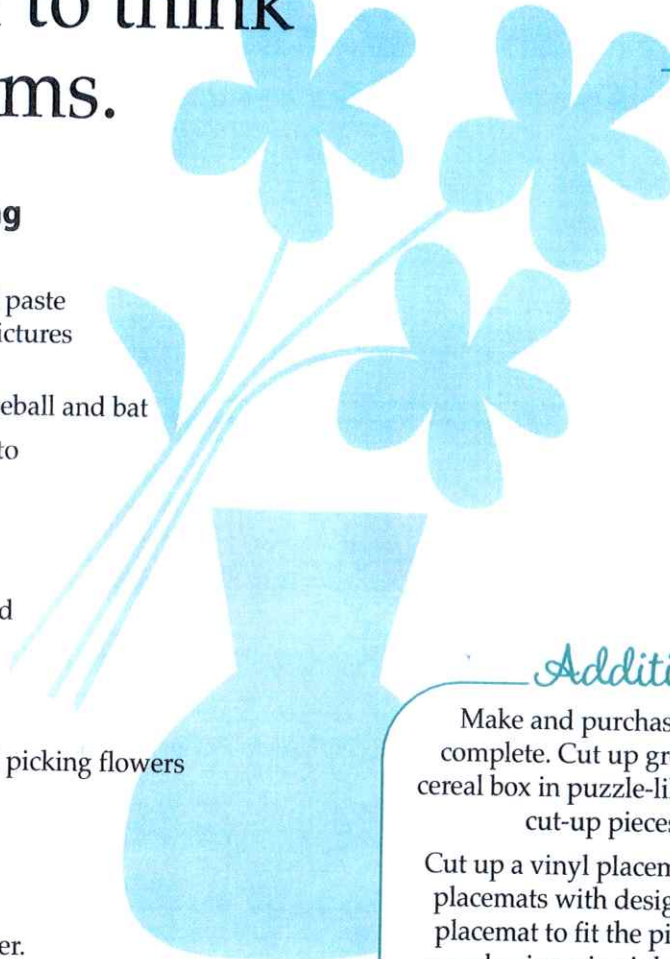
Recognizes that living things change over time, for example, babies grow and become adults, and seedlings grow and become plants

Asks questions about the world around them, for example, "What do plants need to grow?"

Additional Ideas

Make and purchase puzzles for your child to complete. Cut up greeting cards or the front of a cereal box in puzzle-like shapes. Give your child the cut-up pieces to fit back together.

Cut up a vinyl placemat in puzzle-like shapes. Use placemats with designs. Give your child a cut-up placemat to fit the pieces back together. Store the puzzle pieces in ziplock bags. Purchase puzzles at dollar and discount stores and garage sales.



- Invite your child to tell you why the two objects go together.
- Use pictures next
 - Lay the picture cards of things that go together face up on the table or floor. Make sure pictures that go together are separated from each other.
 - Ask your child to find the two picture cards that go together and tell you why they do.

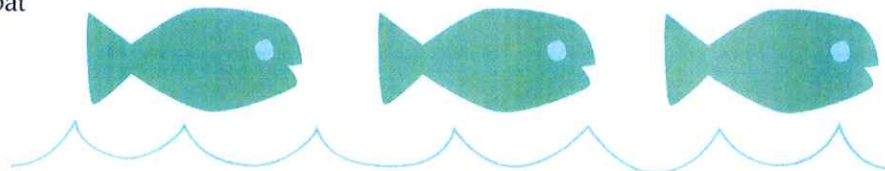
WEEK 3

Play pattern games with your child.

- Create a movement pattern and ask your child to repeat it. For example,
 - step, step, jump – step, step, jump (take two steps forward, then jump)
 - clap, clap, pat – clap, clap, pat (clap your hands twice, pat your knees once)
- Start a pattern using objects and ask your child to “Make a pattern like this one.”
 - with eating utensils: fork, spoon, fork, spoon
 - with colored counting bears: red, yellow, red, yellow

SPECIAL ACTIVITY

As the weather changes, plant items together. Use household items for growing containers (such as egg cartons) and watch how the seeds sprout. Discuss how things change over time and what plants need to grow.



WEEK 4

Encourage your child to put pictures in order.

- Give your child three photos from different ages: baby, toddler, and now. Ask your child to put the pictures in order, starting with the youngest picture.
- Invite your child to put in order a set of the picture cards you have made; for example, a baby, boy, and man.
- Continue this activity with other photos or pictures. For example, you might use three photos of other family members at different ages.

Suggested Books to Read with Your Child

The Carrot Seed by Ruth Kraus, Crockett Johnson, illustrator

Growing Vegetable Soup by Lois Ehlert

If You Give a Pig a Pancake by Laura Numeroff, Felicia Bond, illustrator

What If Everybody Did That? by Ellen Javernick and Colleen Madden

May



Puede



Invite a su hijo a pensar y resolver problemas.

SEMANA 1

Recopilar materiales que fomenten el pensamiento y resolución de problemas.

a Recorta imágenes de cosas que van juntas y pégalas cada imagen en una tarjeta separada. Ejemplos de imágenes para recolectar incluyen:

- zapato y calcetín • flores y jarrón • béisbol y bate

a Colecciona objetos reales que vayan juntos. Ejemplos para recoger incluyen:

- taza y platillo • martillo y clavo
- peine y cepillo

a Recorte dibujos que su hijo pueda ordenar y pegue cada imagen en una tarjeta separada. Tener juegos de 3 tarjetas con imágenes. Aquí hay ejemplos:

- bebé, niño y hombre
- Plantar semillas de flores, cultivar flores y recoger flores.

SEMANA 2

Involucra a tu hijo en el descubrimiento de cosas que van juntos.

a Empiece por coleccionar objetos reales que vayan juntos.

- Colocar los objetos recogidos sobre una mesa o el suelo. Asegúrese de que los objetos que van juntos estén separados entre sí.
- Pídale a su hijo que encuentre los dos objetos que van juntos.

Focus on Kindergarten Readiness Indicators

Completa una tarea como resolver un rompecabezas.

Participa en juegos de memoria como "¿Qué falta?" o actividades simples de memoria.

Reconoce que los seres vivos cambian con el tiempo, por ejemplo, los bebés crecen y se convierten en adultos, y las plántulas crecen y se convierten en plantas.

Hace preguntas sobre el mundo que los rodea, por ejemplo, "¿Qué necesitan las plantas para crecer?"

Additional Ideas

Haga y compre rompecabezas para que su hijo los complete. Recorta tarjetas de felicitación o el frente de una caja de cereal en forma de rompecabezas. Dele a su hijo las piezas cortadas para que vuelvan a encajar.

Corta un mantel individual de vinilo en forma de rompecabezas. Utilice manteles individuales con diseños. Dele a su hijo un mantel individual cortado para que vuelva a unir las piezas.

Guarda las piezas del rompecabezas en bolsas ziplock. Compre rompecabezas en tiendas de descuento y de dólar y ventas de garaje.



- Invite a su hijo a decirle por qué los dos objetos van juntos.

a Utilice imágenes a continuación

- Coloque las tarjetas con imágenes de cosas que van juntas boca arriba sobre la mesa o el piso. Asegúrese de que las imágenes que van juntas estén separadas entre sí.
- Pídale a su hijo que busque las dos tarjetas con imágenes que van juntos y te dirán por qué lo hacen.

SEMANA 3

Juegue juegos de patrones con su hijo.

a Crea un patrón de movimiento y pregunta a tu niño que lo repita. Por ejemplo,

- paso, paso, salto – paso, paso, salto (tomar dos pasos adelante, luego salta)
- aplaudir, aplaudir, acariciar – aplaudir, aplaudir, acariciar (aplaudir dos veces, acariciar tus rodillas una vez)

a Comience un patrón usando objetos y pídale a su hijo que “Haga un patrón como éste”.

- con utensilios para comer: tenedor, cuchara, tenedor, cuchara
- con ositos contadores de colores: rojo, amarillo, rojo, amarillo

SEMANA 4

Anime a su hijo a poner los dibujos en orden.

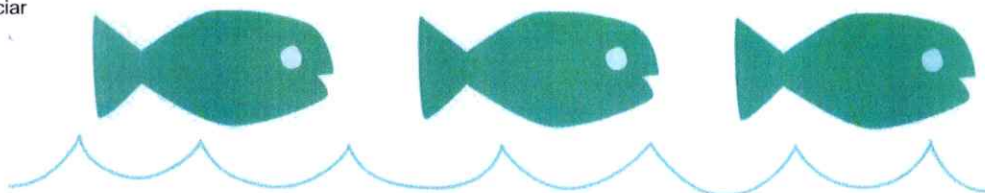
a Dele a su hijo tres fotografías de diferentes edades: bebé, niño pequeño y ahora. Pídale a su hijo que ponga los dibujos en orden, comenzando por el más pequeño.

a Invite a su hijo a ordenar un juego de tarjetas con imágenes que usted haya hecho; por ejemplo, un bebé, un niño y un hombre.

a Continúe esta actividad con otras fotografías o dibujos. Por ejemplo, podrías utilizar tres fotografías de otros miembros de la familia de diferentes edades.

SPECIAL ACTIVITY

A medida que cambia el clima, planten elementos juntos. Utilice artículos domésticos para recipientes de cultivo (como cartones de huevos) y observe cómo brotan las semillas. Discuta cómo cambian las cosas con el tiempo y qué plantas necesitan para crecer.



Libros sugeridos para leer con su hijo

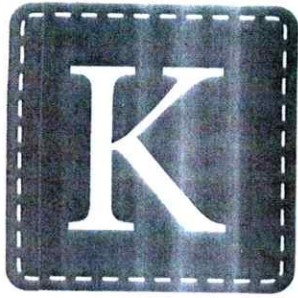
La semilla de zanahoria de Ruth Kraus, Crockett Johnson, ilustrador

Cultivo de sopa de verduras por Lois Ehlert

Si le das un panqueque a un cerdo por Laura Numeroff, Felicia Bond, ilustradora

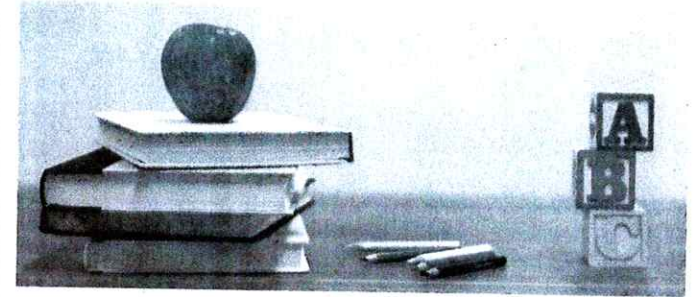
¿Y si todo el mundo hiciera eso? por Ellen Javernick y Colleen Madden





KINDERGARTEN LEARNING TARGETS

BY THE END OF THE GRADE LEVEL, STUDENTS CAN:



LITERACY



- ✓ Participate in discussions with others.
- ✓ Blend individual sounds into words.
- ✓ Segment words into individual sounds.
- ✓ Name uppercase and lowercase letters.
- ✓ Say the most common sound for each letter in the alphabet.
- ✓ Match letters to sounds when reading.
- ✓ Read simple stories.
- ✓ Write uppercase and lowercase letters.
- ✓ Match sounds to letters when writing.
- ✓ Listen to a text and respond to questions.
- ✓ Learn and use new vocabulary.
- ✓ Write to tell a story, to give information, or to give an opinion using grade-appropriate conventions.
- ✓ Identify the major characters in a text.

MATH



- ✓ Count the number of objects in a group up to 20 and compare the number of objects in two groups.
- ✓ Compare two numbers to identify which is greater than or less than the other.

- ✓ Add and subtract numbers within 10 fluently using objects or pictures.
- ✓ Represent numbers less than or equal to 10 in more than one way (e.g., $9 = 6 + 3$ or $9 = 5 + 4$).
- ✓ Solve and represent real-world problems involving addition or subtraction within 10 using a variety of strategies (e.g., solve using objects, mental images, drawings, and/or verbal/written explanations).
- ✓ Count to 100 by ones and tens.
- ✓ Understand that the place value of numbers from 11 to 19 contains ten ones and some leftover ones (e.g., $14 = 10 + 4$).

SCIENCE



- ✓ Explain ways people can help take care of the Earth.
- ✓ Understand that all plants and animals have needs that allow them to grow, change over time, and survive.
- ✓ Obtain information from local weather forecasts and use it to prepare for future weather.
- ✓ Explore the ways objects can move when pushed or pulled.

- ✓ Talk about why people build things to protect themselves from weather elements (e.g., heat, sun, cold, rain).

SOCIAL STUDIES



- ✓ Recognize state and national symbols and songs.
- ✓ Understand the responsibilities of being a good citizen.
- ✓ Discuss ways that people improve the community and the characteristics and responsibilities of leaders.
- ✓ Recognize that people use money to buy goods and services.
- ✓ Describe familiar places using words related to location, direction, and distance.
- ✓ Use maps, globes, and photographs to identify and describe the physical characteristics of familiar places.
- ✓ Recognize historical figures who made important impacts.
- ✓ Identify natural resources in the community which can be used to meet daily needs.
- ✓ Develop a personal timeline to sequence events in your own life.

Name: _____ Date: _____

Kindergarten Skills Checklist

Sight Words

First 40 Sight Words (Level A-D)

the	to	and	a	I	you	it	in	said	for
up	look	is	go	we	can	see	not	one	my
me	big	come	all	he	on	here	help	at	like
play	run	am	no	be	out	do	yes	so	down

Phonics

Uppercase: _____ / 26

Lowercase: _____ / 26

Letter Sounds: _____ / 26

Rhyming

____ Finds rhyme when given picture options

____ Produces own rhyming word

Print

Aa	Bb	Cc	Dd	Ee
Ff	Gg	Hh	Ii	Jj
Kk	Ll	Mm	Nn	Oo
Pp	Qq	Rr	Ss	Tt
Uu	Vv	Ww	Xx	Yy
Zz				

Reading

- ____ Points to each word
- ____ Uses picture clues
- ____ Sounds out words
- ____ Answers questions about a text
- ____ Retells a story

Name Writing

- ____ Write first name
- ____ Recognize last name
- ____ Write last name

Writing

- ____ Uses capital 1st letter
- ____ Follows w/ lowercase
- ____ Finger spaces
- ____ Uses punctuation
- ____ Illustration matches
- ____ Neat illustration w/ details

Math

Number ID

0	1	2	3	4
5	6	7	8	9
10	11	12	13	14
15	16	17	18	19
20				

Counting

- ____ Count to 100 by 1s
- ____ Count to 100 by 5s
- ____ Count to 100 by 10s
- ____ Count down from 20
- ____ Count forward from any #

Counting & Numbers

- ____ Write #s 1-20
- ____ 1:1 Correspondence
- ____ Greater than
- ____ Less than
- ____ equal to

Add / Subtract

- ____ Add within 5
- ____ Subtract within 5
- ____ Solve +/- word problems within 10 using objects or drawings

Shapes

circle	square
triangle	rectangle
rhombus	hexagon
trapezoid	oval
cube	cone
sphere	cylinder

Coins

	ID	Value
Penny		
Nickel		
Dime		
Quarter		

Patterns

- ____ ABAB
- ____ ABBA
- ____ ABC

Time

____ Days of the Week

Positional Words

above	in front of
below	next to
beside	behind

Early Years

WORKING TOGETHER FOR A GREAT START

May

KID BITS



Win some, lose some

Before you play a family board game, remind your child that only one person or team will win. Then, brainstorm ways to be a good sport whether you win or lose. For example, she might fist-bump opponents or say, "Good game, everyone!"

"I'm bored"

A healthy dose of boredom now and then boosts your youngster's creativity. Instead of rushing to entertain him, encourage him to find ways to amuse himself. *Tip:* Together, make a poster with pictures of things he likes to do. Hang it up where he can check it for ideas when he's bored.

Learning about time

Help your child develop a sense of time as she goes through her daily routine. At home, you might say, "It's 12:00. Let's fix lunch now." In the car, you could tell her, "We'll be home in 15 minutes. That's about how long it takes to read a story."

Worth quoting

"To see the summer sky is poetry."
Emily Dickinson

Just for fun

Mason: These shoes don't fit!

Mom: You put them on the wrong feet.

Mason: These are the only feet I've got!



A wonder-full summer

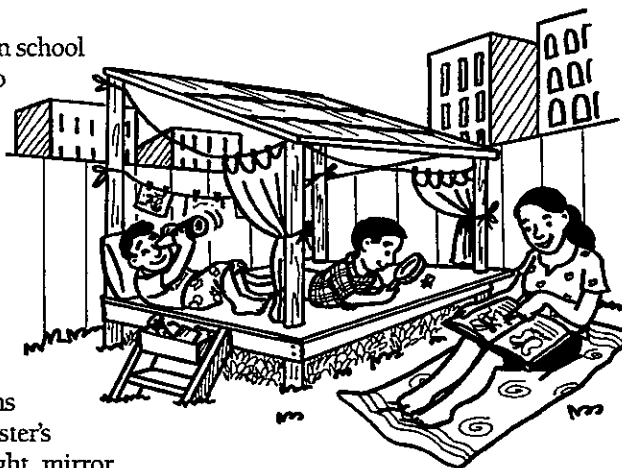
Caleb learned his ABCs in school this year. Abigail learned to count to 10. And Darnell learned to do science experiments. How can parents help their children remember what they learned—and learn even more—this summer? Try these activities.

Start a curiosity box

Fill a shoebox with items that will spark your youngster's curiosity. *Examples:* flashlight, mirror, calculator, magnifying glass, kaleidoscope. Then, encourage him to explore! He might make a rainbow using the flashlight and mirror, type numbers into the calculator, or examine insects under a magnifying glass. *Tip:* Swap out items regularly to keep him interested.

Make weekly postcards

Let your youngster record an "adventure of the week" on postcards to family members. Have him draw a picture on the blank side of an index card. Then, help him write on the left half of the lined side. Add an address and a stamp.



He might send one postcard to Grandma about learning to ride a scooter and another to his uncle about seeing a fire engine zoom down your street.

Take imaginary trips

Visit pretend versions of your child's favorite places. Is he a fan of the aquarium? Read books to learn about sea creature habitats, and let him set up a stuffed animal aquarium. If he loves going to the car wash, he might turn on the sprinkler and wash bikes and other outdoor toys. ♥

Backyard carnival

Old-fashioned carnival games sharpen your child's hand-eye coordination. Play these versions in the backyard or at a park for some family fun.

● **Water balloon toss.** Help your youngster fill balloons with water and tie them off. Players try to land the balloons in a bucket.

● **Topple the pyramid.** Let your child build a pyramid of empty cans from the recycling bin. Take turns throwing a tennis ball at them to knock them down.

● **Frisbee throw.** Hang a hula-hoop from a tree branch. Family members can toss a Frisbee (or a ball) through the hoop. ♥



Everyday wordplay

The more words your child hears and understands, the more ready she'll be to read and write. Try these activities to build her vocabulary.

Connect words. Say any random word (*zebra*), and ask your child to say a related word and explain the connection. ("*Stripes*, because zebras have stripes.") Now you say a word related to *stripes*—perhaps one you think your youngster doesn't know.



("Referee, because referees wear stripes.") Keep going for as long as possible—then pick a new word, and play again!

Clap syllables. Have your child point out long words in books and magazines or on signs. Read them together, and clap for each syllable (*spec-tac-u-lar*). Then, tell your youngster what the word means, or look it up in a dictionary together. ("*Spectacular* means really awesome. The restaurant is advertising its *spectacular* ice cream sundae.")

Solve riddles. Secretly pretend to be something that's related to summer, such as lemonade. Give your child hints to discover your identity, making sure to include new words. ("I am a sweet yellow beverage. I'm made from a citrus fruit. What am I?") Once she figures out what you are, she can choose a "secret identity" and describe herself.♥

ACTIVITY CORNER

Have a ball!



When your child plays with a ball, he's playing with science, too. Suggest these ideas to help him experiment with force and motion.

Friction

Ask him to try rolling a ball on different surfaces (pavement, grass, sand). Which surface allows the ball to roll fastest? (A smoother surface like pavement creates less friction with the ball than a rougher or bumpier one like grass or sand.)



Force

Have your youngster gently bounce a ball against a wall so that it bounces back to him. Now have him bounce it a little harder, and then as hard as he can. What does he notice? (The more force he uses, the more forcefully it bounces back.)

Energy

Let your child roll a ball into a toy car to make it move. (The ball transfers some of its energy to the car, making it roll, too.)♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
ISSN 1540-5567

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Growing more independent

Some children want to do everything by themselves. Others want help when they don't need it. Ask yourself these questions to strike a balance and foster your youngster's independence.

1. Is it safe? Slicing a banana with a butter knife? Yes. Cutting his meat for dinner? Probably not. You know your child best. If he wants to do something that you feel is safe, let him try.

2. Am I on "autopilot"? Before helping your youngster out of habit, pause to consider whether he could take over. Can he zip his jacket by himself? Shampoo his hair without assistance? Encourage him to do as much as possible for himself.

3. Could I make a suggestion? When your child struggles, offer advice instead of a rescue. ("Your tent might stay up better if you find a way to anchor it to the chair.")♥



Q & A

Work out worries through play

Q: My daughter sometimes acts out scary scenarios when she plays, like getting COVID or taking cover during a tornado. What should I do?

A: It's perfectly normal for children to use pretend play to handle scary things. Because your child is in charge of what happens when she plays, she feels like she has some control over a worrisome situation.

You can offer reassurance by having age-appropriate conversations about

her fears. For instance, explain to your daughter that children don't usually get very sick with COVID. Also, work together to make a plan for scenarios that concern her. For storms, she might put special snacks and toys in a basket to keep in a spot where you would shelter.

Note: If your daughter shows signs of stress, like stomachaches or changes in eating or sleeping habits, talk to her pediatrician.♥



Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Mississippi County, Arkansas E.O.C.

Early Childhood Education Department

NOTAS BREVES



Gana algunos, pierde algunos

Antes de jugar con su familia a un juego de mesa, recuerdele a su hija que sólo ganará una persona o un equipo. Piensen luego en formas de mostrar deportividad ganen o pierdan. Por ejemplo, su hija podría chocar los puños con sus contrincantes o decir a todos "¡Buen partido!"

"Estoy aburrido"

De vez en cuando, una sana dosis de aburrimiento refuerza la creatividad de su hijo. En lugar de apresurarse a entretenerlo, animelo a que descubra formas de divertirse solo. *Consejo:* Hagan un cartel con imágenes de cosas que le gusta hacer. Cuelguenlo donde pueda acudir en busca de ideas cuando se aburra.

Comprender el tiempo

Ayude a su hija a que desarrolle el sentido del tiempo mientras realiza sus tareas diarias. En casa podría decir: "Son las 12. Vamos a preparar el almuerzo ahora". En el auto podría decirle: "Llegaremos a casa dentro de 15 minutos. Es lo que tardamos en leer un cuento".

Vale la pena citar

"Ver el sol del verano es poesía".
Emily Dickinson

Simplemente cómico

Mason: ¡No me caben los zapatos!

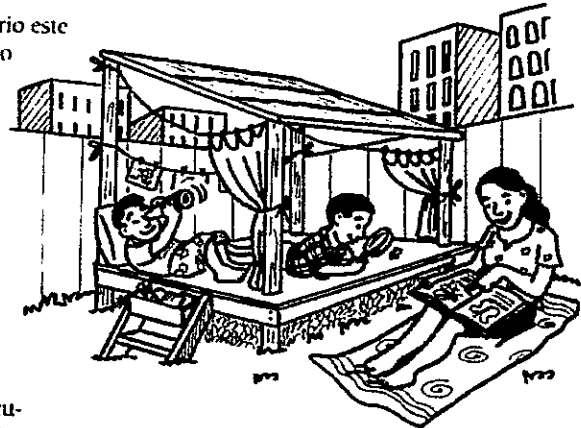
Mamá: Los llevas en pies equivocados.

Mason: ¡Pues son los únicos pies que tengo!



Un verano lleno de asombro

Caleb aprendió el abecedario este curso escolar. Abigail aprendió a contar hasta 10. Y Darnell aprendió a hacer experimentos de ciencias. ¿Como pueden ayudar los padres a sus hijos a que recuerden este verano lo que aprendieron y a que incluso aprendan más? Pongan a prueba estas actividades.



Caja de curiosidad

Llenen una caja de zapatos con objetos que despierten la curiosidad de su hijo. *Ejemplos:* linterna, espejo, calculadora, lupa, caleidoscopio. Después, ¡animelo a que explore! Podría hacer un arcoíris usando la linterna y el espejo, teclear números en la calculadora o examinar insectos bajo la lupa. *Idea:* Cambien los objetos de vez en cuando para mantener su interés.

Postales semanales

Que su hijo registre una "aventura semanal" en postales para sus familiares. Digale que dibuje una imagen en el lado en blanco de una ficha de cartulina. Luego ayude-lo a que escriba algo en el lado con rayas. Añadan una dirección y una estampilla.

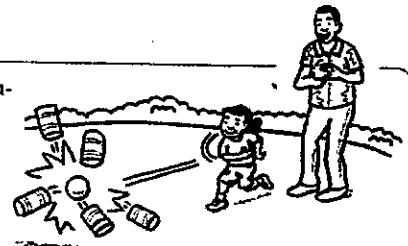
Podría enviar una postal a su abuelita contándole que está aprendiendo a montar en patineta y otra a su tío diciéndole que vio un camión de bomberos bajando su calle a todo correr.

Viajes imaginarios

Visiten versiones imaginarias de los lugares favoritos de su hijo. ¿Le gusta el acuario? Lean libros para informarse sobre los hábitat de las criaturas del mar y que él haga un acuario con animales de peluche. Si le gusta ir al autolavado podría utilizar el aspersor para lavar bicis y otros juguetes que se usen en el exterior. ♥

Feria en el jardín

Los juegos de las ferias de toda la vida agudizan la coordinación de manos y ojos de su hija. Jueguen en su jardín o en un parque a estas versiones con las que disfrutará toda la familia.



● **Lanzamiento de globos de agua.** Ayude a su hija a que llene globos con agua y los cierre con un nudo. Los jugadores intentan introducir los globos en un cubo.

● **Derribo de pirámide.** Su hija construye una pirámide con latas vacías sacadas del bidón de reciclaje. Lancen por turnos una pelota de tenis para derribarlas.

● **Tiro de Frisbee.** Cuelguen un aro hula de la rama de un árbol. Los miembros de su familia lanzan un Frisbee (o una pelota) a través del aro. ♥

Juegos de palabras cotidianos

Cuanto más palabras oiga y entienda su hija, más preparada estará para leer y escribir. Con estas actividades ampliará su vocabulario.

Reladona palabras. Diga una palabra cualquiera (*cebra*) y dígame a su hija que piense en una palabra y explique la conexión. ("Rayas, porque las cebras tienen rayas".) A continuación usted dice una palabra relacionada con rayas, tal vez una que quizá su hija no conozca. ("Árbitro,



porque los árbitros se visten de rayas".) Estiren el juego lo que puedan, luego elijan otra palabra y jueguen de nuevo.

Palmadas de sílabas. Pídale a su hija que le indique palabras largas en libros y revistas o en señales. Léanlas juntas y den una palmada por cada sílaba (*es-pec-ta-cu-lar*). Luego dígame a su hija lo que significa la palabra o búsquenla en el diccionario. ("Espectacular significa realmente bueno. El restaurante anuncia una copa de helado espectacular".)

Resuelvan acertijos. Imagine en secreto algo relacionado con el verano, como la limonada. Dele pistas a su hija para que descubra su identidad, sin olvidarse de incluir palabras nuevas. ("Soy una dulce bebida amarilla. Me hacen con un cítrico. ¿Qué soy?") Cuando adivine lo que es, ella puede elegir una "identidad secreta" y describirse.♥

RINCÓN DE ACTIVIDAD

Viva el balón!



Cuando su hijo juega con un balón, también está jugando con la ciencia. Sugírales estas ideas para ayudarle a experimentar con la fuerza y el movimiento.

Fricción

Dígame que intente rodar un balón en distintas superficies (pavimento, hierba, arena). ¿En qué superficie rueda más rápidamente el balón? (Una superficie más suave como el pavimento crea con el balón menos fricción que otra más rugosa o irregular como la hierba o la arena.)



Fuerza

Dígame a su hijo que lance un balón con suavidad a una pared de modo que rebote y vuelva hacia él. Después dígame que lo lance con un poco más de fuerza y finalmente tan duro como pueda. ¿Qué observa? (Cuanta más fuerza use, con más fuerza rebotará.)

Energía

Que su hijo lance rodando un balón hacia un carrito de juguete para ponerlo en movimiento. (El balón transfiere algo de su energía al carrito, consiguiendo que también se mueva.)♥

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

Resources for Educators,
una filial de CCH Incorporated
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800-394-5052 • rfeustomer@wolterskluwer.com
www.rfconline.com
ISSN 1540-5575

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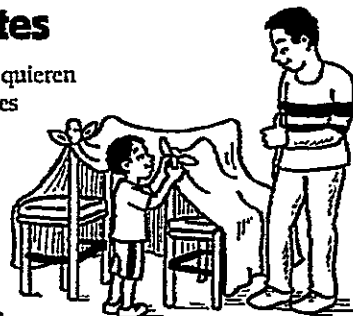
Hacerse más independientes

Algunos niños quieren hacer todo solos. Otros quieren ayuda aunque no la necesiten. Hágase las siguientes preguntas para conseguir el equilibrio y para fomentar la independencia de su hijo.

1. ¿Es seguro? ¿Cortar rodajas de banana con un cuchillo de mantequilla? Sí. ¿Cortar la carne de la cena? Probablemente no. Usted conoce bien a su hijo. Si quiere hacer algo que en opinión de usted es seguro, deje que lo intente.

2. ¿Voy en piloto "automático"? Antes de ayudar a su hijo por pura inercia, deténgase a pensar si él puede tomar las riendas. ¿Puede subirse solo la cremallera? ¿Lavarse el pelo sin ayuda? Anímelo a que haga solo todo lo que pueda.

3. ¿Podría hacerla usted una sugerencia? Cuando su hijo tenga dificultades, ofrezca consejo en lugar de rescatarlo. ("Tu tienda de campaña se mantendrá mejor si encuentras la forma de sujetarla a la silla".)♥



El juego alivia las preocupaciones

P: A veces mi hija representa escenas terroríficas cuando juega, como contagiarse de COVID o ponerse a cubierto durante un tornado. ¿Qué debo hacer?

R: Es perfectamente normal que los niños usen los juegos imaginarios para sobrellevar lo que les da miedo. Como su hija está al cargo de lo que sucede cuando juega, siente que tiene cierto control sobre las situaciones preocupantes.

Usted puede confortarla con conversaciones sobre esos

miedos apropiados a su edad. Por ejemplo, explíquele a su hija que los niños no suelen ponerse muy enfermos de COVID. Hagan también un plan con escenarios que la preocupen. Para las tormentas podría preparar refrigerios y juguetes especiales en una cesta y colocarla en el lugar en que se refugiarán.

Nota: Si su hija da señales de estrés, como dolores de estómago o cambios en sus costumbres de alimentación o sueño, hable con su pediatra.♥



**Mississippi County Arkansas, E.O.C.
Head Start & Child Development Program
Menu for May, 2026**

MENU IS SUBJECT TO CHANGE DUE TO FOOD AVAILABILITY

USDA REQUIREMENTS	BREAKFAST	LUNCH	SNACK	LATE SNACK
	Milk, fluid Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/Component Requirements	Milk, fluid Meat or meat alternate (lean meat or poultry or fish) Cheese Egg Cooked dry beans or peas Peanut butter Yogurt (plain or flavored) (Or an equivalent quantity of any combination of the above meat/meat alternates) Vegetable and/or fruit (total of two or more) Bread or bread alternate**** enriched or whole grain USDA/ Component Requirements	(select 2 of these 4 components) Milk, fluid Meat or meat alternate Juice or fruit or vegetable Bread, bread alternate**** and/or cereal enriched or whole grain Bread or Cereal: Cold dry or Hot cooked USDA/ Component Requirements	N/A
FRI 1	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl Assorted 100% Juice 4 oz Whole Milk ½ pt	WW Bolonga Sandwich 1 ½ oz Baked Potato Logs ¼ c Fresh Banana (1) Mustard/Ketchup 1 pk Whole Milk ½ pt	WG Chex 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl Assorted 100% Juice 4 oz 1% Milk ½ pt	WW Bolonga Sandwich 2 oz Baked Potato Logs ¼ c Fresh Banana (1) Mustard/Ketchup 1 pk 1% Milk ½ pt	WG Chex 1 pk 1% Milk ½ pt	
	TODDLERS (1-2 YEARS)			

MON 4	CN Label WG Empanada (1) Canned Mandarin Oranges ¼ c Whole Milk ½ pt		CN WG Baked Boneless Chicken Dings 1 ½ oz Canned Pears ¼ c Baked Tater Tots 1/4 c Ketchup 1 pk Whole Milk ½ pt	WG Muffin (1) Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)				
	CN Label WG Empanada (1) Canned Mandarin Oranges ¼ c 1 % Milk ½ pt	CN Baked Boneless Chicken Dings 2 oz Canned Pears ¼ c Baked Tater Tots 1/4 c Ketchup 1 pk 1 % Milk ½ pt	WG Muffin (1) 1% Milk ½ pt		
TUES 5	TODDLERS (1-2 YEARS) <i>Happy Cinco de Mayo</i>				
	WG Cereal 1 bowl Assorted 100% Fruit Juice 4 oz Whole Milk ½ pt	Chicken Fajita Meat 2 oz Refried Beans ¼ c Salsa Pico De Gallo ¼ c WG Tortilla (1) /Queso Cheese Sauce ¼ c 1% Milk ½ pt	WG Bug Bites 1 pk String Cheese (1) Water		
	PRESCHOOL (3-5 YEARS) <i>Happy Cinco de Mayo</i>				
	WG Cereal 1 bowl Assorted 100% Fruit Juice 4 oz 1 % Milk ½ pt	Chicken Fajita Meat 2 oz Refried Beans ¼ c Salsa Pico De Gallo ¼ c WG Tortilla (1) /Queso Cheese Sauce ¼ c 1% Milk ½ pt	WG Bug Bites 1 pk String Cheese (1) Water		
WED 6	TODDLERS (1-2 YEARS)				
	WG French Toast Stick (2) Canned Apricots ¼ c Syrup 1 pk Whole Milk ½ pt	Baked Chicken 1 ½ oz Canned Green Beans ¼ c Instant Mashed Potatoes ¼ c WG Cheese Breadstick (1) Whole Milk ½ pt	Club Cracker (4) 100% Grape Juice 4 oz		
	PRESCHOOL (3-5 YEARS)				
	WG French Toast Stick (2) Canned Apricots ¼ c Syrup 1 pk 1% Milk ½ pt	Baked Chicken 2 oz Canned Green Beans ¼ c Instant Mashed Potatoes ¼ c WG Cheese Breadstick (1) 1% Milk ½ pt	Club Cracker (8) 100% Grape Juice 4 oz		
THURS 7	TODDLERS (1-2 YEARS)				
	WG Breakfast Round (1) Assorted 100% Juice 4 oz	CN Label Cubed Steak w/Gravy 1 ½ oz Canned Sweet Peas	WG Veggie Chips 1 pk Whole Milk ½ pt		

	Whole Milk ½ pt	Steamed Brown Rice WG Roll (1) Whole Milk ½ pt		
	PRESCHOOL (3-5 YEARS)			
	WG Breakfast Round (1) Assorted 100% Juice 4 oz 1% Milk ½ pt	CN Label Cubed Steak w/Gravy 2 oz Canned Sweet Peas Steamed Brown Rice WG Roll (1) 1% Milk ½ pt	WG Veggie Chips 1 pk 1% Milk ½ pt	
FRI 8	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl Fresh Banana (1/2) Whole Milk ½ pt	WG Tuna Salad Croissant 1 ½ oz Baked French Fries 1/4 c Cinnamon Apples 1/4 c Catsup 1pk Whole Milk ½ pt	WG Chex 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl Fresh Banana (1) 1% Milk ½ pt	WG Tuna Salad Croissant 2 oz Baked French Fries 1/4 c Cinnamon Apples 1/4 c Catsup 1pk 1 % Milk ½ pt	WG Chex 1 pk 1% Milk ½ pt	
MON 11	TODDLERS (1-2 YEARS)			
	WW Cinnamon Toast 1 sl Canned Peaches 1/4 c Whole Milk ½ pt	CN Label Meatballs w/ Gravy 1 ½ oz Canned Diced Beets 1/4 c Instant Mashed Potatoes 1/4 c WG Roll (1) Whole Milk ½ pt	Ritz Bitz Cheese 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WW Cinnamon Toast 1 sl Canned Peaches ½ c 1 % Milk ½ pt	CN Label Meatballs w/ Gravy 2 oz Canned Diced Beets 1/4 c Instant Mashed Potatoes 1/4 c WG Roll (1) 1 % Milk ½ pt	Fresh Sliced Pear (1) Ritz Bitz Cheese 1 pk Water	
TUES 12	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl Assorted 100% Juice 4 oz Whole Milk ½ pt	Sweet & Sour Chicken 1 ½ oz Fresh Turnip Greens ¼ c Candid Yams ¼ c Cornbread (1)	Yogurt Cup 4 oz WG Snack Granola Bites 1 pk	

	Whole Milk ½ pt		
	PRESCHOOL (3-5 YEARS)		
	WG Cereal 1 bowl Assorted 100% Juice 4 oz 1% Milk ½ pt	Sweet & Sour Chicken 2 oz Fresh Turnip Greens ¼ c Candied Yams ¼ c Cornbread (1) 1 % Milk ½ pt	Yogurt Cup 4 oz WG Snack Granola Bites 1 pk
WED 13	TODDLERS (1-2 YEARS)		
	Boiled Egg (1) Canned Mandarin Oranges 1/4 c Whole Milk ½ pt	WW Taco Pie 1 ½ oz Canned Corn ¼ c Canned Diced Pineapples ¼ c WG Pretzel Roll (1) Whole Milk ½ pt	CN Label WG P& J Sandwich (1) Water
	PRESCHOOL (3-5 YEARS)		
	Boiled Egg (1) Canned Mandarin Oranges ½ c 1 % Milk ½ pt	WW Taco Pie 2 oz Canned Corn ¼ c Canned Diced Pineapples ¼ c WG Pretzel Roll (1) 1 % Milk ½ pt	CN Label WG P& J Sandwich (1) Water
THURS 14	TODDLERS (1-2 YEARS)		
	WW Biscuit (1) Canned Applesauce ¼ c Jelly 1 pk Whole Milk ½ pt	CN Label WG Tamala (1) Canned Green Beans 1/4 c Fresh Frozen Blueberries 1/4 c Shredded Cheese/ Sour Cream ¼ c Whole Milk ½ pt	WG Cheez-its 1 pk 100% Juice Sidekick 4 oz
	PRESCHOOL (3-5 YEARS)		
	WW Biscuit (1) Canned Applesauce ¼ c Jelly 1 pk 1 % Milk ½ pt	CN Label WG Tamala (1) Canned Green Beans 1/4 c Fresh Frozen Blueberries 1/4 c Shredded Lettuce Tomato Cheese/ Sour Cream ¼ c 1% Milk ½ pt	WG Cheez-its 1 pk 100% Juice Sidekick 4 oz
FRI 15	TODDLERS (1-2 YEARS)		
	WG Cereal 1 bowl Assorted 100% Juice 4 oz Whole Milk ½ pt	Roast Beef 1 ½ oz WG Flat Bread (1) Baked Steak Fries ¼ c Tropical Fruit Cup 4 oz Ketchup/Mayo 1 pk	WG Vanilla Graham Bear 1pk Whole Milk ½ pt

	Whole Milk ½ pt		
	PRESCHOOL (3-5 YEARS)		
	WG Cereal 1 bowl Assorted 100% Juice 4 oz 1 % Milk ½ pt	Roast Beef 2 oz WG Flat Bread (1) Baked Steak Fries ¼ c Tropical Fruit Cup 4 oz Ketchup/Mayo 1 pk 1% Milk ½ pt	WG Vanilla Graham Bear 1pk 1% Milk ½ pt
MON 18	TODDLERS (1-2 YEARS)		
	WG Waffle Biscuit (1) 100% Assorted Juice 4 oz Syrup 1 pk Whole Milk ½ pt	Cn Label WG Fish Shapes (4) Baked Potato Tater Totes ¼ c Canned Fruit Salad ¼ c Bread Slice (1) Ketchup 1 pk Whole Milk ½ pt	WG Muffin (1) Whole Milk ½ pt
	PRESCHOOL (3-5 YEARS)		
	WG Waffle Biscuit (1) 100% Assorted Juice 4 oz Syrup 1 pk Whole Milk ½ pt	CN Label WG Fish Shapes (4) Baked Potato Tater Totes ¼ c Canned Fruit Salad ¼ c Bread Slice (1) Ketchup 1 pk 1% Milk ½ pt	WG Muffin (1) 1 % Milk ½ pt
TUE 19	TODDLERS (1-2 YEARS)		
	WG English Muffin (1) Canned Apricots ¼ c Peanut Butter Cup (1) Whole Milk ½ pt	WG Spaghetti w/Meat Sauce ½ c Strawberry Applesauce ¼ c Canned Mixed Vegetable ¼ c WG Garlic Bread 1 sl Whole Milk ½ pt	Turkey Slice 1 oz Corn Tortilla (1) Water
	PRESCHOOL (3-5 YEARS)		
	WG English Muffin (1) Canned Apricots ½ c Peanut Butter Cup (1) 1 % Milk ½ pt	WG Spaghetti w/Meat Sauce ½ c Strawberry Applesauce ¼ c Canned Mixed Vegetable ¼ c WG Garlic Bread 1 sl 1% Milk ½ pt	Turkey Slice 1 oz Corn Tortilla (1) Water
WED 20	TODDLERS (1-2 YEARS)		
	CN Label Breakfast Pizza 1 sl Canned Fruit Cocktail ¼ c Whole Milk ½ pt	CN Label WG Egg Roll 1 ½ oz Steamed Vegetable Rice ¼ c Canned Pineapple Tidbits ¼ c Whole Milk ½ pt	WG Chex 1pk Sidekick 4 oz

	PRESCHOOL (3-5 YEARS)			
	CN Label Breakfast Pizza 1 sl Canned Fruit Cocktail ½ c 1% Milk ½ pt	CN Label WG Egg Roll 2 oz Steamed Vegetable Rice ¼ c Canned Pineapple Tidbits ¼ c 1 % Milk ½ pt	WG Chex 1pk Sidekick 4 oz	
THURS 21	TODDLERS (1-2 YEARS)			
	WW Cheese Toast 1 sl Banana (½) Whole Milk ½ pt	CN Label WG Country Fried Steak w/ Bun 2 oz Baked Sweet Potato Fries ¼ c Fresh Cantaloupe ¼ c Ketchup/Mayo 1 pk Whole Milk ½ pt	WG Belvita 1 pk Cheese Cubes 1 oz Water pt	
	PRESCHOOL (3-5 YEARS)			
	WW Cheese Toast 1 sl Banana (1) 1 % Milk ½ pt	CN Label WG Country Fried Steak w/Bun 2 oz Baked Sweet Potato Fries ¼ c Fresh Cantaloupe ¼ c Ketchup/Mayo 1 pk Lettuce/Tomatoes ¼ c 1 % Milk ½ pt	WG Belvita 1 pk Cheese Cubes 1 oz Water	
FRI 22	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz Whole Milk ½ pt	Grilled Ham & Cheese Croissant 1 ½ oz Baked Smiley Fries ¼ c Fresh Sliced Watermelon ¼ c Ketchup/May 1 pk Whole Milk ½ pt	WG Goldfish 1 pk Whole Milk ½ pt	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz 1% Milk ½ pt	Grilled Ham & Cheese Croissant 2 oz Baked Smiley Fries ¼ c Fresh Sliced Watermelon ¼ c Ketchup/May 1 pk 1% Milk ½ pt	WG Goldfish 1 pk Fresh Sliced Cucumbers w/Ranch 1 pk	
MON 25	TODDLERS (1-2 YEARS)			
		Memorial Holiday HAPPY SUMMER BREAK		

	PRESCHOOL (3-5 YEARS)			
		Memorial Holiday HAPPY SUMMER BREAK		
TUE 26	TODDLERS (1-2 YEARS)			
	WW Cheese Toast 1 sl Canned Diced Peaches 1/4 c Whole Milk 1/2 pt	CN Label McRib Sandwich w/Sauce 1 1/2 oz Canned BBQ Baked Beans 1/4c Canned Applesauce 1/4 c Whole Milk 1/2 pt	Saltine Crackers (4) Cheese Cubes 1oz	
	PRESCHOOL (3-5 YEARS)			
	WW Cheese Toast 1 sl Canned Diced Peaches 1/2 c 1% Milk 1/2 pt	CN Label McRib Sandwich w/Sauce 2 oz Canned BBQ Baked Beans 1/4 c Fresh Sliced Apples 1/4 c 1% Milk 1/2 pt	Saltine Crackers (8) Cheese Cubes 1oz	
WED 27	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz Whole Milk 1/2 pt	Baked Parmesan Chicken 1 1/2 oz Pinto Beans 1/4 c Canned Sweet Potatoes 1/4 c Cornbread Square (1) Whole Milk 1/2 pt	Ham 1oz WG Ritz Crackers (4)	
	PRESCHOOL (3-5 YEARS)			
	WG Cereal 1 bowl 100% Fruit Juice 4 oz 1% Milk 1/2 pt	Baked Parmesan Chicken 2 oz Pinto Beans 1/4 c Canned Sweet Potatoes 1/4 c Cornbread Square (1) 1% Milk 1/2 pt	Ham 1oz WG Ritz Crackers (8)	
THURS 28	TODDLERS (1-2 YEARS)			
	WG Cereal 1 bowl Assorted 100% Juice 4 oz Whole Milk 1/2 pt	Baked Turkey 1 1/2 oz Canned Spinach 1/4 c Fresh Sliced Honey Dew 1/4 c WG Breadstick (1) Whole Milk 1/2 pt	White Cheddar Cheez-Its 1pk Assorted Juice 4 oz	
	PRESCHOOL (3-5 YEARS)			

	WG Cereal 1 bowl Assorted 100% Juice 4 oz 1% Milk ½ pt	Baked Turkey 2 oz Canned Spinach 1/4 c Fresh Sliced Honey Dew 1/4 c WG Breadstick (1) 1% Milk ½ pt	White Cheddar Cheez-Its 1pk Vegetable Juice 4 oz	
FRI 29	TODDLERS (1-2 YEARS)			
	Sausage Biscuit (1/2 pk) Canned Diced Pears 1/4 c Whole Milk ½ pt	WW Ham Sandwich 1 ½ oz Baked Potato Wedges ¼ c Fresh Banana (1) Mayo/Ketchup 1 pk Whole Milk ½ pt	WG Graham Cracker (4) Peanut Butter 1 oz Water	
	PRESCHOOL (3-5 YEARS)			
	Sausage Biscuit 1 pk Canned Diced Pears 1/4 c 1% Milk ½ pt	WW Ham Sandwich 2 oz Baked Potato Wedges ¼ c Fresh Banana (1) Mayo/Ketchup 1 pk 1% Milk ½ pt	WG Graham Cracker (8) Peanut Butter 1 oz Water	

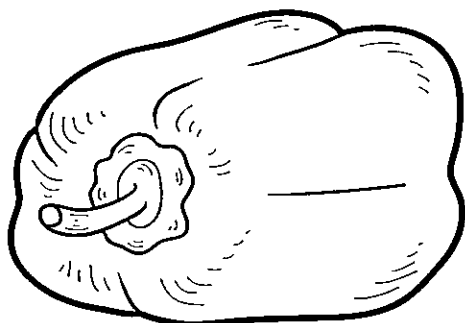
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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
Civil Rights - Nondiscrimination Responsibilities

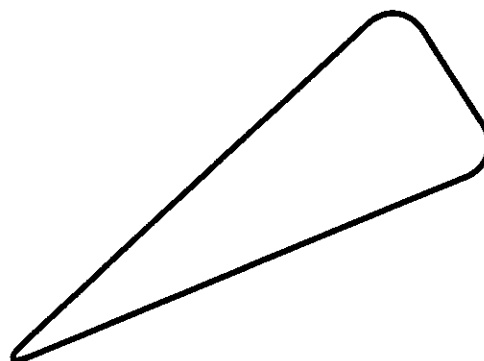
Name _____

Garden Shapes

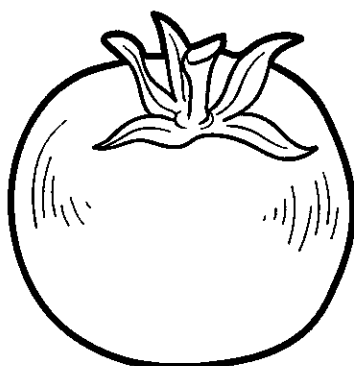
Vegetables come in many different shapes. Draw a line to match each vegetable to its shape.



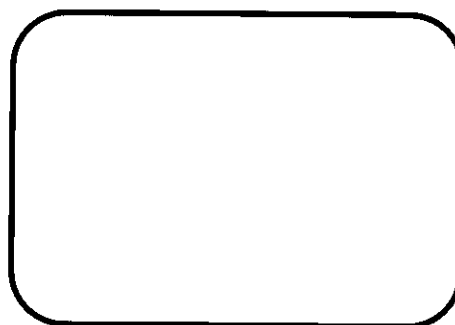
Bell Pepper



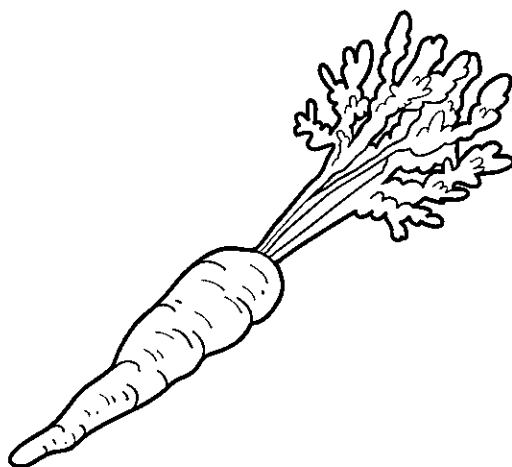
Triangle



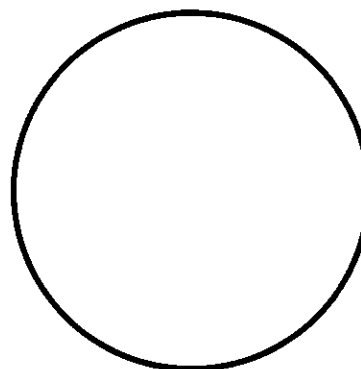
Tomato



Rectangle



Carrot



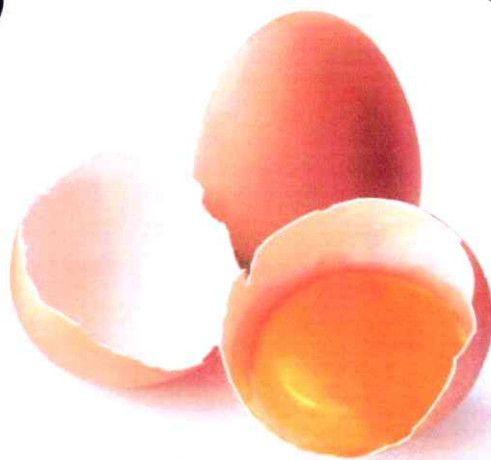
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MealTime Memo

May
2026



EGG ALLERGY AWARENESS: KEEPING MEALTIMES SAFE



Food Allergy Awareness Week (May 10–16) is a great time to review how your program keeps children safe from food allergies. One of the most common allergies in young children is eggs. In this *Mealtime Memo*, we are cracking open the basics of egg allergy safety—what to know, what to avoid, and how to keep every child safe at mealtime.

What Is an Egg Allergy?

Egg allergies are one of the most common food allergies in children under the age of five. An egg allergy occurs when the body mistakenly identifies proteins in eggs as harmful. Even a small amount of egg can cause a serious reaction. The good news is that many children outgrow egg allergies as they grow up.



Foods to Avoid

Eggs can be found in many foods, even ones that don't seem like they would contain eggs. Be sure to check ingredient lists carefully on these common items:

- Baked goods (cakes, muffins, cookies)
- Mayonnaise and salad dressings
- Processed meats
- Pancakes and waffles
- Pasta (like egg noodles)
- Marshmallows and pretzels
- Meatballs and meatloaf
- Fried rice
- Sauces and surimi (imitation seafood)

For a complete list of foods that may contain egg, check out the ICN [Egg Allergy Fact Sheet](#).

Label Reading 101: Spot the Egg!

Reading food labels is one of the best ways to prevent allergic reactions. By law, manufacturers must list the top nine food allergens, including eggs, on food packaging. Here's how "egg" might show up:

1. Within the ingredient list, in bold: **egg yolk**, **egg white**, or **whole egg**
2. In the ingredient list, in parentheses: **albumin (egg)**
3. After the ingredients list, in a "Contains" statement: **Contains: Egg**



Examples of How Allergens Appear on Labels

1. INGREDIENTS: Whole wheat flour, **egg white**, honey, soy.
2. INGREDIENTS: Whey protein (milk), lecithin (soy), albumin (egg), salt.
3. INGREDIENTS: Whole grain wheat, honey, nonfat milk, egg white.
CONTAINS WHEAT, MILK, AND EGG

Even if a product doesn't list eggs, **cross-contact** can still happen. Watch out for advisory statements such as:

- "May contain egg"
- "Made on equipment that also processes egg"
- "Manufactured in a facility that also processes egg"

Cross-contact occurs when a food containing an allergen touches surfaces, utensils, or other foods.

Do not serve these foods to children with egg allergies. For more help, see [How to Read a Food Label](#) from Food Allergy Research & Education (FARE).

Avoiding Cross-Contact

Even if you avoid obvious egg-containing foods, cross-contact can happen during meal prep or service. Use these steps to keep meals egg-free:



- Wash hands properly.
- Wash, rinse, and sanitize all surfaces like counters, cutting boards, dishes, and utensils before prep begins.
- Prepare allergen-free meals first.
- Use color-coded or separate tools and prep areas.
- Label and store egg-free foods in their own space.
- If you are unsure whether the food is safe, do not serve it; it's better to be safe!
- Remind children not to share food, drinks, or utensils.

Consistency matters. Every staff member helps prevent cross-contact.

Meal Modifications

- If you participate in the Child and Adult Care Food Program (CACFP), you must provide safe, nutritious meals and snacks for children with food allergies.
- You can often meet CACFP meal pattern requirements by replacing eggs with another meat or meat alternate. No special substitution is needed.
- If a child's needs cannot be met within the meal pattern, you will need a **medical statement** signed by a State licensed healthcare professional (someone allowed to write prescriptions under State law) or registered dietitian. For more details, see the [USDA Policy Memo](#) on modifications to accommodate disabilities.

Egg-Free Swaps

- **Scrambled eggs** → Tofu scramble or cottage cheese
- **Egg salad** → Chicken or tuna salad
- **Baked goods** → Muffins or pancakes made with applesauce or mashed banana instead of egg





What to Do When a Child Has an Egg Allergy

When a child in your care has an egg allergy, communication and consistency are key:

- Clearly mark foods on the menu that have eggs.
- Read ingredient labels every time you shop or cook.
- Keep a close eye on children during meals.
- Make sure all staff know how to recognize allergy symptoms and what to do in an emergency.



By working together and staying alert, you help make mealtimes safe, inclusive, and enjoyable for every child in your care!

Additional Food Allergy Resources



- ICN's [Food Allergies for the CACFP](#) is an in-depth training on managing food allergies in the CACFP.
- FARE resources: [Common Allergens](#) and [Toolkit for Food Allergies in the Classroom](#).

References

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This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider. USDA is an equal opportunity provider, employer, and lender.

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Suggested Reference Citation:

Institute of Child Nutrition. (2026). *Mealtime memo: Egg allergy awareness: Keeping mealtimes safe*. University, MS: Author.

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Parenting Mental Health Tips

- 1 Talk Openly:** Encourage your child to express their feelings and listen without judgment.
- 2 Create Routine:** Maintain a consistent schedule to provide stability and security.
- 3 Promote Positivity:** Praise efforts, encourage strengths, and focus on the positive.
- 4 Teach Coping Skills:** Help your child learn ways to manage stress and emotions.
- 5 Be Supportive:** Show love, patience, and let them know you're always there for them.



Take Care of Each Other



YOUR WORDS

MATTER

	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.



Poplar Bluff Regional Medical Center

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🎉 We're proud to celebrate **NATIONAL NURSES WEEK** at Poplar Bluff Regional Medical Center 💙

To kick off the week, the City of Poplar Bluff presented a proclamation officially recognizing May 6–12 as National Nurses Week in honor of the incredible nurses who care for our community every day. We're also highlighting an important milestone in our shared governance journey - our Nurse Practice Council and Unit-Based Councils, established this year to help drive improvement and change, developed peer-nominated awards to recognize outstanding nurses and patient care technicians across our organization.

Congratulations to this year's honorees:

- 🏆 Clinical Nurse of the Year – Summer Crider, RN
- 🏆 Clinic Nurse of the Year – Bethany Wagoner, RN
- 🏆 Patient Care Technician of the Year – Jamie Charlton, PCT
- 🏆 Quality Nurse of the Year – Alexis Herrera, RN
- 🏆 Small Unit, Big Impact – House Supervisors & Dialysis Team
- 🏆 Educator of the Year – Jeremy Meadors, BSN, RN
- 🏆 Novice Nurse of the Year – Tosha Kimbrel, RN
- 🏆 TRC Preceptor of the Year – Hailey Dunivan, RN
- 🏆 Linet Grant Recipient – Summer Crider, RN

This year's theme, "Power of Nurses," reflects what we see every day: nurses who have the power to heal, connect, and lead in every setting.

Join us in thanking our nurses and patient care technicians for the compassion, skill, and dedication they bring to our patients and community every day 💙

