BERGEN COUNTY EARLY HEAD START/HEAD START

PARENT ACTIVITY CALENDAR

April 2020

Mon	Tue	Wed	Thu	Fri
		1 **ESL Online Classes** https://zoom.us/j/467941529 Meeting ID:467-941529 For more information 973-278-0220 **Food drive locations 9-12** 2ND ST-Hackensack Cliffside Park Bergenfield **Don't forget to do your 2020 Census**	2	3 **Meditation Friday** Meditation for Kids https://youtu.be/HtYIQiXyrsE
6 **Baby Care** Hope for Mothers Virtual Support group for Pregnant moms in English To register follow the link: partnershipmch.org/.programs/support-group	7 **Kid Friendly** Understanding the Coronavirus *https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/*	8 **Food drive locations 9-12** 2NDST. Hackensack Cliffside Park Bergenfield	9 **Healthy Eating** *https://www.choosemyplate.gov* **Don't forget you still have**	10 **Meditation Friday** Relaxation techniques (English and Spanish) **https://www.ecmhc.org/relaxation_exercises.html**
13	**14**	**15**	**16**	**17**
20 Wacky Hair Day 	**21 Super Hero day** Wear your favorite Super Hero Outfit 	22 **Earth Day** Garden together Plant a seed or a bean in a cup and watch it grow!	23 **Sports Day** **Wear your favorite Sports Shirts** 	24 **Pajama Day** Wear your favorite Pajamas
27 Create a treasure hunt Leaving clues around the house 	28 **Make play dough from scratch** 1 cup of flour. 1/4 cup of salt. 3/4 cup of water. 1 tablespoon of vegetable oil. Food coloring (Optional)	29 **Fatherhood initiative** **Have fun together making Breakfast** 	30 **Play Board Games** **Board games can improve :** • Fine motor skills • Eye coordination • Language • Memory	**Questions? Contact** **Glorivee Acosta** **Parent Activity Coordinator**

Week of the Young Child

BERGEN COUNTY EARLY HEAD START/HEAD START

PARENT ACTIVITY CALENDAR

Abril 2020

Mon	Tue	Wed	Thu	Fri
		1 **Clases de ESL en linea** https://zoom.us/j/467941529 Reunion ID:467-941529 Para mas informacion llame a 973-2780220 Distribucion de Alimentos 9-12 2ND ST-Hackensack Cliffside Park Bergenfield No te olvides de hacer tu Censo	2 	3 Viernes de Medtacion Meditacion para Ninos https://youtu.be/HtYIQiXyrsE
6 **Cuidado de bebes** **Grupo de apoyo virtualpara mamas embarazadas** **Esperanza para mamas en Espanol** **Para registrase siga el enlace** partnershipmch.org/.programs/support-group	**7 Para Ninos** Comprendiendo el Corona Virus *https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/*	**8 Despenso de Alimentos de 9-12** 2ND ST– Hackensack Cliffside Park Bergenfield	**9 Comiendo Saludable** *https://www.choosemyplate.gov* No te olvides de hacer tu Censo aun tienes tiempo	**10 Viernes de Meditacion** Tecnicas de relajacion en Ingles y Espanol **https://www.ecmhc.org/relaxation_exercises.html**
13	**14**	**15**	**16**	
20 **MIERCOLES DE PELO LOCO** 	21 **Dia de Superheroes** 	22 **Dia de la Tierra** Juntos planta una semilla o un frijol en una taza y observe como crece 	**23 Dia de Deporte** **Ponerse su camisa favorita** 	24 **Dia de Pajamas**
		Semana del Nino		
27 Crea una busqueda dejando pistas alrededor de la casa	***28* Hacer Plastina** • 1 taza de harina • 1/4 taza de sal • 3/4 de agua • 1 cuchara de aceite vegetal	**29 Iniciativa de Paternidad** Diviertete haciendo el desayuno untos	**30 Jugar juegos de Mesa** Juegos de mesa pueden mejorar las habilidades de: Motaras fina Coordinacion Ocular	**¿Preguntas? Llame a Glorivee Acosta Parent Activity Coordinator**