



CONNECTIONS

Connecting home, school and community

In this issue:

Director's Corner	1
The Habit of Good Attendance	1
Personal Needs	2
Cleaning Gums and Teeth	2
Healthy Family Checklist	3
Walk for Warmth	4
Feelings Words	4
Segmento Informativo en Español	4

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 the sounds some of them 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

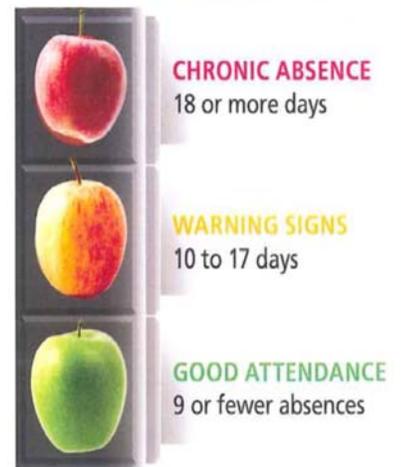


Help Your Child Succeed in School: Build the Habit of

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 preschool 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?



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

PREPARE YOUR HEALTH: PERSONAL NEEDS

Personal needs include provisions, supplies, and equipment necessary to protect the health and safety of your family in an emergency.

THE BASICS:

- Water
- Special foods—for infants, people with dietary restrictions and medical conditions such as diabetes.
- Prescription eyeglasses, contact lenses, and contact lens solution.
- Assistive technologies, like hearing aids.
- Medical alert ID bracelet or necklace
- Health protection supplies, including insect repellent, and water purification tablets.
- Medical equipment
- First aid kit and medical supplies
- Pet supplies, childcare supplies, and baby supplies

QUICK TIPS:

- Pack emergency supplies in a portable and durable container like **plastic bin, duffle bag, backpack, or carry-on luggage.**
- Shop for **canned (not jarred) foods.** Undamaged, commercially-prepared foods in all-metal cans can be saved if you remove the labels, thoroughly wash the cans, rinse them, and then disinfect them with a sanitizing solution.
- Store at least **1 gallon of water per day** for each person and each pet. Store more water for hot climates, for pregnant women, and for people who are sick.
- Update your supplies **every six (6) months.** Remove, use, and replace food and water, medications, and supplies before they expire.

CLEANING GUMS AND TEETH STARTS AT BIRTH

- ▶ **BIRTH TO 1ST TOOTH** Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding.
- ▶ **1ST TOOTH TO 3 YEARS OLD** Brush your child's teeth two times a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice.
- ▶ **3 TO 5 YEARS OLD** Brush your child's teeth for two minutes, two times a day. Use a pea-size amount of fluoride toothpaste on a child's toothbrush. Make it a fun activity—sing a silly song or make a game out of it using a timer.
- ▶ Supervise brushing until your child can spit out the toothpaste instead of swallowing it, around age 6.

Contact your child's dentist or pediatrician if you have questions about your child's dental health or teething, and ask about fluoride varnish for your child's teeth.



American Dental Association

Healthy Family Checklist



Done!

- ① Our family eats meals together
- ② Fresh fruit and veggies are available for grab-n-go snacks
- ③ Sweet, high fat, or high salt food is limited in our home
(Cookies, cakes, candy, chips, doughnuts, pastries, sugary cereal, etc.)
- ④ Low fat milk or water is offered during meals and snacks
- ⑤ Our kid's good behavior is rewarded with non-food items
- ⑥ Screen time for our kids is limited to 1 hour a day
(Including TV, computer, internet, and video games)
- ⑦ The television is turned-off during meals
- ⑧ Our kids do not have a TV in their bedroom
- ⑨ Our family is physically active together several days a week
- ⑩ Our kids have lots of time to run and play in safe places





Capital Area Community Services

Don't Miss Out - Save The Date!

30th Annual Walk for Warmth

Date: Saturday, February 22, 2020

Where/When: Registration Start Time Varies – Contact Your Local Center:

CLINTON COUNTY	(989) 224-6702
EATON COUNTY	(517) 543-5465 or 482-3005
LANSING/EAST LANSING	(517) 393-7077
RURAL INGHAM COUNTY	(517) 676-1065
SHIAWASSEE COUNTY	(989) 723-3115

Why: Connect, have fun, and raise money for low income individuals & families to help with their heating costs.

Hearts and Feet Providing Heat

Teaching Feeling Words

We often only think of teaching common emotions like happy, sad, mad, etc. But there are many other feeling words that children should learn to express, such as the following:

Brave	Cheerful
Cheerful	Bored
Confused	Surprised
Curious	Proud
Disappointed	Frustrated
Embarrassed	Silly
Excited	Uncomfortable
Fantastic	Worried
Friendly	Stubborn
Generous	Shy
Ignored	Satisfied
Impatient	Safe
Important	Relieved
Interested	Peaceful
Jealous	Overwhelmed
Lonely	Loving
Confused	Tense
Angry	Calm

The Center on the Social and Emotional Foundations for Early Learning

10 resoluciones de año nuevo 2020 para las familias

(De acuerdo con la revista Niños y Familias)

1. **Lea con su niño(s) todos los días:** Nunca es demasiado tarde para empezar a leer.
2. **Limite la cantidad de tiempo que su niño(s) pasa mirando la televisión.**
3. **Sea activo con su niño(s).**
4. **Encuentren nuevas maneras de participar en la educación de su niño(s).**
5. **Manténgase positivo, agarre a su niño portándose bien:** Déjele saber que usted esta orgulloso de el/ella cuando se porta bien. Recompénselo con abrazos y besos.
6. **Limite la soda, los jugos y la comida rápida:** Es crítico que los padres ayuden a los niños a establecer hábitos saludables desde pequeños.
7. **Coman Juntos** Las comidas son excelentes oportunidades para las familias reunirse y hablar.
8. **Asegure que su niño(s) esta durmiendo lo suficiente:** Dormir lo suficiente es vital para la salud y para el desarrollo infantil. Se recomienda lo siguiente por parte de la Fundación Nacional de Dormir.
 - . Niños de 0-3 meses de edad: 14-17 horas
 - . Niños 4-11 meses: 12-15 horas
 - . Niños de 1-2 años de edad: 11-14 horas
 - . Niños de 3-5 años de edad: 10-13
 - . Niños de 6-13 años de edad: 9-11 horas
9. **Instale detectores de humo en cada nivel de su hogar incluyendo el sótano, si ya tiene detectores de humo, asegure que tengan pilas nuevas.**
10. **Sea un buen ejemplo para sus hijos:** Los niños observan todo y tienden a imitar los comportamientos que ellos ven.



Recuerden que ustedes son los primeros maestros de sus hijos y su hogar la primera escuela!

Parent Opportunities

Parent Meetings

We want to hear from you! We need parent input to help make our program the best that it can be. Each site will be holding a Parent Café for the parents in our program. We want your ideas on what will make our program better, concerns you may have, and also the things you really like about our program. So, stop by and grab a snack as you share your ideas with your Family Advocate!

READY! For Kindergarten - Birth to Age 5

This curriculum is focused on skills that a child needs before they start kindergarten. Parents will receive a bag of materials to use as they work with their child on language and literacy, math and social/emotional skills. The activities encourage movement, play, exploring, and communicating.

Love and Logic

The Love and Logic approach to parenting is built around crafting caring and respectful relationships. Loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding. Parents been faced with so many challenges! The program provides a variety of simple and effective strategies to use with children birth to adulthood. The program strategies and techniques will help you create calm and loving solutions.

Workshop Descriptions

Build and Go Workshop

An interactive program offering parents new ideas to promote their children's creativity and have fun building, while be safe using tools .

Pop - Up Resource Day (some new/used)

Toys and games , clothes, suits, shoes, books, personal goods, household items, Love and Logic card, etc. Everything is FREE!

Sweet Dreamzzz!

Getting enough sleep is very important for young children. Do you know how much sleep your child needs? Do you need ideas of how to get your child to sleep at night? Attend this workshop to learn more about how important sleep is and tips for a peaceful bedtime!

Proud Fathers

Fathers and very important males play a big role in helping children develop! This program will help strengthen that role. All dads, grandfathers, uncles, and other very important males are welcome. This is an 8 week interactive class.

Addresses

Baker: 840 Baker, Lansing
Charlotte: 1370 N. Clinton Trail, Charlotte
Colt: 4344 W. Michigan, Lansing
DeWitt: 205 W. Washington, DeWitt
Durand: 930 W. Main, Durand
Eaton Rapids: 501 Union, Eaton Rapids
Grand River: 1107 E. Grand River, Lansing
Grand Ledge: 615 Jones, Grand Ledge
Harley Franks: 2924 Newark, Lansing

Addresses

LaRoy Froh: 2400 Reo, Lansing
Maplehill: 640 Maplehill, Lansing
Miller Rd: 3000 W. Miller, Lansing
Mt. Vernon: 3338 N. Waverly, Lansing
Perry: 7320 Beard, Shaftsbury
Pine St.: 600 W. Maple, Lansing
Potterville: 426 N. High, Potterville
Roosevelt: 201 N. Brooks, Owosso
S. Cedar: 2357 Delhi Commerce, Holt

To enroll for the trainings or for more information, please call Sharon Rogers, Derrick Gilliam, Lisa Delgado or Katy VanSchoten at (517) 999-2730.

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 AGENCY CLOSED	2	3	4
5	6	7 Parent Meetings: <i>Clinton, 9-10:30am</i> <i>Grand Ledge, 8:30-10:30am</i> <i>Haslett, 11:00-1:00pm</i> <i>Maplehill, 7:30-10:00am, 3:30-4:30pm</i> <i>Miller, 8:00-9:15am</i> <i>MSU CDL, 8:30am</i> <i>Willow, 8-9am, 3-4pm</i>	8 Build and Go <i>Hildebrandt, 3:00-4:00pm</i> <u>READY! for Kindergarten</u> <i>Pine, 8:30-9:30am</i> Love and Logic <i>Perry, 8:15-9:15am</i> Parent Meetings: <i>Charlotte 1, 3:00-4:00am</i> <i>Charlotte 2, 11:30-12:30pm</i> <i>Harley, 8:00-10:00am</i> <i>Holt, 8-9am, 3-4pm</i> <i>Jenison, 8:00-10:00am</i> <i>Little Blessings, 7:00-10:00am</i> <i>Mason, 4:00pm</i> <i>Morrice, 11:00am</i> <i>Pottersville, 1:00-3:00pm</i> <i>Towar, 8:30-9:30am</i>	9 Build and Go <i>Mt Vernon, 3:00-4:00pm</i> Sweet Dreamzzz <i>Little Blessings, 5:00-6:00pm</i> Love and Logic <i>Grand River, 9:00-10:30am</i> Parent Meetings: <i>Baker, 8:00-9:00am</i> <i>Colt, 8:00-10:00am</i> <i>Eaton Rapids, 4:00pm</i> <i>Eaton RESA, 3:15-4:15pm</i> <i>ELCC, 7:00-10:00am</i> <i>Grand River, 8:00-10:00am</i> <i>LaRoy Froh, 8:15-9:15am</i> <i>Perry, 8:15-9:00am</i> <i>Riddle, 8-9am, 3-4pm</i> <i>Roosevelt, 8:00-9:00am</i> <i>S. Cedar, 9:00-10:00am</i>	10 Parent Meeting: <i>Averill, 8-9am, 3-4pm</i> <i>Kidtime, 7:00-10:00am</i>	11
12	13 Proud Fathers <i>Grand River, 5:30-6:30pm</i> <u>READY! for Kindergarten</u> <i>Baker, 11:00am-12:00pm</i> Parent Meeting: <i>Reo, 8-9am, 3-4pm</i>	14 Dads and Donuts <i>Grand River, 8:15-9:00 am</i> <u>READY! for Kindergarten</u> <i>Miller, 9:00 -10:00 am</i> Parent Meeting: <i>Forestview, 8-9am, 3-4pm</i>	15 <u>READY! for Kindergarten</u> <i>Colt, 8:30-9:30am</i> <i>Maplehill, 8:30-9:30am</i> <i>Pine, 8:45 -9:30am</i> Love and Logic <i>Perry, 8:15-9:15am</i>	16 Love and Logic <i>Grand River, 9:00-10:30am</i> <u>READY! for Kindergarten</u> <i>Harley Franks, 8:30-9:30am & 2:15-3:15pm</i>	17 Policy Council	18
19	20 AGENCY CLOSED	21 <u>READY! for Kindergarten</u> <i>Grand River 8:30-9:30 am</i> <i>Miller, 9:00-10:00am</i> Dads and Donuts <i>Hildebrandt, 8:30-9:30am</i>	22 <u>Ready! for Kindergarten</u> <i>Colt, 8:30-9:30am</i> <i>Pine 8:45-9:30am</i> <i>Maplehill, 8:30-9:30am</i> Love and Logic <i>Perry, 8:15-9:15am</i>	23 Pop Up Resource Day <i>Roosevelt, 9:00am</i>	24	25
26	27 Proud Fathers <i>Grand River, 5:30-6:30pm</i> <u>READY! for Kindergarten</u> <i>Baker, 11:00am-12:00pm</i>	28 <u>Ready! for Kindergarten</u> <i>Grand River, 8:30- 9:30am</i> <i>Miller, 9:00 -10:00am</i>	29 <u>Ready! for Kindergarten</u> <i>Colt, 8:30-9:30am</i> <i>Maplehill, 8:30-9:30am</i> Love and Logic <i>Perry, 8:15-9:15am</i>	30 <u>Ready! for Kindergarten</u> <i>Harley Franks, 8:30-9:30am & 2:15-3:15pm</i>	31	