



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER

The days are getting shorter and the weather is getting colder. There is no need to stay indoors - everyone needs fresh air! At Head Start, the children will go outdoors every day unless the weather is inclement or the wind chill/temperature is at or below 20 degrees.

Fall is a great time for family walks. They provide many opportunities for conversation:

"Which tree do you think will be the last to lose all of its leaves?"

"What colors do you see?"

"What are the squirrels doing?"



Try taking along a bag to collect leaves, pinecones, rocks, sticks, and other treasures your child finds along the way. Listen for crunching leaves or flocks of geese. What did you see, hear or smell? When you get home, have your child tell a story about the things he/she saw and collected. Family conversations expand children's vocabulary and bring families closer together. You could write down a story about your walk to read over and over. We would also love to have your child share his/her story at school.

As you talk to your child about the world around them, try to add new and 'fancy' words to your conversation. Talk about 'autumn' instead of 'fall', 'golden' leaves instead of 'yellow' leaves or 'chilly' instead of 'cold'. Play around with different words, but most of all, have fun!

~Lucy McClintic

MUSEUMS4ALL.ORG

Museums for All encourages families to visit museums regularly and build lifelong museum habits.

Once registered, you can receive individual admission fees ranging from **FREE to \$3.00**. Below are the guidelines:

- You must receive Supplemental Nutrition Assistance Program (SNAP), or Electronic Benefits Transfer (EBT).
- Present your SNAP or EBT card and a valid form of photo ID.
- Admission rates are offered for up to four (4) individuals per EBT card.
- This admission rate is available during normal operating hours.

Local Participating Museums:

- ⇒ Grand Rapids Art Museum (Grand Rapids)
- ⇒ Grand Rapids Children's Museum (Grand Rapids)
- ⇒ Impression 5 Science Center (Lansing)

**FOR A LIST OF ALL
PARTICIPATING
MUSEUMS, GO TO
MUSEUMS4ALL.ORG**

EARLY INTERVENTION SERVICES

What Is Language? What Is Speech?

Language is different from speech.

Think of **Language** as a system of words and symbols. Language deals with meaning.

- What words mean: "star" can be a bright object in the sky or a famous person
- How to make new words: friend, friendly, unfriendly
- How we put words together: "John walked to the new store" rather than "John walk store new"

Receptive Language = understanding language – following directions, understanding questions, or following a simple conversation

Expressive Language = expressing thoughts, ideas, wants, and needs

Speech is our way of communicating. Some examples:

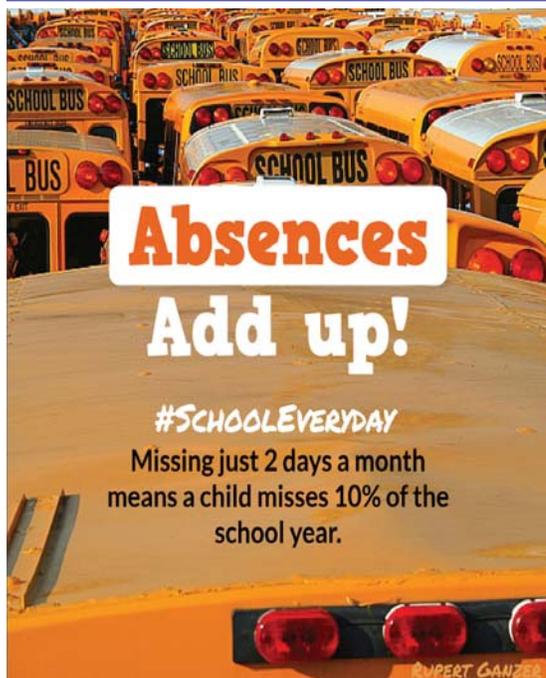
- **Articulation** = how speech sounds are made – "rabbit" vs "wabbit"
- **Voice** = hoarseness, nasally, or scratchy voice
- **Fluency** = rhythm of speech – stuttering



A few ideas to increase speech & language development:

- Model correct sound
- Look in the mirror so you & your child can see how your mouth looks and moves when making different sounds
- If your child uses single words – model 2 word phrases, for example "more juice" instead of "juice"
- Talk about what your child is doing and encourage turn taking
- Ask questions and provide opportunities for your child to respond
- Let your child know you notice their effort!

If you have any questions about your child's speech & language development, contact your child's teacher or feel free to call the Early Intervention Services Department at 517.482.1504.



Silver Bells In the City



**Friday,
November 16**

The Electric Light Parade welcomes the holiday season to the Capital City with lighted floats and the festive arrival of Santa. The Electric Light Parade steps off at 6:00 pm on the corner of Lenawee and South Washington Square. Over sixty floats and eleven area high school marching bands will sparkle with thousands of lights as they make their way through the streets of downtown Lansing. Come join the fun!

LET'S GO TO THE DENTIST!!

Schedule dental visits for your child every 6 months. It builds their self-confidence and comfort level each time they visit the dentist. The dentist monitors the development of your child's teeth, and can treat any developing problems such as decay early on. Decay can travel fast in teeth and can eventually travel from baby teeth to adult teeth above the gum line and/or cause infections. This can be prevented if you start visiting the dentist at an early age.

Dental Visits help with:

- ⇒ Good oral hygiene practices
- ⇒ Cavity prevention
- ⇒ Fluoride needs
- ⇒ Bad Oral habits
- ⇒ Developmental milestones
- ⇒ Teething
- ⇒ Proper nutrition



If any Dental related assistance is needed, please call Head Start's Oral Health Specialist: Ariel Buell.

GET YOUR KIDS IN THE KITCHEN!



Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something “grownup.” Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.



As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

At 2 years:

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help “read” a cookbook by turning the pages
- Make “faces” out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans



At 3 years:

- All that a 2-year-old can do, plus:
- Add ingredients
 - Talk about cooking
 - Scoop or mash potatoes
 - Squeeze citrus fruits
 - Stir pancake batter
 - Knead and shape dough
 - Name and count foods
 - Help assemble a pizza



At 4 years:

- All that a 3-year-old can do, plus:
- Peel eggs and some fruits, such as oranges and bananas
 - Set the table
 - Crack eggs
 - Help measure dry ingredients
 - Help make sandwiches and tossed salads



At 5 years:

- All that a 4-year-old can do, plus:
- Measure liquids
 - Cut soft fruits with a dull knife
 - Use an egg beater



Why is outdoor play important for preschoolers?



Kids are naturally drawn to **playing** outside and there are numerous **benefits** to **outdoor play**: it allows them to explore their environment, develop muscle strength and coordination, and gain self-confidence.

There are a many health benefits for children who spend time playing outdoors, including an increased intake of Vitamin D and decreased hyperactivity and depression. Children also tend to be more active outdoors which can reduce the risk of child obesity and will give your child the opportunity to benefit from creative and interactive play.

Getting outdoors on a regular basis can also improve your child's health and well-being as the fresh air cleans their lungs, ridding them of impurities such as chemicals and dust. Studies have indicated that children who are taken outdoors, even during cold weather for short periods of time, have fewer incidences of respiratory illnesses.

Your child's classroom uses the following guidelines when deciding about outdoor play:

- ◆ Wind-chill factor/temperature at or below 20°F and a heat index at or above 90°F.
- ◆ Severe weather conditions (i.e. lightning, heavy rain or snow, tornado watcher/warnings).
- ◆ Degree of sunshine and available shade.
- ◆ Appropriate clothing for conditions.
- ◆ Ages of children.
- ◆ Play activities planned.
- ◆ Length of time of the play period.



La Disciplina, Educando Con Cariño

Los padres tienen problemas disciplinando a sus hijos cuando esperan mucho o poco de ellos. Algunos padres creen que sus hijos deberían hacer exactamente todo como ellos quieren que se haga, y cuando ellos quieren. Otros padres tratan que sus hijos los obedezcan teniendo una relación de amistad con ellos, en vez de una relación padre-hijo. Ambos métodos disciplinarios tienden a fracasar porque no toman en consideración las necesidades de sus hijos.

Autoritaria: Algunos padres esperan que sus hijos ciegamente obedezcan un sin fin de reglas sin ninguna explicación. A este tipo de disciplina se le conoce como autoritaria. A los niños no se les reconoce como individuos que tienen sus propios deseos, opiniones, y necesidades.

Amigo más que padre: Otro padres creen equivocadamente que si se hacen amigos de sus hijos, recibirán su respeto y confianza. Por lo general, los padres emocionalmente inmaduros utilizan este acercamiento porque creen que si disciplinan a su hijo, este no los querrá más. Estos niños empiezan a creer que **no** tienen que seguir las reglas, y tienden a meterse en problemas en la escuela y con la ley.

Las necesidades de un niño: Una disciplina efectiva toma en consideración las necesidades individuales de cada niño. Conforme un niño se desarrolla, adquiere una identidad distinta a la de sus padres, y aprende a pensar y a actuar independientemente. Parte del trabajo de los padres es ayudar a su hijo con el siguiente proceso: proteger su propiedad y al niño de una lesión física y emocional mientras aprende a comportarse de manera madura y responsable.

Recuerden, la clave de una disciplina efectiva es el balance. Todos los niños necesitan reglas/límites para que sepan que es lo que se espera de ellos y cómo comportarse; pero tienen que ser reglas que vayan de acuerdo a las necesidades y por supuesto a la edad del niño(a).