Hello Head Start participants, this week we would like to touch base on tips for social distancing and keeping your child/children safe and healthy.

Tips for Social Distancing:
- Stay at least 6ft away from others when at the grocery store or pharmacy, preferably have your medications and groceries delivered.
- Cover your mouth and nose when around others, while practicing being 6ft apart.
- Avoid gatherings of any size outside your household.
- If possible, limit the use of public transportation.

Keep Children Healthy:
- Teach and reinforce your child/children to wash their hands for 20 seconds.
- Help your child stay active: encourage them to play outdoors, ride their bike, or do indoor activities (while following CDC guidelines on staying safe).
- Help your child/children stay socially connected: reach out to family and friends via phone, video chats, or letters.
- Help your child cope with stress: watch for signs of: excessive worrying, sadness, unhealthy eating habits, unhealthy sleeping habits, or difficulty with attention and concentration.
- By helping your child cope, you can remind them to: breathe, make them a well-balanced meal and encourage them to exercise regularly.

Special Celebration Recipe:

Mini Star Berry Pies
Serving Size: 8 Preparation Time: 2 hours

Ingredients:
1 (15-ounce) package refrigerated rolled piecrust
Flour, for work surface
1 large egg, beaten
¼ cup plus 1 TBSP. sugar, divided
1 ½ cup fresh blueberries
1 ½ cup fresh raspberries
1 ½ cup fresh strawberries
1 TBSP. cornstarch
Pinch of salt
Vanilla ice cream, for serving (optional)

Directions:
1) Roll out the dough and use a circle cookie cutter to make miniature pie crust.
2) Place dough in miniature pie tins.
3) Mix egg in small bowl and use brush to brush each pie crust and sprinkle 1 TBSP. of sugar evenly.
4) Chill dough for 30 minutes.
5) Preheat oven at 375 degrees F.
6) In a medium bowl mix all fruit, cornstarch and ¼ cup of sugar (for about 8-10 minutes, until juicy).
7) Place fruit mixture in each pie crust and bake for 30-35 minutes, until golden brown.
8) Enjoy and serve with ice cream if desired.