



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER

Snow Days: What a winter! We have experienced historic cold days and record snow days. We all hope winter will be over soon. We apologize for the inconvenience of closing classrooms but we want to make sure all children are safe. We will be attempting to make up some of the days and may run additional hours. Please make sure to read your classroom newsletter for changes in schedules. Everyone think SPRING!

March is Reading Month: Happy Birthday Dr. Seuss...March 2! Dr. Seuss brought children everywhere the love of reading through his 60+ books. His books play with words and encourage beginning reading. Let's celebrate his birthday during March is Reading Month. His books, *Cat in the Hat*, *Green Eggs and Ham*, *One Fish, Two Fish* and many more build rhyming skills. The ability to rhyme is one of the first steps in hearing the sounds in words and eventually naming letter sounds and recognizing parts of a word. These skills are school readiness skills. We encourage you to have fun making up silly rhyming words and singing songs or finger plays with your child. LINKS sheets offer many suggestions as well.

March is Parenting Awareness Month: The hardest and most rewarding job you will ever do is parent a child. It is a full time job that lasts a lifetime. You are your child's first and most important teacher. Your child spends more hours at home than they do at school. This gives you an opportunity to take advantage of that time and share the love of learning with your child. Everyday experiences in your home can be learning experiences. Point out things in the environment, speculate about cause and effect and read words together at mealtimes, while grocery shopping or at any other time. Learning experiences provide special moments between you and your child. Parenting is a hard job, so pat yourself on the back and keep up the good work!

~Lucy McClintic

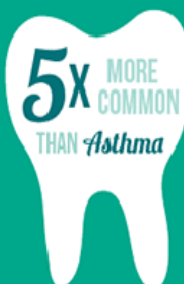
ORAL HYGIENE *For Kids*

Tooth Decay IS THE MOST COMMON *Childhood Disease*

BRUSH AT LEAST 2x FOR 2min A DAY



Tooth Decay IS ALMOST ENTIRELY Preventable



did you know?

Head Start has an Oral Health Specialist - Arieal Buell. She can:

- ☺ help you make dental appointments
- ☺ help with transportation to dental appointments
- ☺ help with finances related to dental visits

Arieal can be reached at (517) 482-1504 ext. 128 or arieal.buell@cacsheadstart.org

Mindful S.T.O.P.

The Mindful S.T.O.P. is a four-step practice that helps people engage in more effective behaviors and experience less stress in response to challenging situations, (such as parenting at times). Mindfulness doesn't necessarily tell you what to do, but it provides you with the space, calmness, and mental clarity to make better decisions about what to do next. The mindful S.T.O.P. can be a tool during challenging or stressful situations or important situations that require you to do the *effective* thing and not the *mindless* thing.

STEPS:



Stop and envision a stop sign to help you pause and bring your awareness to the present moment. This break provides the space to do something else.



Take a deep breath to purposefully draw your attention to your breathing and connect to the present moment.



Observe and adopt a receptive attitude to notice what is unfolding. You can observe what you are thinking, feeling, hearing, seeing, touching and noticing in others. All of these elements are capable of entering your field of awareness in a receptive and gentle way so you can achieve clarity, calmness, and a deeper understanding of how best to act given the situation.



Proceed positively by choosing to do what's most effective in the moment rather than what uncomfortable or impulsive thoughts and feelings are trying to tell you to do.



CACS Service Centers

Clinton County
1001 S. Oakland Street
St. Johns 48879
(989) 224-6702

Eaton County
1370 N. Clinton Trail
Charlotte 48813
(517) 543-5465

Lansing/East Lansing
1301 Rensen Street
Lansing 48910
(517) 393-7077

Rural Ingham County
218 E. Maple Street
Mason 48854
(517) 676-1081

Shiawassee County
1845 Corunna Avenue
Owosso 48867
(989) 723-3115

Additional information available at
www.cacs-inc.org

COMMUNITY ACTION PRINCIPLES

- Opens Doors & Leads The Way
- Turns Hope Into Reality
- Empathizes
- Treats People With Respect
- Says "Yes"
- Gives A Voice To The Poor
- Mirrors The Diversity Of Our Communities

Capital Area Community Services, Inc.

Capital Area Community Services, Inc. has been providing services in Ingham, Eaton, Clinton and Shiawassee Counties for over 50 consecutive years - since NOVEMBER of 1964.

CACS's primary focus is on family stability. Together, we make a difference in our community.

A COMMUNITY ACTION AGENCY

Supporting Our Communities Since 1964

Program Services

- Family Stability
 - Homeless/Eviction Prevention
 - Homeless Rapid Re-Housing
 - Property Tax Foreclosure Prevention
 - Utility Assistance
- Pathways to Self Sufficiency
 - Energy Conservation
 - Financial Literacy
 - Basic Budgeting
 - Your Money, Your Goals
 - One-on-One Financial Counseling
- Commodity Food Distribution
 - CSFP – Monthly Food for Low Income Seniors (60+)
 - TEFAP – Quarterly Food for Low Income Households - All Ages
- Advocacy, Outreach, and Assistance
- Information and Referrals
- MDHHS MI Bridges – Navigator & Referral Services
- FREE Income Tax Preparation (Personal)
- Senior Information and Assistance
- Medicare/Medicaid Assistance Program
- Medicare Beneficiary Counseling
- Weatherization Program

Services may be accessed directly through one of the five CACS Service Centers, either by telephone or walk-in. An appointment is generally needed to apply for direct payment assistance or tax preparation. Income verification and other eligibility documentation are required to comply with various funding criteria. Direct payment assistance REQUIRES participation in a budgeting, energy conservation, or financial counseling session.



FOR HEAD START, CALL (517) 482-1504 or (800) 585-9997
Find Head Start on the web at www.cacsheadstart.org

LITERACY Nights

Join us for tips, activities and resources for families who are interested in "Read by Grade Three" support.
(suggested ages: pre-K to Grade 2)

Wednesdays • Mar. 6 & 20, Apr. 10 & 24 and May 8

7:00 - 7:45 p.m.



DOWNTOWN LANSING BRANCH
401 S. Capitol Avenue, Lansing • 517-367-6363
Downtown street parking is free on weekends
and on weekdays after 6 p.m.



Capital Area District Libraries
Everything...right here.
cadl.org



- **Your child can suffer academically** if they miss 10 percent of the school year which is about 18 days.
- **Some absences are unavoidable.** We understand that children will get sick and need to stay home occasionally. The important thing is to get your children to school as often as possible.
- **Sporadic absences matter.** Before you know it, just one or two days a month can add up to nearly 10 percent of the school year.
- **Preschool is a great time so start building a habit** of good attendance. Young children with poor attendance in preschool also lose out on valuable learning time. If chronic absences continue into kindergarten, it can reduce academic achievement.



Start them early with Whole Grains

Start them while they're young.

When you introduce whole-grain foods to children when they are young, it helps them learn to love them.



Create Fun Snacks

- **Pre-pack Your Snacks** – Pack a sandwich bag with a little whole-grain dry cereal for your kids to eat at the park, mall or grocery store.
- **Crack Them Up** – Serve whole-grain crackers with soup or salads for lunch. Serve them with low-fat cheese and a slice of tomato on top for a quick snack.



Quick Fact

These foods are always whole grain. Oatmeal, brown rice, wild rice, pop corn.

Quick Fact

Whole grains are rich sources of vitamins, minerals, fiber and other nutrients that help keep your kids healthy and strong.

Start the day the whole grain way.

- **Cereal Mixer** – Combine two or three of their favorite whole-grain cereals with different shapes. Talk about the shapes to help them learn to name them.
- **Oatmeal Topper** – Top it with a favorite fruit and spices.
- **Wake and Make Burrito** – Stuff a whole-grain tortilla with chopped veggies, scrambled eggs and low-fat cheese.

Make Quick and Easy Meals with Whole Grains

- **Make a Healthy Pizza** – Top a whole-grain tortilla or English muffin with fresh tomato slices, low-fat cheese, leftover chicken or other lean meat and pizza spices. Heat and serve!
- **Pass the Pasta** – Try different shapes and colors of whole-wheat pasta. Sprinkle it with a little olive oil and low-fat cheese. Add chopped veggies and spices or tomato sauce for a quick lunch or dinner. Use whole-grain pasta for your macaroni and cheese recipes and other family favorites, too.

Early Intervention Services

Get Ready for Kindergarten!

Just when you get into the Head Start routine, it's time to think about next year! Many Head Start children are moving on to kindergarten next year. You may wonder: What can we do to get ready?

- Be positive
- Encourage your child to talk about their feelings/worries
- Complete all school forms – get a copy of your child's state birth certificate (not the one with the footprints!)
- Visit the school with your child to meet the teacher and see the classroom
- If your child has an IEP, share a copy with the kindergarten teacher
- Ask who provides special education services and ask to meet him/her (if necessary)

During the summer, start new routines, set regular bedtime and wake-up times, and talk about what kindergarten will be like. Don't forget to tell your child how proud you are of him or her!

If you have questions about the transition to kindergarten or special education services, please contact the Early Intervention Services Department at 517.482.1504

Como Disciplinar a su Hijo(a) de Manera Eficaz (De acuerdo con el Fondo Fiduciario de niños)

Mantenga la calma. Hablar en un tono neutro le demostrará a su niño(a) que usted no ha perdido el control. Su tranquilidad será contagiosa y ayudará a su niño(a) a calmarse.

Imponga reglas demostrando seguridad. Si quiere que su hijo(a) coma sólo dos galletas o mire la televisión sólo por una hora, deje en claro que esas son las reglas de la casa y hágalas cumplir de manera uniforme y demostrando seguridad.

Céntrese en su niño(a). Diga el nombre de su hijo(a) cuando de una orden mírelo(a) directamente.

Elogie el buen comportamiento. Utilice elogios específicos que reiteren lo bueno que hizo su hijo(a) y lo que significativo. Gracias por quedarte tranquilito(a) y leer mientras yo vestía a tu hermana. Nos puso a todos muy contentos y pudimos hacer todo lo que necesitábamos hacer. Te estas convirtiendo en un buen lector.

Recuérdelo con amabilidad lo que debe hacer. Hágalo en momentos adecuados. Cuando su hijo(a) salga del baño, recuérdelo que debe colgar la toalla.

Ofrézcale opciones. En lugar de decirle siempre a su hijo(a) que no haga algo, ofrézcale opciones, por ejemplo: "¿Te quieres poner las medias o la camisa primero?". Asegúrese de que usted estará conforme con cualquiera de las opciones que su hijo(a) elija.

No use preguntas, sino afirmaciones. Si usted le pregunta a su hijo(a) "¿Estás listo(a) para ir a la cama?", está dejando que decida él/ella, por lo tanto, la respuesta más probable será: "No". En lugar de preguntar, simplemente diga: "Es hora de ir a la cama!".

"Cuando hagas tal cosa, podrás hacer tal otra". Diga a su niño(a) que cuando haga algo que indique buen comportamiento (guarde un juguete, termine la tarea o se lave los dientes), podrá hacer algo que desee (comer una galleta, mirar la televisión, llamar por teléfono a un amigo(a))

Dígale a su hijo(a) que usted contara hasta diez. Explíquelo lo que él/ella debe hacer durante la cuenta regresiva. A los niños generalmente les gustan los desafíos de lograr algo en un tiempo determinado. Además, la cuenta regresiva le permitirá a usted mantener la calma.

Anime a su hijo(a) a contribuir. Resuelva una situación con su hijo(a) preguntándole como solucionaría el problema. Luego escúchelo/a y trabajen juntos para resolver el inconveniente.

Use mensajes claros y específicos. De ordenes específicas a su hijo(a) diciendo: "La cena está casi lista. Por favor, apaga la televisión, lávate las manos y ven a la mesa."

Los mensajes cortos son más eficaces. En la mayoría de los casos, una o dos frases tendrán mejor resultado que un sermón. "Ponte el abrigo o llegarás tarde a la escuela."

Utilice frases que se refieran a usted en lugar de a su hijo(a). No critique a la niña(o), sino al comportamiento del niño(a). En lugar de decirle: "Tú me haces sentir muy triste cuando no guardas tus juguetes", diga: "Yo me pongo muy contenta cuando guardas tus juguetes después de jugar."



Es fundamental tener en cuenta la manera en la que usted se comunica (lo que usted dice y como lo dice). Eduque a su hijo(a) utilizando palabras instructivas y comprensivas. No palabras destructivas e insensibles. Si su niño(a) siente que usted lo respeta, es más probable que le obedezca.