

FALL NEWSLETTER



JUDY CENTER UPDATES

The Worcester County Judy Center Early Learning Hub provides resources, case management services, programming for early learners, and parental engagement events. Our goal is to bridge the gap between home and school and to strive rigorously to promote equity for all families. Our focus is to support physical health, mental health, and academic learning.

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FAMILY ENRICHMENT

Importance of Play

Toddler play: why it's important for emotional development

Play is the natural way that toddlers learn and develop. It's important for all areas of development, including emotional development.

Toddlers are little people with big emotions that they don't always have the words for. Play gives them a chance to explore and express their emotions and also practice managing them. This is good for your child's self-regulation behavior and relationships.

And you have a key role in your toddler's play and development. Through play, you can help your toddler understand what they're feeling and why. For example, if your toddler is sad because their toy is broken, you can say, 'I can see you're sad that your toy is broken. It's OK – we can fix it'.



Play ideas to encourage toddler emotions

Play is one of the best ways for young children to practise understanding, expressing and managing their feelings. Great ways to encourage this include:

- playing and sharing with children of all ages
- imaginative play with puppets, toys or old clothes – for example, your child could pretend to care for a baby doll or bravely rescue toys from a tree
- singing and dancing – for example, 'If you're happy and you know it, clap your hands'
- messy play with sand, mud or paints – your toddler can happily slap sand or stomp in mud, or make big, angry paint strokes
- reading stories that feature characters who are experiencing feelings that your toddler is also going through – for example, the When I'm Feeling series by Trace Moroney
- outdoor play in a park or open space where your toddler can run, tumble or roll around to let out their emotions
- letting your child take the lead with play. But even when your child wants to lead, you still have an important role in helping your child cope with strong emotions like frustration or disappointment.

UPCOMING EVENTS

Muffins with Med

Prek 3-K Enjoy Muffins with Men
Snow Hill Elementary- Friday 10/7 8:30-9AM
Pocomoke Elementary-Thurs 10/6 1:30-2PM

FrogStreet Pumpkin Patch Field Trip

Frog Street families join us for a field trip to the Adkins Farm Pumpkin Patch for a day of family fun on 10/19.
RSVP by 10/13/22.

Frog Street Family Night

Frog Street families join us for a family fun night.
Snow Hill - 11/9/22 from 5-6:30PM
Pocomoke - 11/10/22 from 5-6:30PM



WEEKLY STORYTIME

Come participate in our weekly storytime for children aged birth to 4!

Snow Hill 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 at 410-632-5224 for more information.



FALL RECIPE

Zucchini Muffins

Ingredients

- 1 cup all-purpose flour
- 1 teaspoon ground cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ½ cup granulated sugar
- large egg room temperature
- ⅓ cup oil
- 3 tablespoons milk
- 1 teaspoon vanilla
- 1 cup zucchini shredded
- ½ cup walnuts chopped, optional
- ¼ cup mini chocolate chips optional

Instructions

1. Preheat the oven to 350°F. Line muffin wells with paper liners or spray with cooking spray.
2. Shred the zucchini using the larger side of a box grater.
3. Combine flour, cinnamon, baking soda, and salt in a medium bowl. Whisk to combine and set aside.
4. In a separate bowl, combine sugar, egg, oil, milk, and vanilla.
5. Fold the wet mixture into the dry mixture just until combined (do not over-mix). Fold in walnuts and chocolate chips. Fold in zucchini.
6. Divide over muffin tins and bake 22-24 minutes or until a toothpick comes out clean.
7. Remove from the pan and cool on a wire rack.



Contact us: 410-632-5224
Snow Hill Elementary School
Pocomoke Elementary School