

WORCESTER COUNTY JUDY CENTER EARLY LEARNING HUB

QUARTERLY MAGAZINE

SUMMER 2023



WWW.JUDYCENTER.COM



WORCESTER COUNTY JUDY CENTER EARLY LEARNING HUB

Snow Hill Elementary School

515 Coulbourne Ln
Snow Hill, MD 21863
410-632-5224

Pocomoke Elementary School

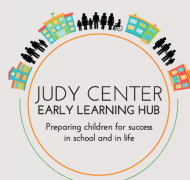
2119 Pocomoke Beltway
Pocomoke, MD 21851
410-632-5130

The Worcester County Judy Center Early Learning Hub partners with school and community-based agencies, organizations, and local businesses to increase the number of children in Worcester County who enter school with the readiness skills needed to succeed.

The Worcester County Judy Center Early Learning Hub has offices in two locations: Snow Hill and Pocomoke Elementary. Parents, teachers, and child care providers as well as other interested individuals are welcome to stop by for additional information.

Our Mission

The mission of the Judy Center Early Learning Hub is to provide comprehensive, integrated, full-day, full-year services that promote school readiness for children birth through age five. This mission requires the development of collaborative, integrated programs and approaches that support the young children's development in social and emotional, language and literacy, cognitive and general knowledge, approaches toward learning, and physical well-being and motor areas enhancing readiness for school while supporting families in their abilities to support their children's early learning.



A LETTER FROM OUR FAMILY SERVICE COORDINATOR



Jahniqua Johnson
Worcester County Judy Center
Early Learning Hub

The Worcester County Judy Center Early Learning Hub, prides itself on creating great relationships with local families and community partners. We strive to bridge the gap in our communities to guarantee the success of our early learners. It is the Judy Center's goal to ensure that children ages birth-5 are ready for school and receiving any resources that they may need. One of the most crucial time periods in a child's development and learning is from birth-5 years old. Studies show that nearly 90% of a child's brain is developed by the age of 5. This means that the brain is growing much more rapidly than any other time in life. It is important to create positive connections, meaningful experiences, and ensure that the child's basic needs are being met. These tools will provide a strong foundation for your child.

Please bring your child out to learn and play with us! We had such a busy spring with lots of playgroups, field trips, parent engagement events, and of course our community baby shower. During our summer programming, we will provide our Tiny Tot groups for ages birth-2 and 3-5, fields trips, story time, and more. Contact the Judy Center for more information!

Have a wonderful summer,

Jahniqua Johnson



SUMMER TINY TOT TIME AGES 0-2

Tiny Tot Time Consists of:

- Connection w/ other parents
- Community Resources
- Free snacks
- Interactive Play/Learning
- Music & Movement
- Arts & Crafts

Join us the 1st Thursdays in July & August

July 6th 10AM-11AM
August 10th 10AM-11AM

Open to all families in the Snow Hill & Pocomoke areas with children ages 0-2.



Call for more information:
410-632-5224

Snow Hill Elementary
515 Coulbourne Lane
Snow Hill, MD 21863

PARENTS BRING YOUR IDS TO CHECK IN

Parents and caregivers with children ages birth-5 in Worcester County are invited to join us for our Summer Tiny Tot Time!

Our Tots ages 0-2 will be meeting at Snow Hill Elementary School the first Thursday's of July & August. Our Tots ages 3-5 will be meeting at Snow Hill Elementary School the last Thursday's of July & August.



SUMMER TINY TOT TIME AGES 3-5

Tiny Tot Time Consists of:

- Connection w/ other parents
- Community Resources
- Free snacks
- Interactive Play/Learning
- Music & Movement
- Arts & Crafts

Join us the 4th Thursdays in July & August

July 27th 10AM-11AM
August 24th 10AM-11AM

Open to all families in the Snow Hill & Pocomoke areas with children ages 3-5.



Call for more information:
410-632-5224

Snow Hill Elementary
515 Coulbourne Lane
Snow Hill, MD 21863

PARENTS BRING YOUR IDS TO CHECK IN



WHAT WE'VE BEEN UP TO WITH OUR PES TINY TOTS



WHAT WE'VE BEEN UP TO WITH OUR SHES TINY TOTS



1ST ANNUAL COMMUNITY BABY SHOWER

The Worcester County Judy Center hosted its very first annual community baby shower at Worcester Technical High School on Thursday, April 27, 2023. After a few years of anticipating this event, The Worcester Judy Center's Family Service Coordinator, Jahniqua Johnson, finally put the planning to action. With the help of local sponsors such as Cedric Armwood of Pohanka Hyundai, First Financial Federal Credit Union, Aetna, WellPoint, and The Community Foundation of the Eastern Shore, they gathered enough funding to finally be able to make it happen.

Many community members volunteered their time to help work the event as well as contribute donations. A Judy Center parent, Katrina Mason, also known as DJ Kay, volunteered her time to DJ for the event. Photos were taken by Jerron Collier of Visual Vibes Photography. There were a variety of big-ticket items, door prizes, and donated items for parents to choose from. Mothers took part in playing games, gaining education and resources from community partners, car seat installation checks, and more. A delicious lunch was catered by Chef Phillip Cropper, culinary instructor at Worcester Technical High School. Chef Cropper was also responsible for the amazing decor and set up of the venue with the assistance of WTHS students.

30 mothers attended with the support of a plus one. 12 organizations were represented and accompanied by over 20 employees. Every mother received a diaper bag full of baby supplies upon registration and check in. And most importantly, everyone who participated in this event (vendors and parents) raved about how much fun they had at the baby shower. The purpose of this event was to educate, motivate, provide resources, and pamper new and expectant mothers. The Community Baby Shower was a huge success! The Judy Center staff, under the direction of Dr. Gray Jack did a fantastic job at pulling this event off. Until next year!

Our vendors:

- Worcester Youth and Family Counseling Services
- Worcester County GOLD, Inc.
- Worcester County Health Department- Early Care Program
- University of Maryland Extension: SNAP-Ed
- Lower Shore Health Insurance Assistance Program
- Snow Hill Roatery Club
- Healthy Families Lower Shore
- Lower Shore EC Mental Health Consultation
- Aetna Better Health of Maryland
- Eastern Shore Child Care Resource Center
- Worcester County DSS
- The Grace Center
- Wellpoint
- Worcester County Mobile Library

Our sponsors:





POTTY TRAINING

Assistance & Consultation



Are you interested in learning more about potty training to help prepare your child for the upcoming school year. Use the QR code below to complete an interest form for a potty training seminar to be scheduled this summer prior to the start of school. For more information contact Ashley
Bruns at the below email or phone number.



**Families who participate will be provided with a potty training kit!



Snow Hill or
Pocomoke areas



albruns@worcesterk12.org



410-632-5224

EASY SUMMER RECIPES

FRUIT KABOBS WITH YOGURT DIP

Fruit kabobs make a colorful and fun snack that kids can help prepare.

Makes 8 servings.

Ingredients

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut in quarters)
- bamboo skewers (6 inches long)
- 1 cup yogurt, light strawberry



Directions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

AVOCADO SUPER SUMMER WRAP

Fresh avocado doubles for dressing and filling complementing blueberries, carrots, arugula and chicken in this appetizing summer wrap.

Makes 4 servings.

Ingredients

- 1 ripe avocado (seeded, peeled, and cut into chunks)
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup blueberries
- 1/2 cup carrots (grated)
- 1/4 cup red onion (chopped)
- 2 cups fresh arugula (chopped)
- 12 ounces cooked chicken breast (cubed)
- 4 8" whole wheat tortillas



Directions

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with 1/4 of filling mixture.
4. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

JUDY CENTER SPECIAL EVENTS

FIELD TRIP TO EASTON PLAYSEUM

In March we took families on an exciting field trip to the Easton Playseum!



JUDY CENTER SPECIAL EVENTS

TINY TOT EASTER EGG HUNT

In April we had a special SHES/PES Tiny Tot Easter Egg Hunt! Our Tiny Tots participated in an Easter Egg hunt on the playground as well as creating an Easter craft and enjoying lunch!

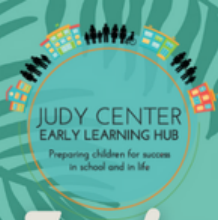
Everyone had an EGGcellent time!



STRAWBERRY PATCH FIELD TRIP

In May we took our Tiny Tots & FROG Street families to Wright's Market for a funfilled field trip to go Strawberry Picking! Our Tots & families also got a chance to meet Maggie Moo the cow and some energetic goats!





Worcester County Judy Center Early Learning Hub Summer Events For Ages Birth-5

JUNE

06/26/23 - 10:00AM - 12:00AM

Maui Jack's Field Trip

06/28/23 - 10:00AM - 11:00AM

Mobile Library @ SHES

JULY

07/06/23 - 10:00AM - 11:00AM

Birth-2 Tiny Tot Time

07/25/23 - 11:00AM - 1:00PM

Coco's Funhouse Field Trip

07/26/23 - 10:00AM - 11:00AM

Mobile Library @ SHES

07/26/23 - 2:30PM - 3:30PM

Pocomoke Community Ice Cream Event

07/27/23 - 10:00AM - 11:00AM

3-5 Tiny Tot Time

07/27/23 - 2:30PM - 3:30PM

Snow Hill Community Ice Cream Event

AUGUST

08/10/23 - 10:00AM - 11:00AM

Birth-2 Tiny Tot Time

08/23/23 - 10:00AM - 11:00AM

Mobile Library @ SHES

08/24/23 - 10:00AM - 11:00AM

3-5 Tiny Tot Time

08/TBD/23 - TBD

Mar-Va Theater Field Trip

For more program details call:

410-632-5224

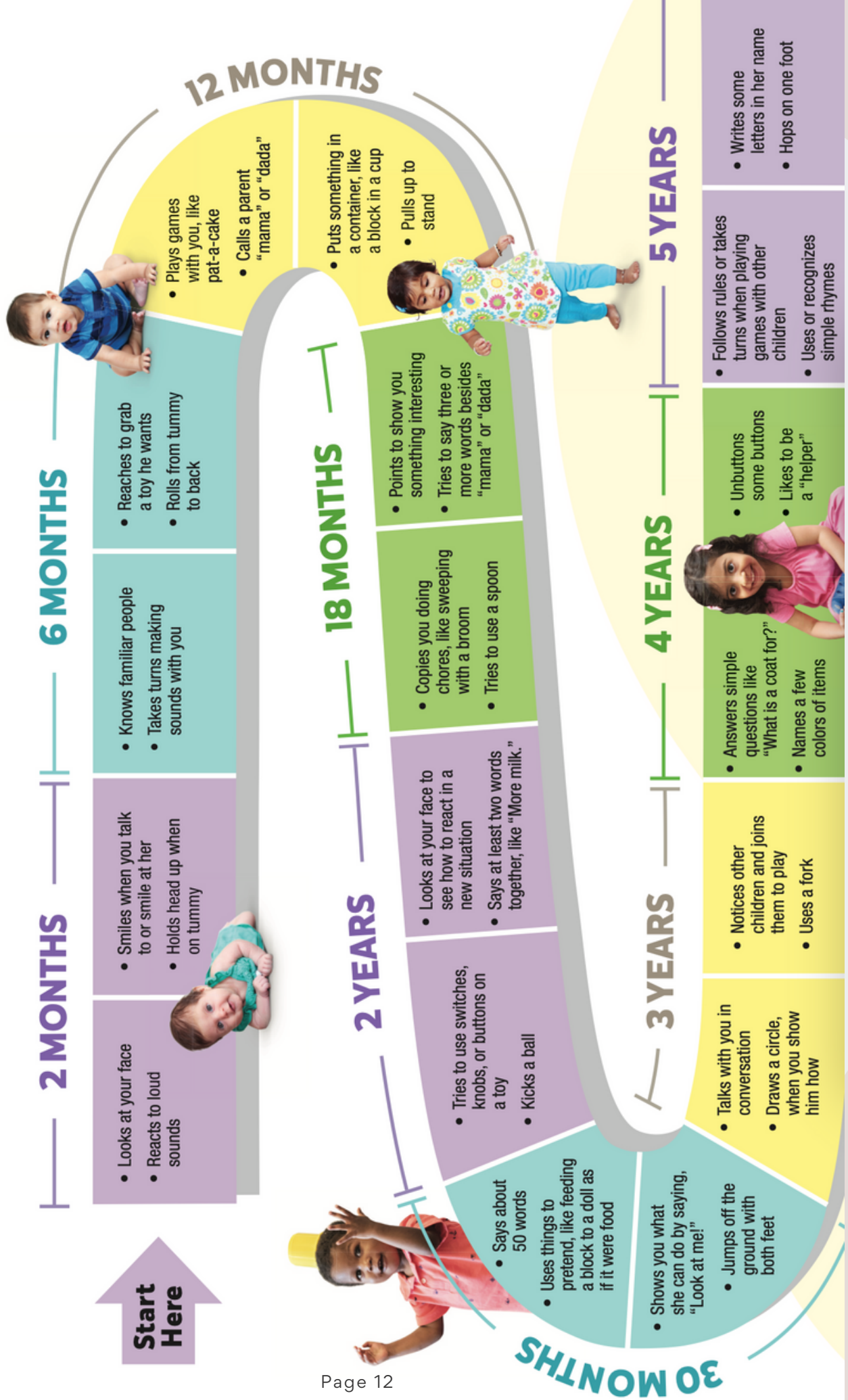
Follow us on Facebook!



Judy Center of
Worcester County

Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free *Milestone Tracker* app.



A YEAR OF PLAY

JUNE

June's theme is Fruits and Vegetables. Try these fun activities to learn more about healthy foods:



Talk Together

- For your baby: Name the foods that your baby eats. During meals, ask your baby “Would you like some banana? How about more carrots?” Though she doesn’t understand you yet, by talking about these objects over and over you are helping your baby understand that a word (“strawberry”) stands for a thing (a sweet red fruit). When you are at the supermarket, you can also point out the fruits and vegetables that your baby likes to eat. Soon, your baby may be pointing out the ones she recognizes all by herself!
- For your toddler: June is when gardens begin growing and when early crops (like strawberries) are ready. During meals, talk about the different fruits and vegetables your child is eating. Ask her which she likes best. Talk about their colors and textures. When you are at the supermarket, talk about and show your baby the variety of fruits and vegetables in the produce section. Let her touch the spiny pineapple, the fuzzy kiwi, the smooth pepper, the bumpy broccoli. Let your toddler pick one new fruit or vegetable to take home and try to eat. Does she like this new taste or not?

Read Together

- Read books about fruits and vegetables and all the yummy things we can make with them. For babies, try: *The Little Mouse*, *the Red Ripe Strawberry*, and *the Big Hungry Bear* by Don Wood, *Planting a Rainbow*, *Eating the Alphabet*, and *Growing Vegetable Soup*, all by Lois Ehlert, and *The Very Hungry Caterpillar* by Eric Carle. For older toddlers, good choices include *Jamberry* by Bruce Degan, *Blueberries for Sal* by Robert McCloskey, *How Are You Peeling?* by Joost Elffers, and *Lunch* by Denise Fleming.

Play Together

- For your baby: For babies on solid foods, you can slice into bite-sized pieces several different fruits and vegetables (ask your health care provider before introducing new foods). Let your baby play with the food, touch it, and lick it. Maybe he will even taste it. Which ones does he like the best? You can also let your baby touch different fruits and vegetables so he can experience their very different textures and colors. Which ones does he like to touch? Which ones doesn’t he like?
- For your toddler: Plant some seeds (carrot or bean seeds often work best) in a square of dirt outside or in a pot to keep inside. This is a fun project for toddlers who love to shovel dirt, pour water, and get messy! Watch your seed grow over the next few weeks (remember to water every few days). Have a garden snack when your plant has grown big enough to “harvest”! You can also have a “taste test” with your toddler as you lay slices of various fruits and/or vegetables out on a plate. Let your child decide which to try, which to touch, and which to avoid. Talk about how each one looks and tastes. What fruits and vegetables are your child’s favorites? Try doing a cooking project with your toddler by squeezing your own orange juice, making fruit salad (put your toddler in charge of dropping blueberries or pre-sliced fruit into the bowl) or by making a special summer drink together (blend vanilla yogurt with fruits like strawberries, blueberries, and/or bananas).

A YEAR OF PLAY

JULY

July's theme is Body Parts. Try these fun activities to help your child learn more about their body:



Talk Together

- For your baby: During your baby's bath, you can sing Head and shoulders, knees and toes, knees and toes, head and shoulders, knees and toes. This is baby's body! Eyes and mouth and ears and nose, ears and nose, ears and nose. Eyes and mouth and ears and nose. This is baby's body! As you sing, be sure to gently touch each body part.
- For your toddler: Ask your toddler Where's your...NOSE? After he shows you, ask Where's your...KNEE? Continue the game, giving him a kiss on each body part. With toddlers who are potty training, it is especially important to give them words to talk about their private parts. This helps children understand what is happening during potty training and to communicate more clearly with you when they feel a need to use the potty.

Read Together

- Read books about all of our different body parts. For babies, try: Where is Baby's Belly Button? and Toes, Ears, and Nose!, both by Karen Katz, and Ten Little Fingers and Head, Shoulders, Knees, and Toes, both by Annie Kubler. For older toddlers, good choices include My First Body Board Book by DK Publishing, Horns to Toes and In Between by Sandra Boynton, From Head to Toe by Eric Carle, and Clarabella's Teeth by An Vrombaut.

Play Together

- For your baby: Try some infant massage techniques on your baby. Wait until your baby is relaxed, fed, and in a good mood. Then give it a try. Ask your baby if you can touch her, and then gently rub and massage her legs, arms, feet, and hands. (Use lotion or a physician-okayed body oil, if you'd like.) If your baby gets distressed or doesn't like to be touched this way, stop and try again another time. As you touch your baby, talk about her different body parts. Activities like this help your baby know where her body begins and ends (a concept called "body awareness").
- For your toddler: Toddlers love challenges, especially as they are growing stronger and more coordinated physically. Ask your child "Can you lift your leg? Can you touch your hands to your knees?" Using the names of her body parts in context helps her learn, and also gives her a chance to show you all that she can do with her growing body. You can play a similar game outside by turning a sprinkler on (keep the spray low so that it is about the same height as your child). Then ask your toddler, Can you put your foot in the water? Can you put your hand in the water? Can you jump your whole body through the water? Make the most of July's warm weather by doing footstep paintings outside. Pour washable tempera paint into a shallow metal dish. Lay a piece of paper in front of the dish and then another shallow pan of water on the other side of the paper. Have your child step (barefoot) into the paint, then walk all around the paper, then step into the dish of water to wash off. Have a towel handy to dry her toes. Another (less messy) idea is to trace your child's hand or feet onto a piece of paper. Let your child color in or decorate the tracing. Then trace your hand or foot. Whose is bigger or smaller? If you can find a roll of butcher paper (available at craft stores), you can even try tracing your child's entire body. You can talk about, draw, and color all your child's different body parts.

A YEAR OF PLAY

AUGUST

The theme for August is Bubbles. Try these fun activities to help your child learn more about bubbles, sounds, and cleaning:



Talk Together

- For your baby: As you and your baby play with bubbles, focus on repeating the words “bubble” and “pop.” Point at the bubbles floating away: “Look at the bubbles go!” Cue your baby to “Pop the bubbles.” See if your baby tries to imitate you. Listen for “buh” or “pa” sounds.
- For your toddler: Talk to your toddler about the “ingredients” for making bubbles. First you open the soap suds and dip the bubble wand inside. Then you gently blow and then the bubbles fly away. You can do all sorts of things with bubbles: catch them, pop them with your finger, clap them between your hands, pile them up on your palm. You’ll be amazed at all the different words you can use to talk about bubbles!

Read Together

- Read books that include some bubbles in the story. For babies, try: Clifford Counts Bubbles by Norman Bridwell, Squeaky Clean by Simon Puttock, and Jesse Bear, What Will You Wear? by Nancy White Carlstrom. For older toddlers, good choices include Bubble Bubble by Mercer Mayer, Bubbles Bubbles by Kathi Appelt, and The Scrubby-Bubbly Car Wash by Irene O’Garden.

Play Together

- For your baby: Sit outside with your baby and start blowing bubbles. What does your baby do? Does he reach out to touch them? Follow them with his eyes? Catch a bubble on the bubble wand. Ask him if he wants to pop it and then let him “grab” it with his fingers. Let your baby play with oodles of bubbles. Seat him in his high chair. Meanwhile, squirt some dish detergent in the bowl and then run water into the bowl, making lots of bubbles. Scoop a handful of bubbles out and put them on your baby’s high chair tray. Watch him touch and explore these funny bubbles. Just be careful he doesn’t eat them!
- For your toddler: Play “Pop the Bubble” outside. Tell your child that her job will be to try and “catch” as many bubbles as she can and pop them. Start blowing bubbles and watch her dash to catch them. As you play, you can sing (to the tune of Pop Goes the Weasel): Round and round the grassy yard my baby chases bubbles, Pop goes the bubbles! Make bubble art. Mix about a cup of bubble solution with about 1–2 tablespoons of washable tempera paint. Hang a piece of paper outside (use binder clips to hang on a fence) and have your child blow bubbles at the paper. An alternative is for a grown-up to put a plastic straw into the bubble-paint solution and blow, forming lots of bubbles (careful, don’t swallow). Children can then press the paper into the bubbles that are overflowing out of the bowl.



SODA BOTTLE FIREFLY CRAFT

Equipment

- Glue gun
- Scissors

Materials

- 1 water bottle or pop bottle(CLEAR)
- 1 glow stick (ANY COLOR)
- 1 foam sheet (ANY COLOR)
- 4 Pipe cleaners (ANY COLOR)
- 1 pair Googly eyes
- 1 sheet tissue paper
- 1 bottle Mod Podge
- 1 foam brush

Directions:

1. Cut a sheet of tissue paper into 1 inch strips.
2. Brush a layer of Mod Podge onto the center of your bottle.
3. Stick the tissue paper strips onto the Mod Podge, wrapping it around the bottle. Brush another layer of Mod Podge on top of the tissue strips.
4. Once dry, wrap three pipe cleaners around the centre of the the bottle, on top of the tissue strips. Twist each one around the bottom to form the legs.
5. Cut 2 wing shapes out of a foam sheet. Using a glue gun, attach them to the top of the bottle.
6. Place your glow stick inside the bottle.
7. Glue on a pair of googly eyes onto the bottle cap then twist another pipe cleaner around the neck of the bottle to form the antenna.
8. Your pop bottle fire fly is complete!





MUFFINS WITH MY LADIES AT PES



MUFFINS WITH MY LADIES AT SHES



PARTNER SPOTLIGHTS

EASTERN SHORE CHILD RESOURCE CENTER

Located in Salisbury, and Wye Mills, Maryland

The ESCCRC has been the early childhood hub of the Eastern Shore for more than 20 years, and a partner with the Worcester County Judy Center for as long as we can remember. The Eastern Shore Child Care Resource Center provides professional development for the childcare community, supports parents looking for childcare and navigating all the resource systems available to them, and advocates for young children and their families locally and nationally.

ESCCRC staff includes Coaches, Trainers, a Family Resource Specialist and a Business Coach. Each member of the ESCCRC staff works to meet the needs of children and families in the eight counties of the Eastern Shore.

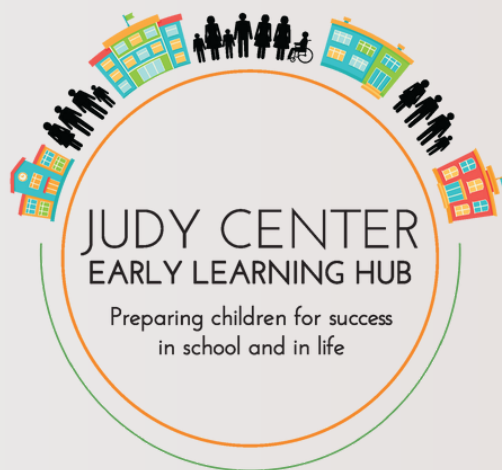
You can contact us via phone at 410-543-6650 or visit our website <http://www.easternshoreccrc.org/>



TERESA'S BUSY BODIES DAYCARE

Ms. Teresa Ayres has had her daycare for 23 years. She has also been in partnership with the Worcester County Judy Center Early Learning Hub for at least 20 years. Teresa's Busy Bodies Daycare cares for children ages 6 weeks - 12 years old. Fun fact: Ms. Teresa is currently attending Salisbury University majoring in Early Childhood Education where she will expand her career. Ms. Teresa absolutely loves what she does and enjoys watching her children learn and grow. The mission of her daycare is to provide a safe and healthy environment, while attending to the needs of all children and helping to foster early development. For more information or to learn about openings call 443-234-5155.





The Worcester County Judy Center Early Learning Hub

Phone: 410-632-5224

www.judycenter.com



Judy Center of Worcester County