

# Worcester County Judy Center Early Learning Hub

## February 2023 Newsletter



## Connecting Your Kids with Black History

How do you celebrate Black History Month with your children? February is a great time for children to explore other cultures, but wouldn't it be great for kids to be interested and excited about African-American history, culture and experiences throughout the year?

That's the question that author Cheryl Willis Hudson asked several years ago when she participated in a PBS Expert Q&A session. She offered the following tips you can use to assure the Black history material you select for your child is meaningful and relevant this month and all year long.

- Buy a book by a Black author or illustrator and make it a part of your child's permanent collection. Books offer a fun and easy way to introduce your children to new cultures and help them explore the experiences of people from different backgrounds.
- Look for books that are inclusive and reflect the diversity of our communities. Books help illustrate that diversity is a natural part of everyday life. Don't forget to read the books for general accuracy. Check copyright dates and be sure to avoid outdated, stereotypical and irrelevant content.
- When and if children ask questions about race, don't sweep differences under the rug. Give children simple, concrete explanations when they have questions about differences. Select books that affirm a valued place for all children. Try to find books that will help prepare children for the complex world in which they live.
- Make a note of the author's perspective. Who is telling the story? Is the author sensitive to the culture that is being described? Has accurate research been done to capture the culture that is being written about?
- Make sure your selections include contemporary stories. Black History Month is celebration of not just history, but of culture and experiences, which are readily reflected in picture books, chapter books, and poetry. Don't limit selections to biographies and non-fiction. Contemporary fiction can encourage your child to make new friends, relate to classmates and neighbors and understand current cultural experiences.
- Seek the suggestions and guidance from knowledgeable cultural experts, booksellers and librarians. Coretta Scott King award winning titles are always a good place to start for excellence in text and illustrations.
- Speak up when you hear bias remarks. A simple response could be, "That language or word or comment is not acceptable. Please do not repeat it."
- Discuss the books with your children to show that you are interested in what they are reading and learning.

Use Black History Month as a starting point to introduce children to more books that reflect other cultures and ethnicities, but celebrate Black history and cultural diversity all year long.



## Upcoming Judy Center Events

### • JUDY CENTER STORY TIME

Come participate in our weekly story time for children ages birth to 4, who are not currently enrolled in school.

SNOWHILL ELEMENTARY

Mondays at 9:15AM

POCOMOKE ELEMENTARY

Fridays at 9:15AM

Parents, be sure to bring your ID to check in. Contact the Judy Center for more info.

### • FEB FAMILY ENRICHMENT NIGHT

Join us for our family engagement paint night! T.C Studios Arts & Entertainment will lead families through a painting activity with a live DJ! **Registration Required.**

SNOW HILL ELEMENTARY

February 16th from 5-6:30PM

POCOMOKE ELEMENTARY

February 23rd from 5-6:30PM

### • MARCH FROG STREET FIELD TRIP

Join us for a field trip to the Easton Playseum! Transportation & lunch is provided! Meet us at XYZ by TIME or meet us at the Playseum. **Registration Required.**

Wed. March 8th

Easton Playseum

7871 Ocean Getaway

Easton, MD 21601

# Everybody Gets Mad: Helping Your Child Cope with Conflict



Teach Your Child to ACT CALM

When children get mad, they can ACT:

## Acknowledge

- Acknowledge angry feelings.
- Notice changes in their bodies.

## Calm down

- Breathe deeply, count to 10, or walk away.
- Punch a pillow, run, or play music.

## Think and talk

- Think about the problem and ways to fix it. If someone doesn't know what children are trying to say or do, they need to explain themselves.
- Talk with someone about being mad and ways to fix the problem without fighting. If there is nobody to talk to right away, stop and think, "This is why I'm mad and what I need to do is ..."

If someone tries to start a fight, your child can be the one to stay **CALM**:

## Calm down

- Keep a safe distance from the other person.
- Take slow, deep breaths.
- Stay alert and stand tall.

## Avoid

- Avoid name-calling or returning insults. It only makes things worse.
- Avoid other kids who may want to fight. Try to talk in private with the kid who wants to fight.

## Listen

- Calmly listen to what the other kid says.
- Ask, "What does this person really want?"

## Move on

Find ways to solve the problem without fighting.

- Use humor. "I wouldn't want you to catch my cold."
- Give a reason. "We'll both get thrown off the team if we fight."
- Walk away. If nothing else works, it's best to walk away.



Children do what they see others do. You are your child's most important role model.

If your child is still having trouble getting along with other kids, talk with your pediatrician.

Source:HealtyChildren.org

## Staff Spotlight

Lisa Deshong, Snow Hill Home Educator

Meet Mrs. Lisa Deshong. Mrs. Deshong is our Snow Hill Frog Street Home Educator. Mrs. Deshong has been working for the Judy Center since 2016.

### Some things about Me:

Last book read: My Life as a Half-Baked Christian

Favorite Hobby: Putting puzzles together

My favorite thing about working at the Judy Center is the children I get to work with.



## Homemade Applesauce

Source:MyPlate.org

### Ingredients

- 7 apple (cut in quarters)
- 1/2 cup water
- 1/4 cup sugar



### Directions

1. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.
5. Serving suggestion - add 1 Tablespoon cinnamon and stir before serving.

