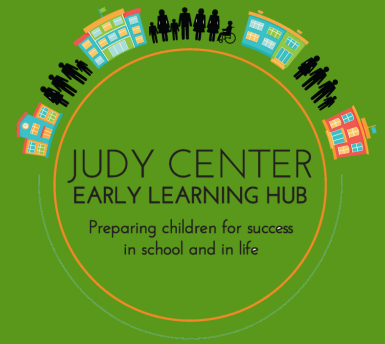


Worcester County Judy Center Early Learning Hub

MARCH 2023 NEWSLETTER

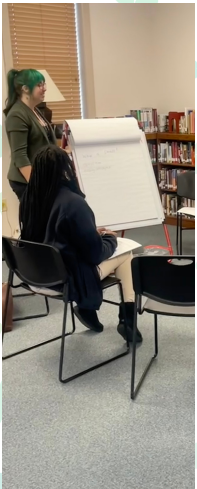


JUDY CENTER FEBRUARY RECAP

We had a lovely February at the Judy Center. We had so much fun with Ms. Tajah for our special Valentine's Day Tiny Tot time. Our participants got to decorate cookies, make Valentine's cards, and play! You don't want to miss out of what Ms. Tajah has planned for the month of March at Tiny Tot Time in Snow Hill on Mondays and Pocomoke on Fridays from 9:15AM-10AM.

We also had a paintacular time with our two family engagement nights! T.C Studios came out to Snow Hill and Pocomoke Elementary and participants were able to create their own sunset painting! There may have been some dancing while waiting for the paint to dry! Be sure to stay up to date with all our family engagement nights so you don't miss out on the fun!

We also started our Parenting Now! classes at the Pocomoke Library in February. Classes will run through the end of March every Wednesday from 10AM-11:30AM.



Upcoming Judy Center Events

• JUDY CENTER TINY TOT 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.

• MARCH FROG STREET FIELD TRIP

Join us for a field trip to the Easton Playseum on Wed. March 8th! Transportation & lunch is provided! Registration Required.

Easton Playseum

7871 Ocean Gateway Easton, MD 21601

• APRIL COMMUNITY BABY SHOWER

This event will be for all prenatal moms and moms with babies up to 6 months old! Moms are allowed to bring one support person to the baby shower.

Thursday April 27th

11AM at Worcester Tech

Registration is required. Call 410-632-5224 for more information

MARCH IS NATIONAL READING MONTH

5 FUN FACTS ABOUT READING

1. Reading often makes you kinder
 - Studies have shown that people who read more fictional books are more likely to be kinder to others than people who don't.
2. Reading fast helps your eyes
 - Reading a book fast will help to strengthen your vision.
3. It reduces stress
 - A good book can be a great stress reliever if you allow yourself to get lost in the book.
4. It improves your vocabulary
 - Reading good books often will help to improve your vocabulary as you would be coming across new words.
5. Your creativity is increased
 - Consistent reading will help to increase your imagination, which will stimulate your brain to develop new ideas and make you more creative.



WHY WE LOVE NATIONAL READING MONTH

1. It reminds us of Dr. Suess
2. Dr. Suess was a famous author, illustrator, and animator of a lot of popular children's books. He contributed greatly to the education of America's children with the books he wrote and he even received an award for it.
3. We love reading
4. We love to read. Reading comes with a lot of numerous benefits so what better way to celebrate our favorite hobby than to dedicate a whole month to it.
5. It helps to cultivate a good reading habit throughout the year
6. Consistently reading for a whole month will help us to develop a habit that will last throughout the year. We can agree that reading is a good habit to develop.

Source: NationalToday.com

Staff Spotlight

ASHLEY BRUNS, LMSW - JUDY CENTER SOCIAL WORKER

Meet Ms. Ashley Bruns. Ms. Ashley is our Judy Center Social Worker and helps family's reach their goals through case management. Ms. Ashley also helps facilitate our Parenting Now! classes. Ms. Ashley has been working for the Judy Center since August 2022.

Some things about Me:

Last book read: The Midnight Library by Matt Haig

Favorite Hobby: Walking, Pottery, Reading, & Amusement Parks

My favorite thing about working at the Judy Center is being able to help families reach their goals and gain access to wonderful community resources.



Berries with Bananna Cream

Source: SNAPEd.usda.gov

Ingredients

- 1/3 cup yogurt, low-fat plain
- 1/2 banana (ripe)
- 1/2 us fluid ounce fruit juice (orange works well)
- 2 cups sliced strawberries
- 1 teaspoon honey
- 1 teaspoon cinnamon (dash)

Directions

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

