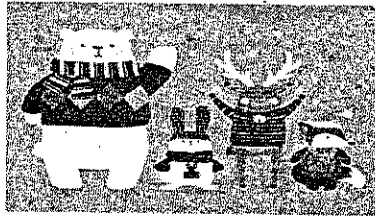




Making A World Of Difference

# JANUARY 2025

## Monthly Newsletter



Our Head Start Program is operating in three state-licensed centers this year:

**Barrington Center: 616 Grant St, Wausau, 715-845-2947**

Teachers: Ms. Judy, Ms. Pang, Ms. Natasha,  
Ms. Jen, Ms. Kari, and Ms. Anna,

**Stoddard Center: 6615 Cty. Rd J, Weston, 715-573-3698**

Teachers: Ms. Debbie and Ms. Shaina

**Kathleen M Czech Center: 607 13<sup>th</sup> St, Mosinee, 715-693-4003**

Teacher: Ms. Mikaela

### Note From the Director...

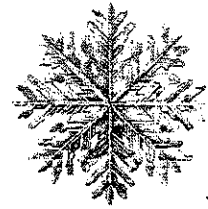
Happy New year and welcome back as we attend both January 2 and 3, 2025! Hope everyone had a chance to spend some well needed family time together over the break.

As we move forward into the new year, we want all to be aware recruitment for our 2025-26 program year is underway. If you have a child who will be 3 by Sept. 1, 2025, or know of one who will, please connect with our recruitment specialist at: 715-318-6955 or go to our website to apply: [www.mccdahs.org](http://www.mccdahs.org). If your child is currently a three-year-old with our program they will automatically be enrolled for their four-year-old year.

YOU are your child's first and MOST important teacher...we are working together to prepare them for the many years of school to come!

Rhyme: It is Snowing  
(sung to "Are you Sleeping?")

It is snowing, it is snowing  
All around, all around  
Soft and quiet snowflakes  
Soft and quiet snowflakes,  
Not a sound, not a sound.



Follow us on Facebook: Marathon County Child Development Agency, Inc. Head Start



### Policy Council 2024-25

Katie Crotteau – President  
Samantha Wehrs – Vice President  
Theresa Seidenkranz – Treasurer  
Members: Jesus Favela, Mara Mullen,  
Ryan McGuire



### 2024 Board of Directors

Kristen Lonergan – President  
Peter Rotter – Vice President  
Kate Kipp – Treasurer  
Rachel Craig – Secretary  
Members: Alicia Richmond, Randy Gabriel,  
Corrie Norrbom, and Kara Rakowski




Take time to enjoy family time together—  
take a walk, play a board game, or watch a movie!  
Andrea Velasquez  
Executive Director

Put these events on your calendar:

Family Event Night: January 16, 4:30-6pm

# January

# Head Start Activities & Information Calendar 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Happy New Year</b> NO SCHOOL for ALL Head Start Centers	2 Welcome back all centers	3 All centers in session today	4
5	6	7 BARRINGTON Families 4 Kids 1:15 BARRINGTON Classrooms Rm 3, 10 & 14 Activity Day 2:15	8 STODDARD Families 4 Kids 1:15 STODDARD Classrooms Activity Day 2:15 Head Start's Board of Directors Meeting	9 KMC Families 4 Kids 1:00 KMC Classroom Activity Day 2:00	10 NO SCHOOL for ALL Head Start Centers	11
12	13	14 BARRINGTON Families 4 Kids 1:15 BARRINGTON Classrooms Rm 4, 11 & 13 Activity Day 2:15 Bridging Brighter Smiles at Barrington	15 Policy Council Meeting 5:30 Bridging Brighter Smiles at Barrington	16 Head Start's FAMILY NIGHT ALL families welcome to join us at THE CHILDREN'S IMAGINARIUM 4:30-6:30 	17 NO SCHOOL for ALL Head Start Centers	18
19	20 NO SCHOOL for ALL Head Start Centers	21 Musical Storytime with Ms Rochelle from Wausau Music Conservatory at Barrington	22	23	24 All centers in session today	25
26	27	28	29	30 All Centers Snowman Dress Up Day (or) Wear Snowstorm White  	31 NO SCHOOL for ALL Head Start Centers	

# Attendance News

Please remember to call your child's teacher if your child will be absent from school or if they are running late. If they do not hear from you, they are required to call.



## Regular Attendance:

Regular attendance is important because it can improve academic outcomes. Students who attend class regularly receive live teaching and tailored feedback.



## Attendance Incentive:

Each child meeting 100 percent attendance for the month will receive a certificate and small reward.

## December Classroom Attendance:

Great job! 😊

### Barrington – Wausau

Miss Anna: 91%

Miss Judy: 94%

Miss Jen: 90%

Miss Tasha: 89%

Miss Pang: 92%

Miss Kari: 90%

### Stoddard – Weston

Miss Debbie: 93%

Miss Shaina: 86%

### KMCzech - Mosinee

Miss Mikaela: 95%

# Exploring your Child's Mental Health with Tucker Turtle and the Pyramid Model!

Happy New Year Families!

I am excited it is 2025! I know some of our families have rules at home. How are those rules working? I have a few tips that might help you fine-tune your rules, so you and your child are both more successful!

## How to teach the rules:

1. Show & tell your child the rule, when not distracted, make it fun, show what it looks like-do you need to break it down into smaller steps?
2. Discuss the rule & demonstrate. Take turns with your child demonstrating what the rule looks like.
3. Review the rules daily.
4. Once your child has learned the rules, play a game to see if he/she remembers the rule. Praise your child for following the rule correctly.
5. Take time to PRACTICE, PRACTICE, PRACTICE!
6. You got this, celebrate your child's efforts and for learning the new rules!
7. Be consistent when enforcing the rules!

## Creating Rules

1. Identify 3 to 5 rules that are important to your family.
2. Write down the rules as do's (instead of don'ts).
3. Pick rules that apply to situations where your child needs reminders.
4. Pick rules that your child can learn to do. (Are the rules appropriate for your child's age? For example, tying shoes is a skill a 5 year old would work on, but helping pick up toys after playing is for 3 year olds).
5. Make a rule chart. Add a picture that shows your child following the rule. Create the chart with your child!





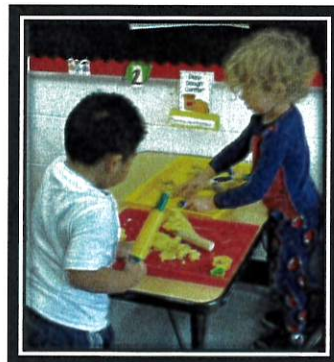
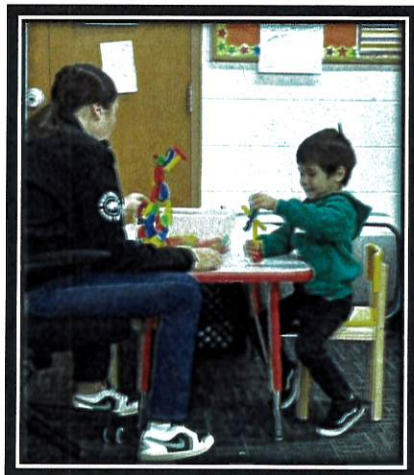
# What's Happening in the Classrooms?



Ms. Jen's Room (Barrington) reading about the Gingerbread Man. After the story with Ms. Sandy, we went on a gingerbread man hut!



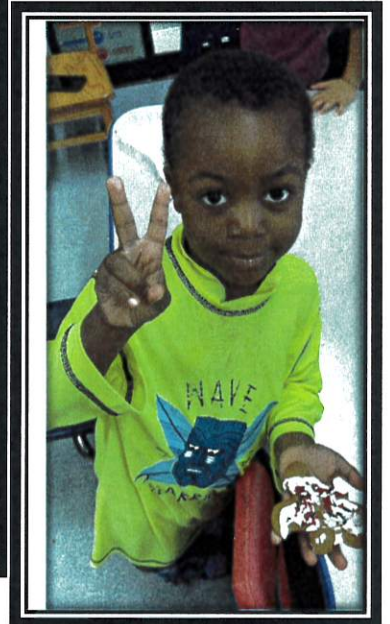
Ms. Anna's Room, (Barrington) trip to Caked it! Yummy!



Playtime in Ms. Judy's Room- (Barrington)



Ms. Kari's  
Family Day  
(Barrington)





## JUST FOR THREE'S



**Sorting:** After the silverware has been washed and dried, let your child sort the butter knives, forks, and spoons. Then have them put them away for you.

**Mirror, Mirror:** Look in a mirror with your child. Talk about each other's' color of hair and eyes. Who is taller? Who is shorter? Can our child point to your elbow, shoulders, chin, and neck? Recite the poem: on next page

**Big Tracks, Little Tracks:** Take a walk with your child. Look for different kinds of tracks. Look for tracks made by a bird, a dog, a cat, a squirrel, a car, and you. Talk about how different they are. How many feet does a bird have? Dog? You?

**Kicking up a Storm:** Make a "kickbag" by stuffing an old pillowcase or plastic shopping bag with crumpled newspaper. Tie the end closed. Let your child kick the bag in and open space in your home. Join in the fun by kicking the bag back and forth with your child. Great indoor exercise activity.



## JUST FOR FOUR'S

**Snowball Science:** Let your child go outside and make two snowballs. Place each snowball in a paper cup. Then place one cup outside and one cup inside. Together, observe the two snowballs and discuss what is happening to them. Ask, "Why is the snow melting inside but not outside? When it is melted look at it and examine what is in the water...ask your child: Would you like to drink that?"

**Matching the Hearts:** Remove the hearts from an old deck of playing cards. Cut each heart card in half so that a number shows on both halves. Let your child take turns matching the corresponding numbers.

**Cotton-Ball Counting:** Cut a piece of paper into 5 pieces and label each one with a different number from 1 to 5 (1, 2, 3, 4, 5) also using dots (one dot, two dots, etc...) Then lay out 15 cotton balls. Take turns with your child counting and placing the cotton balls on the dots of each card and counting to identify how many on each card.

**Salt Box:** In an empty shoe box or small gift box, place a dark piece of paper on the bottom and tape in place. Cover the bottom of the box with a layer of salt. Show your child how to use their finger to draw letters, numbers, shapes, etc in the sand

## JUST FOR FIVE'S



**Jumping Beans:** Pretend that you and your child are jumping beans as you both stand on pieces of construction paper that represent plates. Turn on the music and begin jumping up and down without falling off your plates. Vary the speed of the music and your jumping (one foot, two feet, etc.)

**Bird Treat:** Help your child use a table knife to spread peanut butter all over a pine cone. Then roll the pine cone in birdseed. Use a piece of yarn to hang it outside for the birds

**Loving Touches:** Explain to your child that loving touches are hugs, pats on back, and other touches that are positive and healthy. Everyone needs loving touches, but we all have the right to say if we want to be touched or not. Help your child think of some loving touches. Talk about

**Number cans:** cover five empty cans (possible frozen juice cans) with paper. Number the cans from one to five with the number and dots. Set out 15 craft sticks (straws or pencils...anything long that can sit in the cans). Help your child count the numbers of dots on the cans and



# Family Service

SUPPORT. STRENGTHEN. SERVE.



Welcome back to school! Happy 2025! We hope you all had a wonderful break and spent quality time with your loved ones. It's hard to believe how quickly this year is flying by. Your Family Advocate will be reaching out to you soon to discuss your plans for the next school year. I know it may seem early to think about next year, but enrollment opens at the beginning of February.

## homeenergy+

Home Energy Plus Applications are being accepted for the 23-24-year Regular Energy Assistance is a once-a-year benefit available between October 1 and May 15 each year Eligible households may receive a benefit payment once per heating season. Please contact your Family Case Manager if you want help applying for this benefit. They would be happy to help.

### Family Service Staff

Our goal is to support you in your very important role as a parent. Please contact your Family Case Manager with any questions you may have.

**Angie FCPS/FCM** Call: 715-318-6923 Text: 715-877-4497 Email: [angelavisgar@gmail.com](mailto:angelavisgar@gmail.com)

**Erin FA** Call: 715-318-7206 Text: 715-814-3443 Email: [erinlemmer@mccdahs.org](mailto:erinlemmer@mccdahs.org)

**Michelle FA** Call: 715-318-6947 Text: 715-578-5809 Email: [michellefelch@mccdahs.org](mailto:michellefelch@mccdahs.org)

**Tiffany FA** Call: 715-318-7211 Text: 715-800-7130 Email: [tmesschefake@mccdahs.org](mailto:tmesschefake@mccdahs.org)



Marathon County Family Resource Center is an excellent resource available to Marathon County Parents and caregivers. The Family resource centers offer a place for parents to learn to be the best possible parents they can be. Parents can find resources and programs and enjoy activities with their children. They offer parenting classes, parent information meetings, and parent-child activities. They also offer screening for children ages 4 months to 5 years to see if they need extra help in some areas. There is no cost to you. Please contact your Family Advocate if you want info on this awesome resource.





# Family Service

SUPPORT. STRENGTHEN. SERVE.



**Adventure Awaits: Family  
night at the Children's  
Imaginarium.**



**THURSDAY 16TH OF JANUARY  
FROM 4:30 TO 6:30**

## **Families For Kids**

Wausau Barrington Center January 7<sup>th</sup> @ 1:45pm

Schofield Stoddard Center January 8<sup>th</sup> @ 1:45 pm

Mosinee KM Czech Center January 9<sup>th</sup> @ 1:45 pm



**Family engagement and involvement are  
important to a successful Head Start program.**



### MILK MATTERS



Low-fat skim white milk is the healthiest choice when it comes to drinking milk. Fat free and low-fat milk and milk products provide three to five “nutrients of concern” that children don’t get enough of: calcium, potassium, and magnesium.

Children 12 months to 24 months should drink whole milk, after that, kids should switch to low-fat or skim milk. Infants (0-12 months) should drink breast milk or infant formula.

### AT HOME ACTIVITY



Mighty Milk Taste Challenge:

Have a taste challenge between fat free skim, 1%, 2%, whole milk, and/or soy milk.

Sample at least two different types of milk then answer the following questions.

Which family member prefers which type of milk and why? Did anyone notice a difference in color, consistency, texture, or flavor between the milk samples?

Look at the food labels of each milk product. Compare the following per servings: calories, fat, calcium and protein. Is your milk preference the best choice for a healthful life style or is there a different type of milk that may be better for you?

### TAKE STRETCH BREAKS



Our bodies aren’t made to be in the same position all the time. Stretch breaks are a great, easy way to bring a little balance to your body and your day.

It’s good to take short stretch breaks at least once per hour. This is preferable to longer, fewer breaks. Spontaneously stretching any area of the body that feels tense will also help reduce pain and stress.



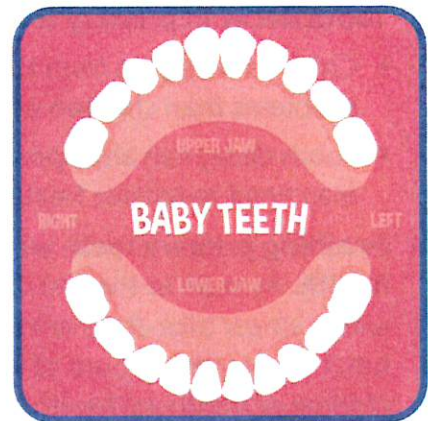


# Brush Up on Oral Health

## Understanding Why Primary Teeth Are Important

Some parents believe that primary (baby) teeth are less important than permanent teeth because primary teeth are going to “fall out anyway.” However, primary teeth are key to a child’s growth and development. Head Start staff play a vital role in helping parents understand the importance of primary teeth to good oral health and overall health and well-being.

This Brush Up on Oral Health tip sheet talks about why primary teeth are important and offers information that Head Start staff can share with parents.



## Information About Primary Teeth to Share with Parents

- **Primary teeth are important.** Primary teeth are key to young children’s health and development in five ways. These include:
  - **Maintaining good health.** The health of primary teeth affects children’s overall health and well-being. Tooth decay in primary teeth can lead to abscessed teeth. Infections from abscessed teeth can spread to other areas in the head and neck and lead to fever, pain, severe swelling, and, in rare cases, death. Using antibiotics to treat dental infections may work temporarily. However, infections will always come back if tooth decay is not treated.
  - **Maintaining good nutrition.** To grow and be strong, children need to eat healthy foods. Children with tooth decay in their primary teeth are less likely to eat crunchy foods, such as fresh fruits and vegetables that promote good nutrition and a healthy body. These children are also at risk for developing nutritional deficiencies and becoming malnourished.
  - **Helping with the development of speech.** Losing teeth early due to tooth decay can interfere with the development of a young child’s speech. Young children with missing teeth have difficulty making “th,” “la,” and other sounds. This can make it hard for others to understand the child. In some cases, the child



may need speech therapy to change speech patterns he or she developed because of missing teeth.

- **Maintaining space for permanent teeth.** Primary teeth hold space for permanent teeth developing underneath them in the jaw. This picture of an X-ray shows permanent teeth developing below primary teeth. If primary teeth are lost too early, other teeth move into the space and block the incoming permanent teeth. This can cause crowding.
- **Promoting self-confidence.** Young children can be quick to call attention to other children that have decayed, chipped, or discolored teeth. Children with visible tooth decay often do not smile, cover their mouth with their hands when they speak, or minimize interaction with others. A healthy smile gives children the self-confidence they need to have positive social experiences.
- **Tooth decay in primary teeth matters.**
  - Children with pain from tooth decay do not do as well in school and have more behavior problems than children with no pain.
  - Tooth decay can also spread from one tooth to another. Children with severe tooth decay may need to receive treatment in a hospital operating room.
- **Brushing primary teeth with fluoride toothpaste every day promotes good oral health.** As soon as the first tooth appears, parents should begin brushing a baby's tooth with a smear (rice-sized amount) of fluoride toothpaste twice a day. Making this a daily habit lowers the amount of bacteria in the mouth, helps prevent tooth decay, and starts a lifetime of good oral health habits.
- **Having a dental visit by age 1 promotes good oral health.** The American Academy of Pediatric Dentistry recommends that a child have his or her first dental visit by age 1. A young child's dental visit is simple and quick. The oral health professional looks in the child's mouth, identifies potential problems, and explains what changes to expect in the child's mouth as he or she develops and grows. The oral health professional also shows parents how to take care of their child's teeth and may apply fluoride varnish to the child's teeth.
- Head Start staff can share Healthy Habits for Happy Smiles: [Understanding Why Baby Teeth Are Important](#) with parents to reinforce conversations about primary teeth.

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ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



National Center on  
Health, Behavioral Health, and Safety



# Help Us Stay Calm

Strategies that help you and your child during challenging behavior

## Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

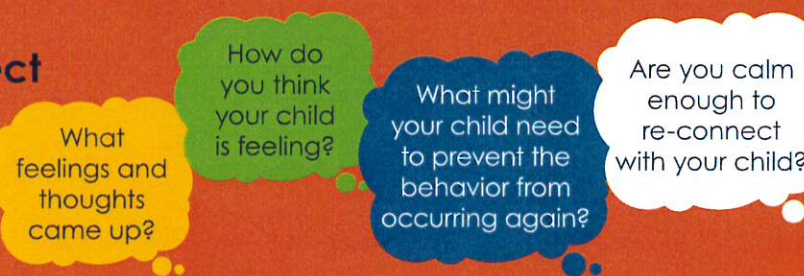
### Step 1: Calm Yourself



Step 1: Calm Yourself strategies:

- Count until calm (1,2,3,4,...)
- Connect with a friend
- Drink some water; Have a snack
- Take deep breaths
- Ask for help
- Think something positive or fun about your child

### Step 2: Reflect



Step 2: Reflect reflection questions:

- What feelings and thoughts came up?
- How do you think your child is feeling?
- What might your child need to prevent the behavior from occurring again?
- Are you calm enough to re-connect with your child?

### Step 3: Re-Connect

When you re-connect, you can help your child learn new skills. Once you feel calm, and your child appears calm, here are a few tips.



Step 3: Re-Connect tips:

- Make sure your child is calm
- Acknowledge feelings
- Offer choice
- Redirect to a new activity
- Talk and play with your child

More family resources at [ChallengingBehavior.org/Implementation/Family.html](http://ChallengingBehavior.org/Implementation/Family.html)



National Center for  
Pyramid Model  
INNOVATIONS



UNIVERSITY of  
SOUTH FLORIDA



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# Taking Care of Yourself

Taking care of yourself is a huge part of being able to take care of your child, especially when they are behaving in challenging ways. When you are feeling rested and calm, you are able to respond more appropriately.

By contrast, when you are feeling stressed, exhausted, or frustrated, you may find it difficult to respond to your child's behaviors in a helpful way.

Take steps to practice self-care in your daily routine.

## Notice your own feelings and stress level.

Ask yourself these questions, and notice how your body feels:

- How do I know when my stress level is going up? Signs of stress may include muscle soreness, headaches, crying, feeling frustrated, sleeping more or less than normal, eating more or less than normal, and talking more loudly or shouting.
- What is in my control right now? Focus on your reactions, behaviors, thoughts, feelings, and needs.
- What do I need right now to feel better? Consider whether a drink of water, a deep breath, a walk outside, a phone call or visit with a friend or family member, or another activity might help you become calmer.

## Take a break when you need it.

Take a deep breath, count to 20, or leave the room for a moment if your child can stay safe.

## Don't expect yourself to be perfect.

Everyone has bad moments sometimes, and that's OK.

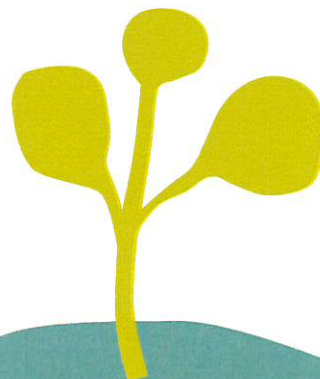
## Try these ideas for taking care of yourself and reducing stress.

- Get enough sleep.
- Drink water.
- Move your body.
- Find time in the day for breaks.
- Listen to music.
- Talk to friends and family.
- Write in a journal.
- Reward yourself for a job well done.
- Practice deep breathing.
- Get outside.
- Notice what you see, hear, feel, smell, and taste.



National Center on

Health, Behavioral Health, and Safety





# Strategies to Try

## Make self-care a priority.

**Instead of:** “I don’t have time to take care of myself.”

**Try:** “I am important, and I need to put myself first sometimes. Doing this makes me a better parent.”

## Focus on what is in your control.

**Instead of:** “He is not cooperating! I know he will throw a tantrum next, and we will be late again.”

**Try:** “I know I am very upset now. I feel the stress climbing up. What do I need?”

## Challenge unhelpful thinking.

**Instead of:** “I should be able to stop this tantrum. I am a horrible parent.”

**Try:** “A deep breath will help. I am doing my best. There is no better parent for my child than me.”

## Look for support for yourself.

**Instead of:** “I don’t have time to talk with my friends and family.”

**Try:** “I will make time to connect with the people who love and understand me.”

## Practice gratitude.

**Instead of:** Focusing on what is not going well.

**Try:** Noticing what is going well. Each day, write down one thing you are grateful for.

## Keep it fresh!

**In addition to:** Trying the same self-care ideas over and over again.

**Try:** A new self-care idea. Notice how it makes you feel.

## Resources

- [Help Us Stay Calm: Strategies that Help You and Your Child During Challenging Behavior](#)
- [Reducing Stress](#)



National Center on  
Health, Behavioral Health, and Safety

1-888-227-5125  
[health@ecetta.info](mailto:health@ecetta.info)  
<https://eclkc.ohs.acf.hhs.gov/health>

October 2021

# JANUARY EVENTS

## Toddler Time - Wausau

Dates: Jan 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> (continues through April)

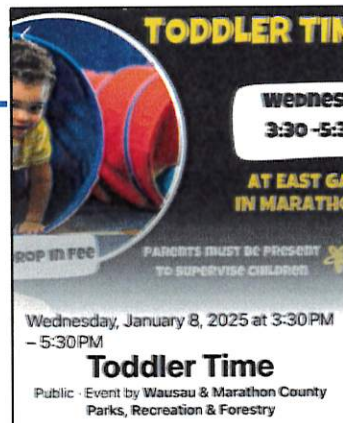
Time: 3:30 pm – 5:30 pm

## Wausau & Marathon County Parks, Recreation, & Forestry

Marathon Park

1201 Stewart Ave

Wausau, WI 54401



### Details:

Toddlers and pre-school-aged children will enjoy fun at the East Gate Hall in Marathon Park. There are plenty of toys and room to move around in the gymnasium! Toddler Time is for kids ages 6 months to 5 years with a parent; no older children please. Drop-in fee is \$2 per child, or a 10-visit pass is available for \$16. No fee for babies or adults, and no pre-registration is required. Parents must supervise their children. Questions? Call 715-261-1550.

## Winterfest 2025 - Wausau

Date: Saturday, Jan 18<sup>th</sup>

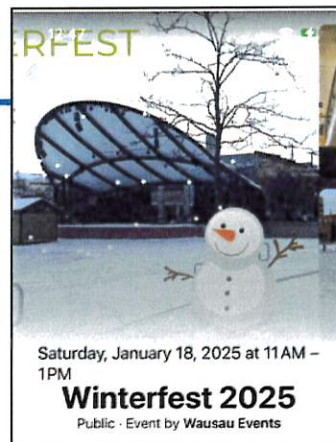
Time: 11:00 am – 1:00 pm

## Wausau Events

Downtown Wausau – Washington Square

201 Jefferson St

Wausau, WI 54403



### Details:

A FREE family event in the heart of Downtown Wausau! Event will feature sled dogs & weight pull demonstrations on the 400 Block, a full petting zoo on 3<sup>rd</sup> Street, Pizza from the Clay House Pizza Kiln (free!), cookies & plenty of other kid activities on each level of Washington Square!

A full list of activities will be released soon. Please check [wausauevents.org](http://wausauevents.org) for updates!



# JANUARY EVENTS

## 4H Winterfest Celebration - Merrill

Date: Saturday, Jan 18th

Time: 6:00 pm – 8:00 pm

### Extension Lincoln County WI

Northwoods Veterans Post

601 Johnson Street

Merrill, WI 54452

#### Details:

Music, dancing, games, treats, dessert auction, raffle basket, light snacks provided, soda and food for purchase. FREE entry!



## Candlelight Snowshoe Hike – Wausau

Date: Saturday, Jan 18th

Time: 6:00 pm – 8:00 pm

### Friends of Rib Mountain

Rib Mountain State Park

149801 State Park Road

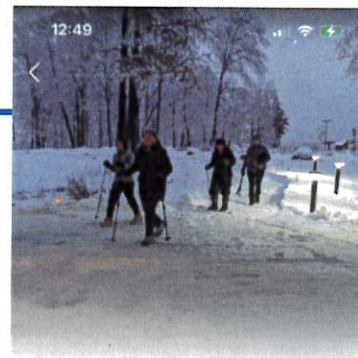
Wausau, WI 54401

#### Details:

The Friends of Rib Mountain State Park invite you to explore the Park on snowshoes or in boots by candlelight! Weather permitting, the hike will begin and end at the Friends Gathering Space just past the park office. Flashlights and headlamps are suggested!

We will have hot chocolate, hot cider, and roast marshmallows around the campfire. There is no cost to participate but donations to cover costs are always appreciated. A park vehicle sticker is required (daily or annual). Parking is limited so please consider carpooling if possible.

For more information check the Friends Face Book page or call 715-680-9480.



Saturday, January 18, 2025 at 6 PM – 8 PM

## Candlelight Snowshoe Hike

Public - Event by Friends of Rib Mountain

# JANUARY EVENTS

## **Corgi Races - Wausau**

**Date: Saturday, Jan 18th**

**Time: 7:10 pm – 9:10 pm**

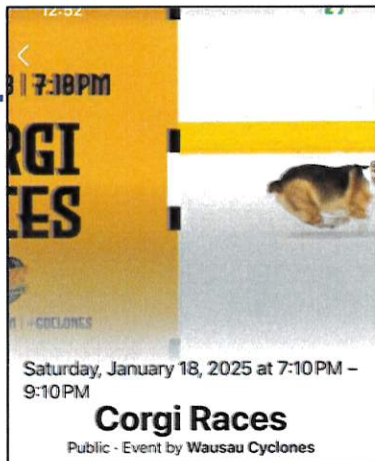
## **Wausau Cyclones**

1201 Stewart Ave

Wausau, WI 54401

### Details:

Join us for the Corgi Dog Races presented by Schierl Tire and Service. Don't miss this exciting night at Marathon Park Ice Arena! The races will take place during the 1<sup>st</sup> and 2<sup>nd</sup> intermission of the game. The Cyclones will have a specialty Corgi Dog Races T-Shirt available for pre-sale with a portion of the proceeds benefiting Marathon County Humane Society. Fans can reserve seats for the game online at [wausaucyclones.com](http://wausaucyclones.com).



## **Teddy Bear Clinic - Wausau**

**Date: Saturday, Jan 25th**

**Time: 10:00 am – 12:00 pm**

## **Children's Imaginarium**

195 N 2<sup>nd</sup> Street

Wausau, WI 54403

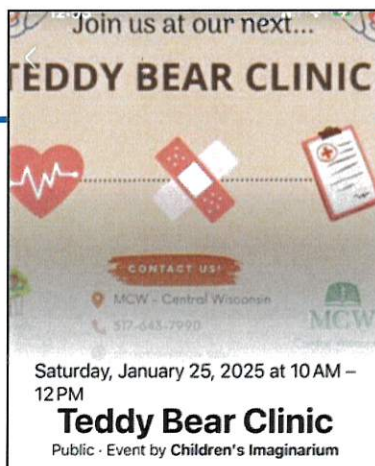
### Details:

Join us at the Children's Imaginarium for our first Teddy Bear Clinic with the Medical College of WI – Central WI medical students. There will be two, one-hour sessions. You only need to register for one session! The sessions are either 10:00 am – 11:00 am or 11:00 am – 12:00 pm.

Don't forget to bring your stuffed animal! Pre-registration is required for this event.

<https://tinyurl.com/CITeddyBear>

Caregivers are required to attend! All children should be accompanied with at least one caregiver.





# JANUARY EVENTS

## Lighted Snowshoe Walk - Wausau

Date: Thursday, Jan 23rd

Time: 5:30 pm – 8:00 pm

### Willow Springs Garden

5480 Hillcrest Drive

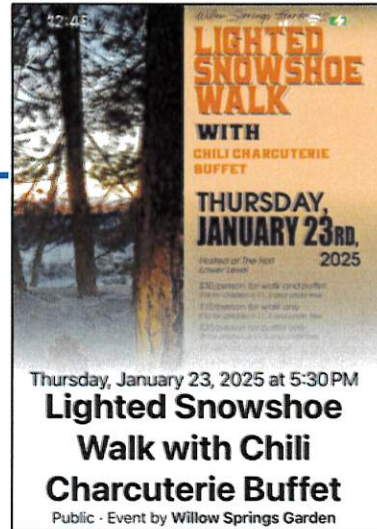
Wausau, WI 54401

#### Details:

You can snowshoe at your own pace and at your own time between 5:30 pm and 8:00 pm. Buffet goes until 7:30 pm.

The walk includes lantern lighting, map, along with a guide. Reservations are required by booking online to ensure your spot, or by calling Willow Springs and leaving a message. Hosted at the Hall. Join us for the whole event, just the walk, or just the buffet.

Details of pricing and event at [www.willowspringsgarden.com](http://www.willowspringsgarden.com).



# January

# Head Start Family Activity Calendar

# 2025

**\*\*Complete all days or just a few days\*\* – Initial the days you complete**

Please return signed calendar to your child's teacher at the end of the month and you will be credited volunteer time for those activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Happy New Year</b>	2 Color a picture together – talk about what each of you are drawing  Initial if complete activity _____ (5 min)	3 Practice writing your 1 <sup>st</sup> name 5 times – different colors  Initial if complete activity _____ (5 min)	4 Let your child help you wash the dishes  Initial if complete activity _____ (5 min)
5 Play in the snow – make step prints in different shapes  Initial if complete activity _____ (5 min)	6 Draw a picture of your family and hang it up  Initial if complete activity _____ (5 min)	7 Look for the letter J – can you find it 10 times  Initial if complete activity _____ (5 min)	8 Do 10 jumping jacks, 10 toe touches, and 10 sit ups – repeat  Initial if complete activity _____ (5 min)	9 Hunt for the color blue around the house  Initial if complete activity _____ (5 min)	10 Play a game of Simon Says – ex Simon says.. Touch your nose...  Initial if complete activity _____ (5 min)	11 Bring a snowball inside the house – put it in a bowl and watch what happens  Initial if complete activity _____ (5 min)
12 Try sledding  Initial if complete activity _____ (10 min)	13 Hunt for the color white around the house – how many things can you find  Initial if complete activity _____ (5 min)	14 Line up an item (like spoons or cars) how many can your child count to pointing to each one at a time Initial if complete activity _____ (5 min)	15 Write each letter in your first name 5 times and in different sizes  Initial if complete activity _____ (5 min)	16 Sing a song about Snowmen – or find one to dance to on youtube  Initial if complete activity _____ (5 min)	17 Draw a picture of a pet you would like to have – talk about what you will do with that pet  Initial if complete activity _____ (5 min)	18 Paint the snow with a mix of food coloring & water (spray bottle or brush)  Initial if complete activity _____ (5 min)
19 Play in the snow – build a snowman  Initial if complete activity _____ (5 min)	20 Ask your child to teach you the MatMan song Draw a person as you both sing Initial if complete activity _____ (5 min)	21 Go on a circle hunt – can you find 10 circles – are they small, medium, or large Initial if complete activity _____ (5 min)	22 Sock Toss – see how many socks you can "toss" in the basket  Initial if complete activity _____ (5 min)	23 See how many pairs of shoes your child can find in the house  Initial if complete activity _____ (5 min)	24 Say a rhyme: Ex: Hickory, Dickory Dock Say it slow, say it fast Initial if complete activity _____ (5 min)	25 Use socks as puppets and put on a puppet show  Initial if complete activity _____ (5 min)
26 Take a walk outside Count how many animals you see  Initial if complete activity _____ (5 min)	27 Hop up and down on one foot 10 times, switch feet, repeat 5 times  Initial if complete activity _____ (5 min)	28 Play follow the leader  Initial if complete activity _____ (5 min)	29 Find 5 blue things & 5 green things – sort them into groups  Initial if complete activity _____ (5 min)	30 Cutting practice – have your child work on cutting strips or snips from junk mail Initial if complete activity _____ (5 min)	31 Go on a square hunt inside the house  Initial if complete activity _____ (5 min)	

## MCCDA Head Start-Volunteer Hours-Family Activity Calendar

Teacher's Name \_\_\_\_\_

Child's Name (PRINT) First: \_\_\_\_\_ Last: \_\_\_\_\_

Adult's Name (PRINT) First: \_\_\_\_\_ Last: \_\_\_\_\_

Adult's Signature \_\_\_\_\_ Relationship to Child \_\_\_\_\_ Date \_\_\_\_\_