



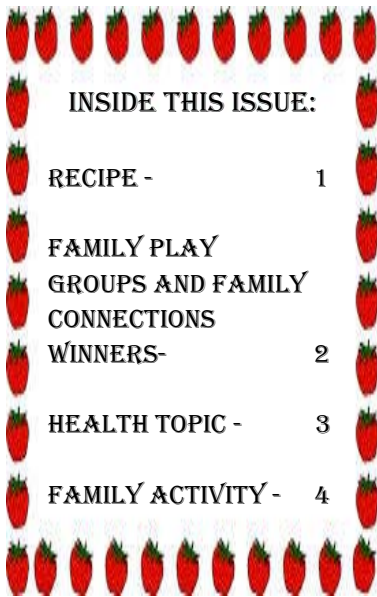
Bradford-Tioga Early Head Start

5 Riverside Plaza
Blossburg, PA 16912
570-638-1400

www.bradfordtiogahs.org



3 INGREDIENT CINNAMON BANANA PANCAKES



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Ingredients:

- 1 very ripe banana mashed
 - 2 eggs
 - 1/4 teaspoon cinnamon
- Optional but highly recommended:
1/8 teaspoon salt



Instructions:

Mash banana in a medium bowl. (Your little one can do this)

In a separate bowl, whisk together the two eggs.

Add eggs to banana and whisk together until thoroughly combined.
Whisk in salt and cinnamon.

Preheat a griddle or large skillet over medium heat. Spray griddle with cooking spray and use a tablespoon to drop batter onto griddle. Let set for a few minutes, and then flip with spatula. Cook for an additional minute or two on remaining side and remove to plate.



If you are unable to keep a Home

Visit with your
Family Partner,
please call the office at
570-638-1400.
Thank you!!



JUNE FAMILY PLAY GROUPS

ATHENS

June 11th @ 10:30 am at the
Waverly Family Resource Center
Activity - PFCE
Parent Topic - Culture of Safety

WELLSBORO

June 11th @ 1:00 pm in the
Wellsboro Center
Activity - Father Puzzle Picture Frame
Parent Topic - Safe Sleep

CANTON

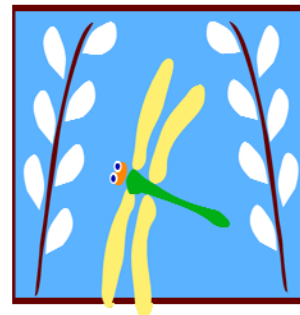
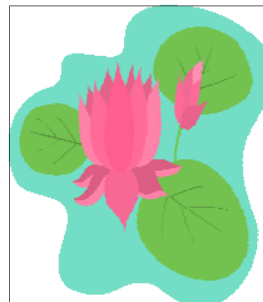
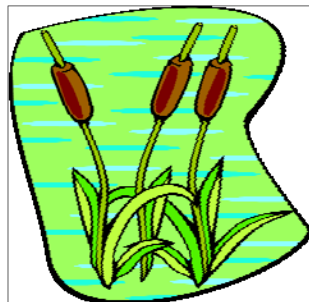
June 21st @ 1:00 pm in the
Canton HS Center
Activity - Outside Play
Parent Topic - Playground Safety



Snack :

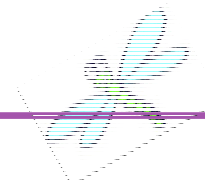
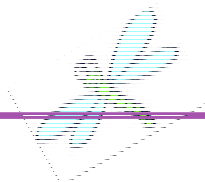
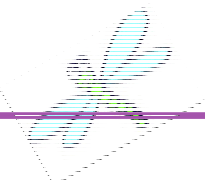
1/2 cup Applesauce
MILK:

- 4 oz. Whole Milk (age 1)
- 4 oz. 1% Milk (age 2)
- 6 oz. 1% Milk (age 3)



FATHER'S DAY SIDEWALK GREETING

For a fun Father's Day surprise, use colored chalk to print "I Love You, Dad" or a similar greeting on an outdoor sidewalk or concrete patio. Then give the chalk to your child and let them decorate the greeting. When they are satisfied with their creation, have them lead Dad outside to view his special Father's Day message.



JUNE HEALTH TOPIC



"Are you sure you don't want to use my bug spray?"

Keep Mosquitoes and Ticks from “Bugging” You This Summer:

Take Steps to Prevent Bites

Summer allows more time for outdoor activities, but when you are covered with bug bites after spending time outside, you may start to worry about disease spread by ticks, such as Lyme disease, or by mosquitoes, such as West Nile virus. Luckily, you can take these simple steps to prevent bites and diseases spread by bugs.

Use an effective insect repellent-

Parents may feel overwhelmed by the many bug protection products in the grocery aisle, wondering which ones are best. CDC recommends a variety of effective products. Check the label for one of the following active ingredients:

- DEET
- Picaridin
- IR 3535
- Oil of lemon eucalyptus

Most pediatricians recommend using products with 30 percent or less of these ingredients on kids. Once you've bought an insect repellent, use it whenever you and your children are outdoors. Put a few bottles or packets of repellent anywhere you might need them— in the car, by the door, in your bag. Make it easy so you'll remember. As hard as it may be to think about, any single bug bite has the potential to bring illness, so it's worth taking a moment for prevention.

Make your backyard a tick-safe zone-

While you may think that ticks only live in the woods, ticks can also lurk in backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert.

Check for ticks-

After playing outside, don't make ticks an uninvited guest in your home. Ticks can ride in on parents, kids, and even the family pet, so check your gear and pets as soon as you get inside, even if your outdoor adventures were only in the backyard.

By following simple prevention steps, parents and kids can keep pests away so they can focus on fun outdoor activities like gardening, camping, hiking and just playing outdoors.

For more information, please visit www.cdc.gov

Parent/Child Activity

COLLECT THE FUN IN A BOX



On your favorite daily outings—a walk around the neighborhood, a stroll at the park—gather things to help both of you remember why you like a particular place. Be prepared to take pictures when your child picks up a really beautiful leaf or a special flower or rock.

Once you are home, help your child decorate a shoebox with construction paper, crayons, glitter, or anything else that make it unique. Keep both of your collections inside.

On rainy days, snuggle up on the couch with your child and sift through the box.



**Father's Day
is Sunday,
June 17, 2018**



FATHER'S DAY SNACK:

Let your child help make a batch of popcorn for Dad. Then have them turn the warm, buttered treat into something special by sprinkling on one of the flavorings below:

- *Grated Parmesan Cheese
- *A mixture of cinnamon and sugar
- *Taco seasoning



Daddy's Little Helper -

Encourage your child to show appreciation for Dad by helping in such ways as these:

- *Washing the car together
- *Sorting small hardware items into containers
- *Pulling weeds.

