



CONNECTIONS

Connecting home, school and community

In this issue:

Director's Corner	1
Now Enrolling	1
Tips for Good Attendance	1
Know Your OTC's	2
CACS Utility Services	2
Ways to Support Social Emotional Development	3
Reduce Exposure to Food Additives	3
Why Does My Child Have Cavities	4
Segmento Informativo en Español	4

DIRECTOR'S CORNER

Spring is officially here and it's time to get outside! Pack up the family and explore Fenner Nature Center, Potter Park Zoo, MSU Children's Garden or a park close to your home. Watch for the first blooming flowers. Outdoor spaces present new learning opportunities.

Plan to be active with your family. Here are some suggestions:

- Plan a picnic together, even if it takes place on your living room floor.
- Play your child's favorite game outside.
- Complete a LINKS activity each night in April.
- Set up an obstacle course for your child to run or hop around.
- Take some music outside and dance.
- Paint with water or draw with chalk on the sidewalk or driveway.
- Read one of your child's favorite stories with him/her under a tree.
- Use a branch or a crack in the sidewalk to practice jumping over.
- Go on a listening walk outdoors. Talk about all the sounds you hear.
- Go on a Bug Hunt.
- Look for shapes in the clouds.

Your young child is learning something new every day. Celebrate and point out that new knowledge or skill when you see it. Words of encouragement make children want to learn more.

~Lucy McClintic

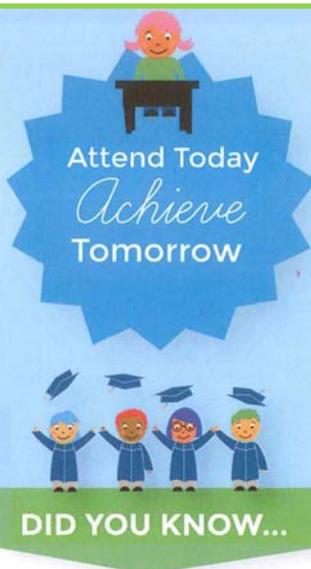
NOW ENROLLING

2019-2020

SCHOOL YEAR

Let your friends and neighbors know that Head Start is enrolling children for next school year.

Call 517-482-1504 or 800-585-9997 to submit an application.



DID YOU KNOW...
Starting in preschool, too many absences can cause children to fall behind.

Tips for Good Attendance

- Build regular routines for bed time and morning.
- Develop back up plans for getting to preschool if something comes up.
- Avoid scheduling trips when preschool is in session.
- Don't let your child stay home unless truly sick.
- Keep a chart of your child's attendance at home.
- Talk about the importance of attendance.

Over-the-Counter Medicines: Tips for Parents

8 out of 10 parents have given the wrong dose of liquid medicine to their children at some point by accident. Follow these tips to make sure your child is safely getting the exact amount of medicine he or she needs.

1. Choose and use OTCs with care.

- **Read and follow the label every time you use a medicine.**
- **Dose by symptom:** Only give a medicine that treats your child’s specific symptoms..
 - ◊ Never use cough, cold, or allergy medicines to make your child sleepy.
 - ◊ Never give **aspirin-containing products** to your child or teen for flu-like symptoms, chicken pox, and other viral illnesses.
- **Dose by age:** Make sure the medicine is right for your child’s age.
 - ◊ Do not use oral cough and cold medicines in children younger than 4.
- **Know your child’s weight:** Directions for some OTCs are based on weight. In these cases, check the label to dose the medicine by your child’s weight.
- **Dose with the right device:** Always use the measuring device that comes with the medicine—do not substitute with a kitchen spoon.
- **Don’t double up:** Be careful not to give your child two medicines that contain the same active ingredients (for example, acetaminophen).

2. Store medicines up and away and out of your child’s reach and sight.

3. Toss expired or unwanted medicines safely. Don’t use medicines past the expiration date, as they may not provide the treatment you need. Follow these safe disposal steps: <http://www.knowyourotcs.org/safe-disposal/>.

4. Talk to a healthcare provider if you have questions.



Having Difficulty Keeping Up With Utility Bills?

This winter has been a tough one for sure! Many have been left with high utility bills (gas, electric, propane, etc.) they are unable to fully pay on their own.

Effective April 1, 2019, MDHHS’s State Emergency Relief (SER) can assist with all utility bills (including BWL). If MDHHS’s SER doesn’t cover all that’s needed to pay your bill, CACS may be able to help! Contact your local Service Center for more information:

<p>Clinton County 1001 S. Oakland Street St. Johns 48879 (989) 224-6702</p>	<p>CAPITAL AREA COMMUNITY SERVICES, INC.</p>	<p>Rural Ingham County 218 E. Maple Street Mason 48854 (517) 676-1081</p>
<p>Eaton County 1370 N. Clinton Trail Charlotte 48813 (517) 543-5465</p>	<p>Lansing/East Lansing 1301 Rensen Street Lansing 48910 (517) 393-7077</p>	<p>Shiawassee County 1845 Corunna Avenue Owosso 48867 (989) 723-3115</p>

EARLY INTERVENTION SERVICES

WAYS TO SUPPORT SOCIAL EMOTIONAL DEVELOPMENT

Help children feel in control by

allowing them to have choices. Choices give them a voice and allow them to be responsible for their actions or decisions.

Ex: Giving a 4 yr. old a choice of playing with blocks or an art activity.

Teach children ways to calm themselves

like dancing to music, breathing deeply, or doing art activities.

Give opportunities for emotional expression

through activities like playing with Playdough, drawing, building, and dramatic play.



usa.childcareaware.org

6 Ways to Reduce Your Family's Exposure to Food Additives



There are growing concerns about the safety of some food additives used in food processing or packaging, as well as those put directly into foods. Recent studies suggest that some food additives might affect hormones, growth, and development in children. They also may even cause a risk of obesity.

While most food additives are safe, research is ongoing to learn which chemicals are safe and which might be harmful. In the meantime, the American Academy of Pediatrics (AAP) offers a few simple tips for families:

1. Buy fresh or frozen. Eat fresh or frozen fruits and vegetables, instead of canned, when possible.
2. Try to avoid cured and processed meats. Buy fewer deli meats, hotdogs, bacon, ham, and meats in pre-packaged meals —especially during pregnancy. Read labels to avoid nitrates or nitrites, even if they are from 'natural' sources such as celery juice or powder.
3. Know the code. Check the recycling code on the bottom of plastic packaging. Most codes are safe, but try to avoid these codes:



Phthalates (toys, baby products including lotion, shampoo, powders, and teething; scented products such as candles, detergent and air fresheners)



Styrene (CD cases, food containers, polystyrene foam)



Bisphenols (5-gallon water bottles, baby bottles, plates, cups, and food containers)

Plastics labeled as "bio-based", "Greenware",  are safe to use since they are made from corn and do not contain bisphenols (BPA).

4. Keep it cool. Wash plastic food containers and utensils by hand, rather than in a dishwasher. The high heat of dishwashers can cause plastics to leak chemicals that might be harmful.
5. Use glass and stainless steel. Try to cook and serve hot foods in glass or stainless steel. Avoid microwaving food or beverages—including infant formula and breastmilk—in plastic, if possible.
6. Wash your hands. Throughout the day we touch plastics that contain chemicals, so it is important that you wash your hands before handling food

WHY DOES MY CHILD HAVE CAVITIES?

If you think your child is too young to need a dentist, you're wrong. Their teeth are at risk long before they have tasted their first piece of candy.

Parents often assume that kids get cavities because they're lax about brushing and flossing. That's true to an extent, but what few people know is that tooth decay is a **DISEASE** known as dental caries that's caused by specific germs, spreads easily within families, and can last a lifetime. What's more, it's more common among young children than any other chronic illness, including asthma and diabetes.



At least 4 million preschoolers suffer from tooth decay—an increase of more than 6000,000 kids in the last decade.

Babies are born without any of these harmful bacteria in their mouth and studies have proven that moms (rather than dads) typically infect their children before age two. It happens when you transfer your saliva into your child's mouth by repeatedly eating from the same spoon as your baby or letting your toddler brush his teeth with your toothbrush. If you've frequently had cavities yourself, you're particularly likely to pass the germs along. Once a child's mouth has become infected with germs, he'll be prone to cavities in his baby and permanent teeth that can cause pain and difficulty eating. **Even though some children are much higher risk of developing cavities, all children can get them.**

Como crear una biblioteca personal ((Información fue producida por Leer es fundamental Inc.)

Fomente en sus hijos el amor por la lectura creando una biblioteca o un rincón de lectura solo para ellos. Es más fácil que se acurruquen a leer un libro si tienen un espacio especial para la lectura. Los niños pueden guardar sus libros y sus materiales de escritura en su biblioteca, además de usarla para leer, por supuesto. Pueden usar su biblioteca para leer libros, revistas, periódicos, libros de caricaturas o cualquier cosa que disfruten. A continuación le ofrecemos algunas sugerencias sobre como arreglar un espacio donde los niños puedan sentirse cómodos y relajados para la lectura.



1. Elijan juntos, usted y su niño, el lugar. Que sea un lugar silencioso y con luz, lejos del televisor y de otras distracciones.
2. Planifiquen juntos el espacio, con suficiente espacio para libros y un área para sentarse.
3. Use un armario viejo para los libros; si no tiene uno, hágalo usando cajas o canastas. Asegure que el armario o las cajas estén bien aseguradas.
4. Su niño puede usar su propia biblioteca para guardar sus libros personales o los libros de la biblioteca pública que haya pedido prestado. Mantenga los estantes de su biblioteca bien surtidos con libros de la biblioteca pública, de la librería o de las ventas de libros usados si desea libros menos costosos.
5. Según la edad de su niño, permita que el/ella decida como organizar sus libros: por titulo, por autor o por tema.
6. Déle a su niño libros, libros de caricaturas o suscripciones a revistas, como regalos en ocasiones especiales.
7. Deje materiales de lectura por todas partes de la casa: libros, revistas y catálogos atractivos y brillantes. Dígale a su niño que puede tomarlos para ponerlos en la biblioteca.
8. Establezca algunas reglas sobre el tiempo que su niño puede pasar en la biblioteca. Por ejemplo, motive a su hijo a ir a la biblioteca en los días en que ha pasado más de una hora frente a la TV o con juegos de videos.
9. Use la biblioteca para exhibir los trabajos de arte y de escritura de su niño, en las paredes del armario o en una pizarra en la pared.
10. Asegúrese de crear un ambiente muy cómodo y atractivo con almohadas o cojines, frazaditas, o sillas suaves, para que su niño se sienta confortable.

Recuerde que usted es el primer maestro de su hijo y su hogar la primera escuela.