

THE

# Judy Center Buzz

Located

1405 Glasgow St  
Cambridge, MD  
21613

(410) 221-5268

(Office)

(410) 228-0534

(Fax)

DECEMBER

2019



VISIT US NOW ON  
FACEBOOK AND  
TWITTER!!



Facebook- Dorchester County Judy Center

Twitter- @dcjudycenter

## UPCOMING EVENTS !

**Tuesday, December 3rd**

Wee Fun Playgroup-

Pickering Creek Nature

Pre-School

10:00am-11:30am

**Thursday, December 5th**

Wee Fun Playgroup

10:00am-11:30am

**Saturday, December 7th**

Brunch with My Best Buddy

10:00 am-12:00 noon

@ Judy Center

**Tuesday, December 10th**

Wee Fun Playgroup

10:00am-11:30am

**Thursday, December 12th**

Wee Fun Playgroup

10:00am-11:30am

**Tuesday, December 17th**

Wee Fun Playgroup

10:00am-11:30am

**Thursday, December 19th**

Wee Fun Playgroup

10:00am-11:30am

Winter Break

(Schools Closed)

**Monday, December 23rd**

thru

**Tuesday, December 31st**



**Schools will reopen Thursday,  
January 2nd!**

# Counting Songs & Rhymes!

## 5 Cheeky Monkeys Jumping On The Bed

Five cheeky monkeys jumping on the bed (hold up five fingers and make them jump up and down)

One fell off and bumped his head (rub head)

Mama called the doctor and the doctor said (pretend to call on phone)

"No more monkeys jumping on the bed" (wag pointer finger like scolding someone)

Four cheeky monkeys jumping on the bed....



## One, Two, Buckle My Shoe

One, two buckle my shoe (pretend to tie shoe)

Three, four knock on the door (pretend to knock on door)

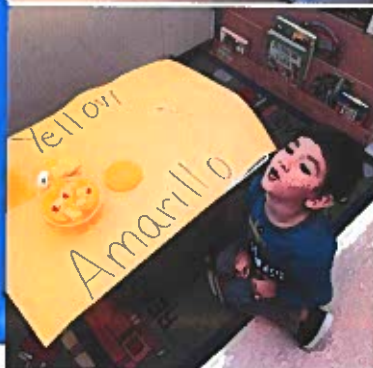
Five, six pick up sticks (pretend to pick up sticks)

Seven, eight lay them straight (pretend to lay sticks down)

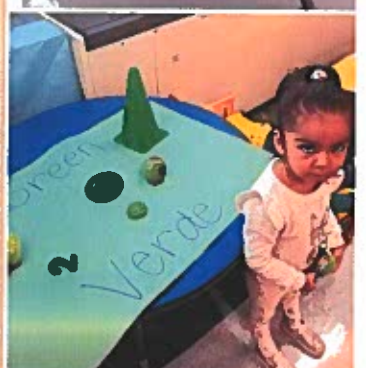
Nine, ten a big fat hen!

## Wee Fun Playgroup Highlights!

"We Play  
We Learn  
We Grow  
at  
Wee Fun  
Playgroup!"



Playgroups at the Judy Center are held on Tuesdays and Thursdays, 10:00am-11:30am. Children ages two to four are invited to join playgroups as we focus on music and movement, art, reading, social skills, and math!





## Read for the Record: Early Literacy Awareness

Jumpstart's *Read for the Record* brings together millions of adults and children around the world each year to read the same book on the same day in order to raise awareness about the critical importance of early literacy.

This year's book, *Thank You, Omu!* tells the story of a generous elderly woman who makes a fantastic pot of thick red stew.

There was a guest reader who read the book to each classroom. Each child was gifted a book to add to their home library.

The Judy Center hopes that you enjoy the book with your child during the winter break!



### Preschool Practice: Language

If your child is not very talkative, that will likely change soon. Between or at ages 3 and 4, your child should be able to:

- Say his or her first and last name and age
- Answer simple questions
- Speak in sentences of five to six words, and speak in complete sentences by age 4
- Tell stories

For more information on language development, visit \_\_\_\_\_.



Play game of "telephone" with your child to practice telling stories.

# TALK, READ, & SING TOGETHER!



According to [talkingisteaching.org](http://talkingisteaching.org), “When you talk, read, and sing with your child – even before they can use words – you’re helping them learn. And making them happier too! Research shows that talking, reading and singing with your child every day from birth helps build their brains as well as important language, math, reading and social skills for use in school and beyond.”

For more information and tips visit:  
[talkingisteaching.org](http://talkingisteaching.org).

Looking for high quality childcare?

Visit the MD Excels Website at [marylandexcels.org](http://marylandexcels.org) to find a local program.

## Visit Your Local Library

 **YOUR  
LIBRARY**



Stop by the Dorchester County Library at 303 Gay Street in Cambridge, MD for weekly Storytime on Wednesdays from 10:30am to 11:00am.

For more information please call (410) 228-7331.



# TINY SMILES

## BABY TEETH ARE IMPORTANT



### BIRTH to 1ST TOOTH (around 6 months)

*Your baby's first smile appears even before you see the first tooth—It's all about the gums at this stage.*

#### BEST SMILE TIP!

Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding. This removes bacteria and bits of food.

#### HEALTHY HABITS

You can pass cavity-causing germs to your baby, so don't put their pacifier in your mouth to clean it. And don't share feeding spoons. To clean pacifiers, rinse them with water. Never dip pacifiers in sugar, honey, or other foods.



### 1ST TOOTH to 3 YEARS OLD

*Starting around 6 months and up until about 12 to 14 months, your baby's first tooth will push through the gums.*

#### BEST SMILE TIP!

Once your child's teeth begin to show, brush them two times a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice. Start cleaning between teeth daily as soon as your child has two teeth that touch.

#### HEALTHY HABITS

Take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1. Do not let your child sip drinks with sugar all day.



### 3 to 5 YEARS OLD

*By age 3, your child will have about 20 teeth. These baby teeth are important. They help your child eat, speak, and smile. They also hold space for permanent teeth.*

#### BEST SMILE TIP!

Brush your child's teeth for two minutes, two times a day. Use a pea-size amount of fluoride toothpaste on a child's toothbrush. Assist with brushing until your child can spit out the toothpaste instead of swallowing it, usually around age 6. Keep cleaning between their teeth daily, for example, with dental floss.

#### HEALTHY HABITS

Encourage your child to eat fruits, vegetables, and foods that are low in sugar. Limit snacks, candy, juice, soft drinks, and sticky treats. And remember, water with fluoride is the best drink for your child's teeth.

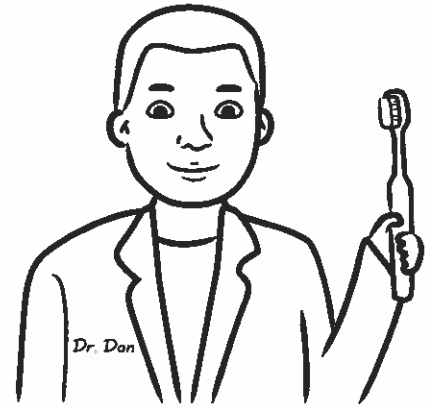
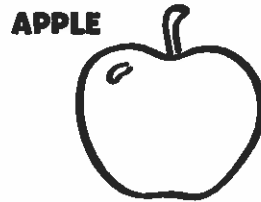
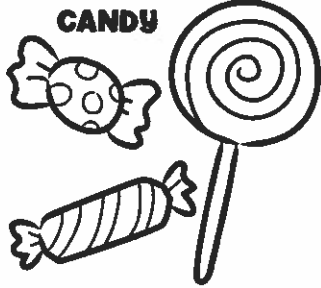


Watch and Brush at [2min2x.org](http://2min2x.org)

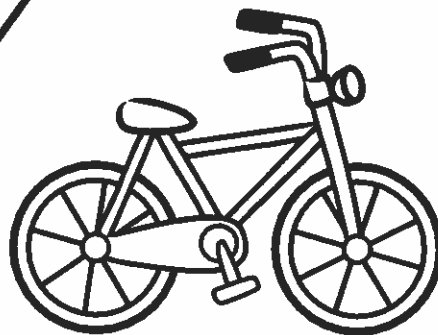
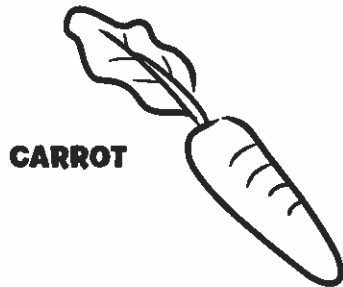
Help your child brush for two minutes, two times a day by playing a song or a two-minute video while you brush.

# WHAT IS GOOD FOR MY TEETH?

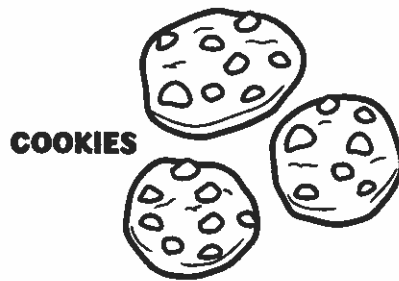
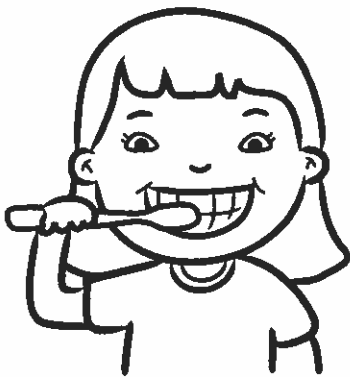
Color or circle the pictures of things that help keep your smile healthy.



DENTIST



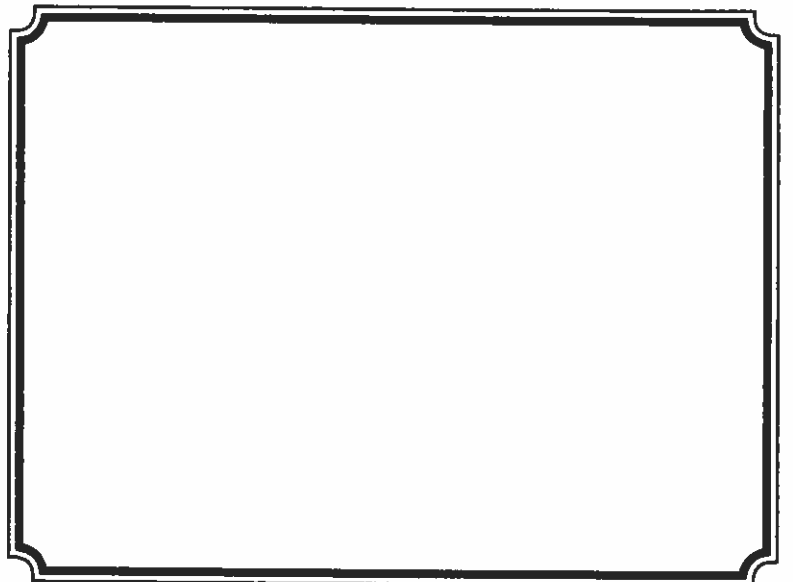
SOFT DRINK



FLUORIDE TOOTHPASTE

## WHAT MAKES ME SMILE?

Draw a picture of something that makes you smile.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



1	2	3	4 Story Time 10:30 am	5	6	
---	---	---	--------------------------------	---	---	--

8	9	10 Novel Thoughts Book Club 6 pm	11 Story Time 10:30 am	12 Family Bingo 5:30-6:30 pm	13	14
---	---	--	---------------------------------	---------------------------------------	----	----

15	16	17 ADULT Ornament Craft 6 pm <i>*Registration Required</i>	18 Christmas Story Time & Craft 10:30 am	19 Christmas Slime 5:30-6:30 pm	20	21 Winter Wonder Party 2-3 pm
----	----	---	---	--	----	---

22	23	24 <b>CLOSED FOR CHRISTMAS</b>	25	26	27	28
----	----	-----------------------------------	----	----	----	----

29	30	31 New Year's at Noon Party 11 am-12 pm <i>*Closing at 5pm</i>	<b>HAPPY New Year</b>			
----	----	---	-------------------------------	--	--	--



Practice your abc's with an adult.

Say the letter aloud. Practice making the sound of the letter, together!

# My Zoo Phonics Alphabet

A a

B b

C c

D d

E e

F f

G g

H h

I i

J j

K k

L l

M m

N n

O o

P p

Q q

R r

S s

T t

U u

V v

W w

X x

Y y

Z z







**DECEMBER**  
**WEE FUN PLAYGROUP**  
**TUESDAYS & THURSDAYS**  
**10:00AM-11:30AM**

**A PLAYGROUP FOR CHILDREN AGES 2-4  
FOCUSING ON MUSIC, ART, READING,  
SOCIAL SKILLS, AND EARLY SCIENCE  
EXPLORATION AND MATH FUN!**

**Join us for our special guests:**  
**Pickering Creek Nature Pre-School**  
**Tuesday, December 3rd**

**Playgroups support  
active learning and  
promote children's  
progress in all  
developmental areas**

**Join other parents/  
caregivers/ baby  
sitters for an  
engaging and  
educational  
socialization  
opportunity**

**Come play to learn  
with us!**

**Free children's books  
& snack provided!**

**SANDY HILL JUDY  
CENTER**

**1405 GLASGOW RD.  
CAMBRIDGE, MD 21613  
FACEBOOK- DORCHESTER  
COUNTY JUDY CENTER  
TWITTER-@DCJUDYCENTER**

**CALL 410-221-5268 FOR  
MORE INFORMATION.**



# **DICIEMBRE**

## **JUEGO DE DIVERSIÓN WEE**

### **MARTES Y JUEVES**

**10:00 a.m. - 11:30 a.m.**

**¡Un grupo de juego para niños de 2 a 4 años que se enfoca en Música, Arte, Lectura, Habilidades Sociales y Exploración de Ciencias Tempranas y DIVERSIÓN Matemática!**

**Únase a nosotros para nuestros invitados especiales:**

**Pickering Creek Nature Preescolar**  
**Martes 3 de diciembre**

**Los grupos de juego apoyan el aprendizaje activo y promueven el progreso de los niños en todas las áreas de desarrollo.**

**Únase a otros padres / cuidadores / niñeras para una oportunidad de socialización atractiva y educativa**

**¡Ven a jugar para aprender con nosotros!**

**¡Se proporcionan libros y bocadillos gratuitos para niños!**

**SANDY HILL JUDY CENTER**

**1405 GLASGOW RD.  
CAMBRIDGE, MD 21613**

**FACEBOOK- CENTRO JUDY DEL  
CONDADO DE DORCHESTER  
TWITTER- @DCJUDYCENTER**

**LLAME AL 410-221-5268  
PARA MÁS INFORMACIÓN.**

## FOOD PANTRIES IN DORCHESTER COUNTY

CHURCH/ AGENCY	ADDRESS	PHONE	HOURS
<b>Delmarva Community Action Center</b>	1000 Goodwill Ave. Cambridge, MD	(410) 901-2991 (410) 901-2996	Mon., Wed., Thurs., 9am-4pm
<b>Lutheran Mission Society</b>	415 Race Street Cambridge, MD	(410) 228-8437	Wed. AM only
<b>St. Vincent de Paul</b>	2002 Hambrooks Drive Cambridge, MD	(410) 228-4770 ext. 104	Thurs. 10am- 12pm
<b>St. Paul's UM Church</b>	205 Maryland Ave. Cambridge, MD	(410) 228-1424	Call for hours of operation
<b>Salvation Army</b>	200 Washington Street Cambridge, MD	(410) 228-2442	By appointment
<b>Waugh Chapel UM Church</b>	425 High Street Cambridge, MD	(410) 228-5189	Wed. 10am-1pm

### December Judy Center Partner Service Highlights!

Partner	Phone #	Service Offered
<b>Dreams of Wings Child Care Enrichment Center</b>	(410)-901-2882	Child Care Center
<b>Cabin Fever Play Centre</b>	(410)-228-2122	Indoor Family
<b>Delmarva Community Action Center</b>	(410)-901-2991	PAL Program/
<b>Project Right Steps</b>	(410)-822-5400 ext. 2321	Behavior support
<b>Habitat for Humanity</b>	(410)-476-3204	Homeownership
<b>American Job Center (Tuesdays &amp; Thursdays 9am-4pm)</b>	(410) -901-4250	Employment
<b>Chesapeake College</b>	(410) -829-6043	GED Prep English Second Lang. Classes

# Help Them Learn and Grow



Bright by **Text**



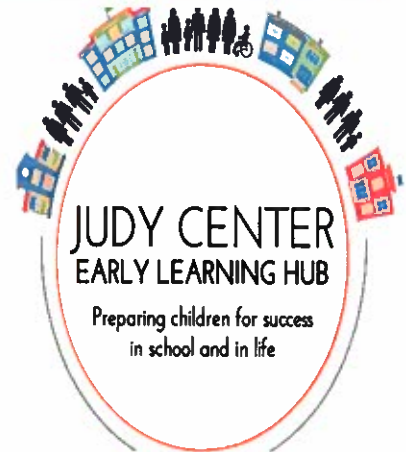
A free service featuring activities, games, and resources for people who care for young children.



## Adult Education Opportunities

Adult Education classes (ABE/GED) are offered through Chesapeake College. Register on Tuesdays at 9:00AM or Thursdays at 6pm at the Cambridge Center Campus— 418 Race St. Contact Danielle Thomas at 410-829-6043 for more information.

English Second Language classes are offered through Chesapeake College. Register on Tuesdays at 9:00AM or Thursdays at 6pm at the Cambridge Center Campus— 418 Race St. Contact Karen Luceti— 410-443-1163  
habla espanol



### The Board of Education of Dorchester County STATEMENT OF NONDISCRIMINATION

The Board of Education of Dorchester County does not discriminate in admissions, access, treatment, or employment in its programs and activities on the basis of race, color, age, sex, national origin, religion, disability, sexual orientation or other basis prohibited by law. Appropriate accommodations for individuals with disabilities will be provided upon request. The information in this announcement is available in alternative formats upon request.

Concerns regarding the above are directed to Beth Wilson, Director of Operations, Dorchester County Public Schools, 700 Glasgow Street, Cambridge, Maryland, 21613, or by phone at 410-228-4747, extension 1015.