

ISSUE 1
2018

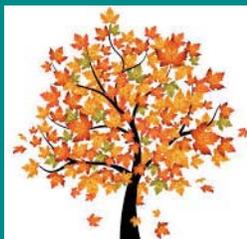


CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER

It has been a couple of weeks since your children started preschool. Classrooms are up and running and settling into a routine. You are welcome to visit anytime or become a Room Parent for a day! We still have openings in our program. If you know any 4 year olds not enrolled in preschool, please send them our way!

When your child comes home from school, I am sure they have many new experiences to share with you. Be sure to ask them questions about their day.

Three and four year old children are just learning to sequence events. A suggestion to help children engage in a conversation might include: "Tell me what happened after breakfast or lunch", "What area of the room did you play in first?", "What is your favorite thing to do at school?"

Parent cafés start this month. Be sure to check the enclosed calendar page to find descriptions of available trainings, dates and times. Head Start is for parents, too!

Please mark Family Fun Nights on your calendar for October and March. There will be several activities provided for children and adults to work on together and every family will get a book to take home. We suggest reading with your child each night for at least 20 minutes.

Don't forget to work at home on LINKS sheets. They reinforce activities and skills the children are learning each day in school.

~Lucy McClintic

GOOD ATTENDANCE

is a habit we should build as soon as children start school.



Attendance Works



Attend Today, Achieve Tomorrow



#schooleveryday

Too many absences - excused or unexcused - can keep children from succeeding in school and in life. How many days are too many? 10% of the school year - that's 18 missed days or 2 days a month - can knock students off track.

Why does my child need a physical every year? He seems healthy to me!

Children are not “little adults” and a lot can change in 12 months. A child's growth is an important sign of health. Every year your child's doctor weighs and measures your child. That way they can assess overweight, underweight and general nutrition issues.

- Visiting your child's doctor every year gives you a chance to take time aside from your busy schedule to consider questions about general health, proper nutrition, and normal child development.
- It is a time to ask the doctor any questions that have come up during the year and to discuss health, school or learning concerns.
- It is also a time for you as a parent to partner with your doctor to reinforce healthy lifestyle choices for your child.



An **annual physical examination** is a very important safeguard.

- Your child's doctor is able to take the extra time to examine all of your child, including areas not inspected during most sick visits.
- They check for countless problems by observation and palpation.
- They may check your child's vision, hearing, urine, or blood.
- They check your child's back for scoliosis, the heart for the development of a heart murmur or rhythm changes.
- They palpate the abdomen and carefully check the lymph nodes to help detect early swellings or enlargement of the organs that may be the first signs of a silent disease or even a tumor.



Thankfully, the majority of physical examinations result in a clean bill of health. However there are "well visits" that have picked up numerous cases of critically important diseases in their early stages, and absolutely have saved lives in doing so.

Michigan Day Care licensing also requires children to have a physical within 30 days of the child's first day of attendance. The purpose is to give information about your child and provide a safe and healthy environment.

EARLY INTERVENTION SERVICES

The Head Start Early Intervention Services Department supports staff, children, and parents by providing services, early needs, and referrals to school districts and other community agencies. In partnership with other program staff, we help build knowledge and skills through trainings and workshops.

- We observe children in classrooms to identify who may need additional support.
- We communicate with staff and parents so everyone can work together in the child's best interest.
- We partner with school districts and community agencies for further evaluations and services.
- We educate on child development, family development, and mental health topics.
- We promote wellness for all through program-wide goals of “Be safe, Be kind, Be healthy”.

If you have any questions about Early Intervention Services, you may call us at 517-482-1504.

There are many ways you and your family can get healthy together.

CHOOSE YOUR FAMILY'S HEALTHY ADVENTURE!

1 in 3

children in America is overweight or obese.

Fill half of your family's plates with fruits and vegetables.



Limit kids' screen time to no more than 2 hours a day.

When your family is active, be sure it's for at least 10 minutes at a stretch.



Replace sugar-sweetened drinks with water or fat-free milk.



PRODUCE



Try a new fruit or vegetable with dinner each week.

Ask your kids what physical activities would tempt them away from the TV or other forms of media.



Make a list before grocery shopping.

Help your kids be physically active for at least 60 minutes each day.



Eat together as a family as often as possible.



we can!
Be Active.
Eat Healthy.



SMALL STEPS CAN MAKE A BIG DIFFERENCE!
Go to www.NIH.gov/WeCan for more tips!



NIH

National Institutes of Health
Turning Discovery Into Health

Ad Council

FLUORIDE VARNISH FOR HEALTHY TEETH

What is Fluoride Varnish?

A coating that can be painted on a child's teeth.

What does Fluoride Varnish do?

Fluoride varnish makes teeth stronger and helps prevent tooth decay. It is safe, even for babies.

When can my child get Fluoride Varnish?

As soon as your child gets his or her **first** baby tooth.

For healthy teeth, your child should receive fluoride varnish at least three times a year.

Please contact Arieal Buell, Oral Health Specialist, at 517-482-1504 ext. 128 with any dental questions you have.



Taken from <https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/flouride-varnish.pdf>



October 15-26

FAMILY FUN NIGHTS

Fun activities for you and your child to do together

Get a picture taken with a storybook character

Learn about resources in your community

Get a FREE book to take home

Look for more information to come home with your child!

Que puedo hacer en casa para ayudar y preparar a mi niño para que tenga éxito en la escuela y en la vida.

- **Lea todos los días:** Comparta su amor por los libros con su niño(a). 20 minutos al día y no tiene que hacerse todo en una sola vez.
- **Converse y Escuche:** Cuando usted habla y escucha a su niño(a), el/ella construye su lenguaje y aprende las habilidades que se necesitan.
- **Palabras:** Use muchas palabras para describir cosas en el mundo de su niño. El número de palabras que su niño sabe se relaciona con su futuro éxito en lectura. No utilice un lenguaje infantil. Si su niño comete errores en gramática, repita la palabra correcta.
- **Respeto:** Sea respetuoso con su niño(a) y con otros, el/ella aprende de verlo a usted.
- **Juegue con sus niños:** Deje que ellos lo vean como una persona juguetona. Recuerde que el juego es el trabajo de un niño(a). Los niños resuelven los problemas y aprenden nuevas habilidades a través del juego.
- **Ayude a su niño(a) a verse así mismo como una persona capaz:** Ayude a construir la autoestima señalando todas las cosas correctas que el/ella hace. Haga un esfuerzo para buscar todo lo bueno en su niño(a).
- **Cocine con su niño(a):** Mida, derrame, revuelva, lea la receta, limpie, y coma con su niño(a). Estas actividades le ayudaran a su niño(a) a trabajar los músculos pequeños. Estos músculos se usan después para escribir y además es un tiempo divertido para ambos.
- **Coloree y dibuje con su niño(a):** Esto mejorara sus habilidades de motricidad fina y también le ayudara a preparar los músculos en sus dedos para escribir.



Recuerde que usted es el primer maestro de su niño y su hogar la primera escuela!