



BERGEN COUNTY HEAD START/EARLY HEAD START PARENT ACTIVITY CALENDAR



July 2022











Mon	Tue	Wed	Thu	Fri
<p>Stay Connected https://www.gbcaheadstart.org/apply-now</p> 				<p>1 Early Dismissal 1pm</p> 
<p>4 School Closed</p> 	<p>5 Patriotic Discovery Bottles Add some red, white, and blue to a water bottle for the 4th of July</p> 	<p>6 Summer Activities https://teaching2and3yearolds.com/35-best-toddler-summer-activities/</p> 	<p>7 Baby care "hand expression and alternative feeding methods" https://www.youtube.com/watch?v=eRm6JyKI0zk</p>	<p>8 Home Based Online Socialization via Zoom at 9:00am</p>
<p>11 Make play dough from scratch 1 cup of flour. 1/4 cup of salt. 3/4 cup of water. 1 tablespoon of vegetable oil</p> 	<p>12 Fatherhood workshop "Risk, Resilience and Depression in Fathers from Diverse Backgrounds" https://www.youtube.com/watch?v=DQJVj_tmmno</p>	<p>13 Outdoor Shapes Hunt Look for shapes in nature while taking a summer walk</p> 	<p>14</p>	<p>15 Story time Read your favorite book at the park</p> 
<p>18 For free Health screenings contact : Hoboken Family Planning at 201-963-0300</p> 	<p>19 Peekaboo Covering your face with your hands, then letting go with an enthusiastic "Peekaboo"</p> 	<p>20 Pregnant Moms Tips to Stay Healthy During a Summer Pregnancy https://www.youtube.com/watch?v=jOtcx_9nYfg</p>	<p>21 Sensory Activity Spray shaving on a baking sheet or a high chair tray, add a few drops of food coloring and swirl!</p> 	<p>22 Home Based Online Socialization via Zoom at 9am Early Dismissal 1pm</p> 
<p>25 Are you concerned about a child who you suspect may be abused or neglected? 1 -877-652-2873. https://www.nj.gov/dcf/reporting/how/index.html</p>	<p>26</p>	<p>27 Paper towel tube Activity Just stamp the tube on the dipped of paint ,and onto a piece of paper</p> 	<p>28</p>	<p>29 Home Based Online Socialization Via Zoom at 9am ***Reminder: last day for children is August 3***</p>



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<p>Mantente Conectado https://www.gbcaheadstart.org/apply-now</p> 	 <p>HAPPY INDEPENDENCE DAY</p>			<p>1. Salida Temprana 1pm</p> 
<p>4 Escuela Cerrada</p> 	<p>5 Botellas de descubrimiento patriótico Agregue un poco de rojo, blanco y azul a una botella de agua para el 4 de julio</p> 	<p>6 Actividades de Verano https://teaching2and3yearolds.com/35-best-toddler-summer-activities/</p> 	<p>7 Cuidado del bebé "Expresión manual y métodos alternativos de alimentación" https://www.youtube.com/watch?v=eRm6JyKl0zk</p>	<p>8 Home Based a través de Zoom a las 9:00 am</p>
<p>11 Hacer Plastina 1 taza de harina · 1/4 taza de sal · 3/4 de agua · 1 cucharada de aceite vegetal · Color si deseas</p> 	<p>12 Taller de paternidad "Riesgo, resiliencia y depresión en padres de diversos orígenes" https://www.youtube.com/watch?v=DQJVj_tmmno</p>	<p>13 Busca formas en la naturaleza mientras da un paseo de verano</p> 	<p>14</p>	<p>15 Tiempo de cuentos Lee tu libro favorito en el parque</p> 
<p>18 Para exámenes de salud gratuitos contacto: Planificación familiar de Hoboken al 201-963-0300</p> 	<p>19 "Peekaboo" Cubrirse la cara con las manos y luego soltarse con un entusiasmo "Peekaboo"</p> 	<p>20 Pregnant Moms Consejos para mantenerse saludable durante un embarazo en verano https://www.youtube.com/watch?v=jOtcx_9nYfg</p>	<p>21 Actividad sensorial Rocíe la espuma de afeitar en una bandeja para hornear o en una bandeja, agregue unas gotas de colorante para alimentos y agite</p> 	<p>22 Home Based a través de Zoom a las 1:00pm Salida Temprana 1pm</p> 
<p>25</p>	<p>26</p>	<p>27 Actividad de papel de toalla Simplemente selle el tubo en la pintura y en una hoja de papel</p> 	<p>28</p>	<p>29 Home Based a través de Zoom a las 1:00pm</p> <p>***Recordatorio: último día para niños es el 3 de agosto***</p>