



CONNECTIONS

Connecting home, school and community

In this issue:

Director's Corner	1
Online Cookbook	1
Be Prepared for a Winter Storm	2
STRESS and Your Child	3
Children's Dental Health Month	4
Attendance Matters	4
Segmento Informativo en Español	4



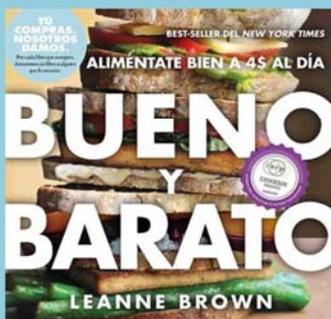
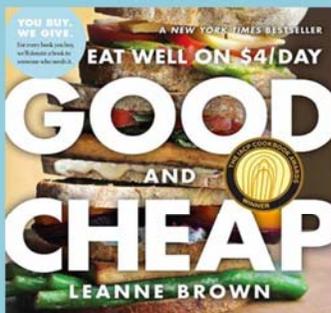
DIRECTOR'S CORNER

Valentine's Day reminds us to show those we love how much they mean to us. Take time to say "I love you" to your children each day to show them they are respected and appreciated. A hug and a smile as they leave the house sends them off to school ready for the day.

Ten Commitments for Parents

1. **I will** always love and respect my child for who he/she is and not who I want him/her to be.
2. **I will** give my child space to grow, to dream, to succeed and to sometimes fail.
3. **I will** create a loving home environment and show my child that he/she is loved whenever and however I can.
4. **I will**, when discipline is needed, let my child know that I disapprove of what he/she does, not who he/she is.
5. **I will** set limits for my children and help them find security in the knowledge of what is expected of him/her.
6. **I will** make time for my child and cherish our moments together, realizing how important and fleeting these moments are.
7. **I will** not burden my child with emotions and problems he/she is not equipped to deal with, remembering that I am the parent and he/she is the child.
8. **I will** encourage my child to experience the world and all of its possibilities, guiding him/her carefully but not fearfully.
9. **I will** take care of myself physically and emotionally so that I can be there for my child when he/she needs me.
10. **I will** try to be the kind of person I want my child to grow up to be: loving, fair-minded, moral, giving and hopeful.

Lucy McClintic



We would like our families to know about this wonderful and **FREE** resource. It's an **online cookbook** designed to share recipes that would fit the budgets of people on fixed incomes. These recipes are flexible and encourage substitution based on availability, price, and personal taste!

Check it out! Available en Español!

<https://cookbooks.leannebrown.com/good-and-cheap.pdf>

For additional resources on menu planning, recipes, and tips on feeding young children, visit our website:

<https://www.cacsheadstart.org/about/nutrition-head-start/>



BE PREPARED FOR A WINTER STORM



FEMA

FEMA V-1014/June 2018

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.

Stay indoors and dress warmly.



Listen for emergency information and alerts.

Prepare for power outages.



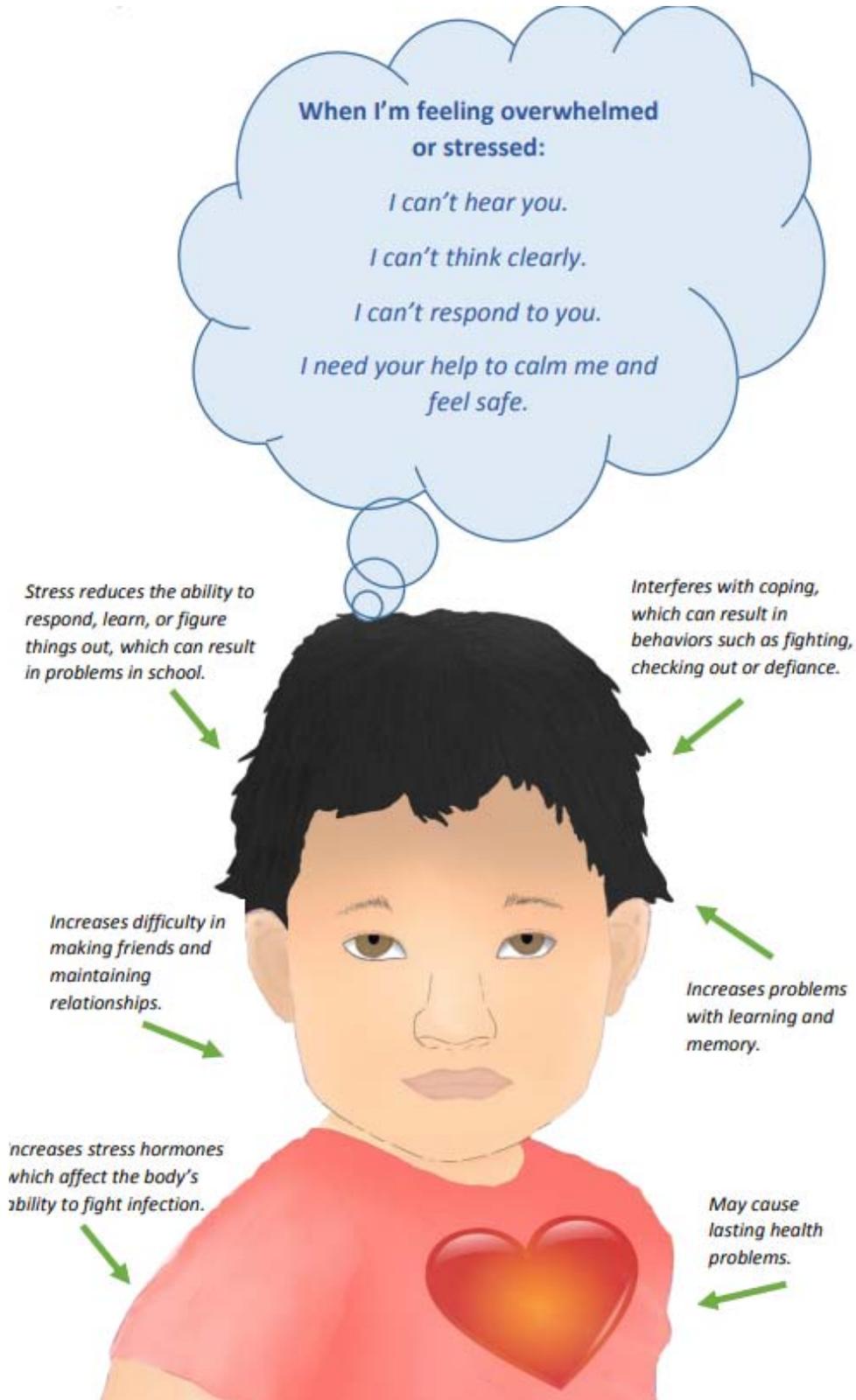
Look for signs of hypothermia and frostbite.



Check on neighbors.

EARLY INTERVENTION SERVICES

STRESS impacts brain growth, development and behavior. Stress and challenging situations are a normal part of life for all families. Sometimes these experiences can feel overwhelming. Stressful situations also challenge the child's ability to see the world as a safe place. Ask your child about Ai, Ty, and Keisha! They are puppet friends who visit the classroom. They teach many skills including how to identify and name feelings and how to cope in safe and healthy ways.



Children's Dental Health Month



February is Children's Dental Health Month. Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums. Parents should definitely help their children brush their teeth until they turn 6-8 years old, at least twice per day (let them practice with you to learn proper technique). Up until that age, children do not have the ability to reach every tooth properly.

If your child does not like brushing his/her teeth, try turning it into a game. Sing a song, tell a quick story or go on a "germ" hunt. Make sure you go to your dentist twice a year, and let your dentist know if you are having problems getting your child to brush his/her teeth.

For information on your child's oral health, or for referrals to a dentist, feel free to call Brandy Sandifer, Oral Health Specialist at 517-482-1504 ext. 128.

1 or 2 days a week doesn't seem like much but..

If your child misses....	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

EVERY DAY COUNTS

El apetito de los niños

(Información fue producida por Kid Food)

¿Qué pueden hacer los padres?

Sea consistente con lo siguiente:

1. Todos los días sirva 3 comidas y 2 o 3 bocadillos a la misma hora.
A los niños más pequeños les gusta la rutina y comerán mejor cuando las comidas están planificadas.
2. Ofrezca variedad de comidas nutritivas: carnes no grasas con frijoles, frutas, verduras duras y granos integrales.

Sea un buen modelo a seguir:

1. Siéntese con su niño(a) a la hora de la comida y coma alimentos saludables en variedad.
2. No comente cuanto comen usted y otras personas, sea mucho o poco.
3. Disfrute de la comida. Coma lentamente con su niño(a).
4. Tome bocados pequeños.
5. Coma porciones normales y deje de comer cuando esté satisfecho.

Deje que su hijo decida cuanto comerá:

1. No sirva grandes porciones de comida para usted o para su niño(a). Comemos de mas cuando hay mucha comida en nuestro plato. Cuando sea posible deje que su niño(a) sirva su propia comida.
2. Pídale a su niño(a) que pruebe toda la comida. Tal vez necesite probar una comida nueva entre 8 y 10 veces antes de aceptarla.
3. No soborne ni le ruegue a su niño(a) para que coma. Tal vez coma cuando lo haga, pero estará aprendiendo a comer cuando lo obligan, no cuando tiene hambre.
4. No limite la cantidad que come su niño(a). Si le pide mas comida, sírvale más.



El apetito de su hijo puede cambiar dependiendo de lo rápido que este creciendo o lo activo que sea.

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <u>Proud Fathers</u> Grand River, 5:00-6:00pm	4 <u>READY! for Kindergarten</u> Towar, 8:30-9:15am	5 <u>READY! for Kindergarten</u> ELCC, 5:00-6:00pm <u>Sweet Dreamzzz</u> Grand River, 9:00-10:00 am	6	7	8
9	10 <u>Proud Fathers</u> Grand River, 5:00-6:00pm	11 <u>Yoga Buddies</u> Grand River, 5:00-6:00pm <u>Love and Logic</u> Grand River, 9:00-10:00am	12 <u>READY! for Kindergarten</u> ELCC, 5:00-6:00pm Grand River, 5:00-6:00pm <u>Love and Logic</u> LaRoy Froh, 9:00-10:00 am	13 <u>It's a Family Affair</u> Pine St., 2:00-3:30pm	14	15
16	17 AGENCY CLOSED	18 <u>READY! for Kindergarten</u> Maplehill, 8:45am Towar 8:30-9:15am	19 <u>READY! for Kindergarten</u> ELCC, 5:00-6:00pm	20 <u>Rules and Routines</u> Roosevelt, 9:00-10:00 am	21 POLICY COUNCIL	22
23	24 <u>Proud Fathers</u> Grand River, 5:00-6:00pm	25 <u>READY! for Kindergarten</u> Kidtime, 5:00-6:00pm	26 <u>Build and Go</u> Maplehill, 8:00-9:30am	27 <u>Pop Up Baby Shower</u> <u>Resource Day</u> Mt. Vernon, 2:00-3:45 pm	28	29

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 (new and used items)

BABY focus: Toys and games , clothes, suits, shoes, books, personal goods, Baby 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!

Establishing Rules and Routines

- Designed to help with ideas of why we need rules and routines at home.
- Learn about setting rules and consequences.
- Learn about natural and logical consequences.

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.