



# CONNECTIONS

Connecting home, school and community

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## DIRECTOR'S CORNER



The beginning of a New Year is a good time to reflect and recommit to the children in our care. Both as parents and as staff, we know how challenging and rewarding children can be. We understand how hard it is to get your child up and ready to go for the day, but please remember that your child's attendance is very important. In Head Start, we are building a foundation for future school success and consistent attendance is the first step.

Kindergarten expectations have changed. Children should be able to identify 18 upper case and 15 lower case letters and some of the sounds they make. While we work on letters at Head Start, children need your continued help at home to be better prepared for school. Pointing out letters in your house, while driving, or while out shopping, helps reinforce the letter name. Point out that letters tell the name of stores like "Walmart" or letters that tell us which is the Salt or Pepper. Other letters tell us to STOP or WALK. Writing and spelling children's names also reinforces letter knowledge. Be sure and use an upper case letter for the first letter in their name. Of course pointing out letters in the books you read is also important.

Our LINKS and Steps to Success sheets are ways to work with your child each day to help them move forward with skills necessary for school readiness.

~Lucy McClintic



Help your preschooler eat well, be active, and grow up healthy!  
Visit [ChooseMyPlate.gov/Children/Preschoolers](http://ChooseMyPlate.gov/Children/Preschoolers)



Growth During the Preschool Years



How Much Does My Preschooler Need?



MyPlate Tips for Preschoolers



Physical Activity



Tips for Picky Eaters



Food Safety

See video: "Tips for Feeding Picky Eaters" at [cacsheadstart.org/Child Services/Nutrition](http://cacsheadstart.org/Child Services/Nutrition)

# A Trusted Health Resource for Parents

Looking for reliable health advice, tips and tools “Healthychildren.org” from the American Academy of Pediatrics is the site to visit. The web-site is full of information that can help parents with all kinds of health, nutrition, safety and development questions. Explore [www.healthychildren.org](http://www.healthychildren.org) and see if you learn something new today.



Search for safety, tips, illness, etc.



[Ages & Stages](#) [Healthy Living](#) [Safety & Prevention](#) [Family Life](#) [Health Issues](#) [News](#) [Tips & Tools](#) [Our Mission](#) 

[Healthy Children](#) > [Tips & Tools](#) > [Webinars](#)

## Tips & Tools

Apps

Ask the Pediatrician

E-Magazine

Find a Pediatrician

KidsDoc Symptom Checker

Newsletters

● **Webinars**

TIPS & TOOLS

LISTEN 

Text Size - + EMAIL | PRINT | SHARE    

## Parent Webinars

HealthyChildren.org parent webinars are designed to help you wherever you are on your parenting journey by offering research-supported child health and safety information and immediately useable tips and suggestions. Best of all, you can rest assured that the information comes from the nation's leading child health experts—pediatrician fellows of the of the American Academy of Pediatrics (AAP).



## La TV, la Internet, los Videojuegos, y Nuestros Niños (De acuerdo con la revista nuestros niños)

Hoy día los niños pasan más tiempo frente a la pantalla del que pasan hablando, jugando, o estudiando. La TV, la Internet y los videojuegos tienen una gran influencia en la generación de nuestros niños. Ya que se han convertido en pasatiempos infantiles muy populares, debemos manejar el impacto de estos medios en el desarrollo y aprendizaje de nuestros niños. Como los cuchillos, la TV, la Internet y los videojuegos son herramientas útiles para cocinar y tallar, más también son armas peligrosas, capaces de dañar y mutilar. Utilicemos los aspectos provechosos y reduzcamos los daños de la TV, la Internet y los videojuegos recordando las 5 “C”.

### Conciencia

- Prender y apagar los aparatos a conciencia, no automáticamente.
- Pensar al elegir el “que” y el “cuando” del usarlos.
- Enseñar a los niños a criticar lo que se les presenta.

### Compañía

- Acompañar a los niños cuando ven TV, navegan la Internet, y juegan videojuegos.
- Supervisar la programación personalmente, con aparatos de bloqueo y monitoreo.
- Hablar sobre la selección de programas, sitios y videojuegos; explicarles, preguntarles y escucharles, sobre lo que ven y escuchan en éstos.



### Cantidad

- Recordar que el uso excesivo de la TV, la Internet y los videojuegos afectan negativamente el desarrollo físico, mental, emocional, y social infantil.
- Limitar el tiempo que pasan frente a la TV o la computadora.
- Sentar normas sobre el tiempo diario o semanal dedicado a los aparatos.

### Calidad

- recordar que ciertos programas de TV, sitios Internet y videojuegos pueden impactar negativamente.
- Fijarse en los valores y lecciones que se presentan a través de estos medios.
- Llamar o escribir a los productores para felicitar o dar quejas sobre la programación.

### Creatividad

- utilizar la TV, la Internet y los videojuegos educativos como instrumentos de aprendizaje.
- Suplementarlos con libros, diccionarios, mapas, y paseos a museos, zoológicos, y lugares educativos.
- Tomar ideas de los medios al inventar y modificar cuentos, canciones y películas caseras.

**Recuerde que su niño depende de usted como guía de la televisión**

# KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



## FROG JUMPS

Hop, hop, back and forth like a frog



## BEAR WALK

Hands & feet on the floor, hips high - walk left and right



## GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



## STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



## CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



## CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



## ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

RAISING AN EXTRAORDINARY PERSON  
[HTTPS://HES-EXTRAORDINARY.COM](https://hes-extraordinary.com)



**MI Bridges**  
Using MI Bridges You Can...



**Apply for Benefits** using a simplified and easy to understand application



**Explore resources** and save them to your MI Bridges profile



Easily view **detailed benefit information** or **letters sent from MDHHS**



View verifications requested by MDHHS and **upload documents** to your case



**Report changes** about your case or **Renew your benefits**



Use MI Bridges in English, Spanish, or Arabic **from your phone or computer**



[www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)

**CACS can be your MI Bridges Navigation Partner!**

Contact your local CACS Service Center for more information and/or assistance:

**Clinton County: (989) 224-6702**

**Eaton County: (517) 543-5465**

**Lansing/East Lansing: (517) 393-7077**

**Rural Ingham: (517) 676-1081**

**Shiawassee County: (989) 723-3115**

## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

### DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up. Attending school regularly helps children feel better about school—and themselves. Start building this habit in pre-school so they learn right away that going to school on time every day is important. Good attendance will help children do well in high school, college, and at work.

### When Do Absences Become a Problem?



**CHRONIC ABSENCE**  
18 or more days

**WARNING SIGNS**  
10 to 17 days

**GOOD ATTENDANCE**  
9 or fewer absences

Note: These numbers assume a 180-day school year.



# My Brushing Chart

Brush Goal: 2x a day



Week 1

Week 2

Week 3

Week 4

Morning

Night

Morning

Night

Morning

Night

Morning

Night

Monday

--	--	--	--	--	--	--	--

Tuesday

--	--	--	--	--	--	--	--

Wednesday

--	--	--	--	--	--	--	--

Thursday

--	--	--	--	--	--	--	--

Friday

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Saturday

--	--	--	--	--	--	--	--

Sunday

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Tear this page out and use it to track each time your child brushes his/her teeth.