

THE

Judy Center Buzz

Located

1405 Glasgow St
Cambridge, MD
21613

(410) 221-5268

(Office)

(410) 228-0534

(Fax)

NOVEMBER

2019



VISIT US NOW ON
FACEBOOK AND
TWITTER!!



Facebook- Dorchester County Judy Center

Twitter- @dcjudycenter

UPCOMING EVENTS !

Tues. November 5th Wee Fun Playgroup 10:00am-11:30am	Tues. November 12th Wee Fun playgroup 10:00am-11:30am	Thurs. November 21st Wee Fun Playgroup- Pickering Creek Nature Pre-School 10:00am-11:30am
Wed. November 6th Port Discovery Mother Goose On The Loose 10:00 am-11:30am	Thurs. November 14th Wee Fun Playgroup Minnie Mouse/Oral Health Presentation 10:00am-11:30am	Tues. November 26th Wee Fun Playgroup 10:00am-11:30am
Thurs. November 7th Wee Fun Playgroup: Read for the Record! 10:00am-11:30am	Parents Get Pampered 6:00PM-7:30PM @ Judy Center	<u>Thanksgiving Break</u> <u>(Schools Closed)</u>
Sat. November 9th Parents Get Pampered 10:00 am-12:00 noon @ Judy Center	Tues. November 19th Wee Fun Playgroup 10:00am-11:30am	Wed. November 27th Thurs. November 28th Fri. November 29th

Handwashing is your superpower!

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age.

Teach children five easy steps for handwashing:

- Wet
- Lather
- Scrub
- Rinse
- Dry



Wee Fun Playgroup Highlights!

"We Play
We Learn
We Grow
at
the 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!





Oral Language: Expanding Your Child's Vocabulary

Talking to your child helps expand vocabulary, develop background knowledge, and inspire a curiosity about the world – all of which help with learning to read!

Create or learn songs to expand your child's vocabulary. Use songs to describe your daily routines, periodically adding new verses that include new vocabulary words.



How are you feeling?

Social emotional skills are an important part of early childhood development. When young children learn and practice skills for social emotional health early on, they are better prepared to form close relationships, communicate effectively with others and manage their own emotions.



With your child, talk about the facial emotions above.

TALKING IS TEACHING



Sesame Workshop and Too Small to Fail created this guide to help you fill each day with words, stories, songs...and love. Inside are tips and activities around: • talking—speaking and listening with your child, • reading—enjoying books and stories together, and • singing—learning through music and song.

For more information and tips visit:
talkingisteaching.org.

Looking for high quality childcare?

Visit the **MD Excels** Website at 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.

In the space below, draw a 3 things you are thankful to have.

Write 3 of your favorite words from the book you read with the help from an adult.



FOOD PANTRIES IN DORCHESTER COUNTY

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

November Judy Center Partner Service Highlights!

Partner	Phone #	Service Offered
Teeter Tots Day Care	410-521-7125	Family Child Care
Cabin Fever Play Centre	(410)-228-2122	Family Recreation
Delmarva Community Action Center	(410)-901-2991	PAL Program/ Food Pantry
Dorchester YMCA	(410) -221-0505	Before & After Care
Dorchester Early Learning Center-- Early Head Start	(410) -901-2015	Home visiting, and parenting support
American Job Center (Tuesdays & Thursdays 9am-4pm)	(410) -901-4250	Employment Services
Chesapeake College	(410) -829-6043	GED Prep English Second Lang. Classes

Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

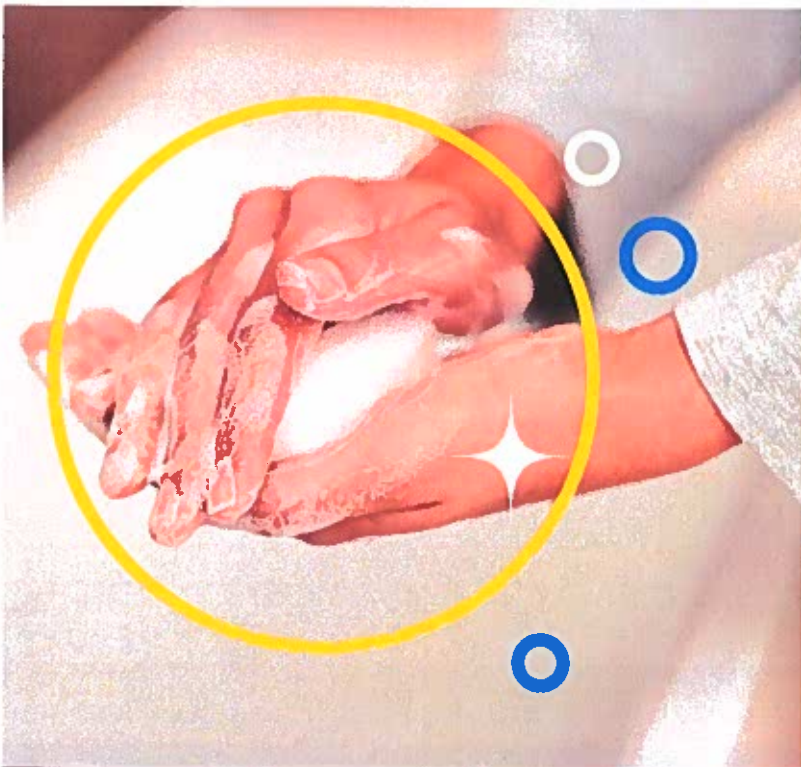
Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!



NOVEMBER

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:

Mother Goose on the Loose
Wednesdays, November 6th & 13th

Minnie Mouse Oral Health Presentation
Thursday, November 14th

Pickering Creek Nature Pre-School
Thursday, November 21st

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-@dejudycenter

Call 410-221-5268 for more information.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1 Lego League 4 pm	2 <i>'Frozen'</i> Movie Showing 2-4 pm
						
3	4	5 <i>'Poisoned Water'</i> Screening 6 pm	6 Story Time 10:30 am	7 Family Bingo 5:30-6:30 pm	8 Lego League 4 pm	9 Book Sale 9- 1pm
						
10	11	12 <i>Novel Thoughts</i> Book Club 6 pm	13 Story Time 10:30 am	14	15 Lego League 4 pm	16
17	18	19	20 Story Time 10:30 am	21 *ADULT Board Game Night 6 pm	22 Lego League 4 pm	23
24	25	26 Thanksgiving Craft 5:30-6:30 pm	27 Thanksgiving Story Time 10:30 am	28	29	30
				CLOSED FOR THANKSGIVING		

Friday — November 8, 2019

9:30 am

**★ Eastern Shore
Wellness
Solutions' FREE
Food Pantry**



*Eastern Shore Wellness
and Union Chapel Church
are working to help reduce
Food Insecurity among Dor-
chester County residents and
as FISHER'S of MEN are work-
ing to feed your Body and
your SOUL.*

Location:

**Union Chapel
Church
5160 Cordtown Rd.
Cambridge, MD**



**★ For More Information
Please Call
410-221-0795**

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.