



ISSUE 2
2019

CONNECTIONS

Connecting home, school and community

In this issue:

Director's Corner	1
Executive Director	1
Absences Add Up	1
Well Child Visit	2
Early Intervention Services	2
MI Bridges	3
How to Manage Feelings	3
Dental FAQ's	4
Segmento Informativo en Español	4

DIRECTOR'S CORNER



The days are getting shorter and the weather is getting colder. There is no need to stay indoors - everyone needs fresh air! At Head Start, the children will go outside every day unless the weather is inclement or the wind chill/temperature is at or below 20 degrees.

Fall is a great time for family walks. They provide many opportunities for conversation:

“Which tree do you think will be the last to lose all of its leaves?”

“What colors do you see?”

“What are the squirrels doing?”

Try taking along a bag to collect leaves, pinecones, rocks, sticks, and other treasures your child finds along the way. Listen for crunching leaves or flocks of geese. What did you see, hear or smell? When you get home, have your child tell a story about the things he/she saw and collected. Family conversations expand children's vocabulary and bring families closer together. You could write down a story about your walk to read over and over. We would also love to have your child share his/her story at school.

As you talk to your child about the world around them, try to add new and 'fancy' words to your conversation. Talk about 'autumn' instead of 'fall', 'golden' leaves instead of 'yellow' leaves or 'chilly' instead of 'cold'. Play around with different words, but most of all, have fun!

~Lucy McClintic

MIGUEL RODRIGUEZ

CACS EXECUTIVE DIRECTOR



Hello Head Start families! As this year's program settles in, many activities and projects are being scheduled and held in and out of our various classrooms. Thanks to the work and effort of our staff, your children get many opportunities to experience new things.

As you review the flyers or announcements highlighting these events, I encourage you to consider volunteering to help. Whether it's for a field trip, class event, helping in the classroom, or being a bus rider, the support of families is important. We are allowed to count your volunteer service toward our grant match amount. Please contact your Teacher or your Family Advocate to see how you can help. Have a great day!

Absences Add up!

#SCHOOLEVERYDAY

Missing just 2 days a month means a child misses 10% of the school year.

RUPERT GANZER

THE WELL-CHILD VISIT

What to expect during your visit:

A well-child visit is a chance to get regular updates about your child's health and development. Your health care team will take measurements, conduct a head-to-toe examination, update immunizations, and offer you a chance to talk with your health care professional.

Your well-child Visit includes 4 specific activities:

- Offering ways to keep your child from developing health concerns
- Determining whether your child has any health concerns
- Providing support for your child's overall health and well-being
- Talking through health information and offering advice

By focusing on each activity, your health care professional offers you tools and information that you can use to support your child's development.

What will you talk about?

Your **child's growth and development**

Your **proud moments**

Your **family's health**

Your **everyday life**

Your **challenges**

Your **health care professional's advice**



EARLY INTERVENTION SERVICES

What Is Language? What Is Speech?

Language is different from speech.

Think of **Language** as a system of words and symbols. Language deals with meaning.

- What words mean: "star" can be a bright object in the sky or a famous person
- How to make new words: friend, friendly, unfriendly
- How we put words together: "John walked to the new store" rather than "John walk store new"

Receptive Language = understanding language – following directions, understanding questions, or following a simple conversation

Expressive Language = expressing thoughts, ideas, wants, and needs

Speech is our way of communicating. Some examples:

- **Articulation** = how speech sounds are made – "rabbit" vs "wabbit"
- **Voice** = hoarseness, nasally, or scratchy voice
- **Fluency** = rhythm of speech – stuttering

A few ideas to increase speech & language development:

- Model correct sounds
- Look in the mirror so you & your child can see how your mouth looks and moves when making different sounds
- If your child uses single words – model 2 word phrases, for example "more juice" instead of "juice"
- Talk about what your child is doing and encourage turn taking
- Ask questions and provide opportunities for your child to respond
- Let your child know you notice their effort!



If you have any questions about your child's speech & language development, contact your child's teacher or feel free to call the Early Intervention Services Department at 517.482.1504.



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

HOW DO YOU MANAGER YOUR FEELINGS?

Feelings are something that are with us all the time. Learning to manage them leads to school success and supports longer, healthier life in adulthood. Have you ever been talking with someone who starts yelling what they are talking



about? Sometimes you react to the yelling and what they meant gets lost in translation. Learning to calm yourself and then communicate is key. As people get older, they learn to talk about how they feel and get support from others. In the classroom, children have a Safe Place or AI's Place where they can visit, practice calm down strategies, and talk about their feelings. Ask your child about it!

Here are a few fun resources:

Belly Breathe:

<http://www.youtube.com/watch?v=7zxBRBhxbNo>

Breathe-Think-Do with Sesame Street App

<https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo&hl=en>

3 Ways to Make Veggies More Enjoyable for Your Child

Does your child often say 'no' to vegetables because of their look, texture, or smell? If so, do not panic! It is perfectly normal for preschoolers to reject veggies. Children of that age are more likely to eat the sweeter fruits over the bitter veggies. However, it is important to continue to offer vegetables again and again (without pressure)! Here are 3 easy ways to make eating vegetables more enjoyable for your child:

1. Switch it Up!

Maybe your child likes a certain vegetable better cooked than raw, or the other way around. Change the texture or temperature of the vegetable by preparing it differently (steamed, roasted, etc.).

2. Dip it!

Serve raw or steamed veggies with your child's favorite sauce, dip or dressing. You could even try honey mustard, almond butter, or hummus. This will make veggies more fun to eat!

3. Add them, don't sneak them!

Be open about adding vegetables to your meals and snacks—in fact, have your child help with the prep/cooking process. By helping, your child may see that adding veggies into other foods is normal and can be delicious too!

Dental Frequently Asked Questions FAQ



Are baby teeth really that important to my child?

Primary, or "baby," teeth are important for many reasons. Not only do they help children speak clearly and chew naturally, they also aid in forming a path that permanent teeth can follow when they are ready to erupt.

What should I do if my child has a toothache?

First, rinse the irritated area with warm salt water and place a cold compress on the face if it is swollen. Give the child acetaminophen (e.g., Children's Tylenol) for any pain, rather than placing aspirin on the teeth or gums. Finally, see a dentist as soon as possible.

How can parents help prevent tooth decay?

Parents should take their children to the dentist regularly, beginning with the eruption of the first tooth. Then, the dentist can recommend a specific program of brushing, flossing, and other treatments for parents to supervise and teach to their children. These home treatments, when added to regular dental visits and a balanced diet, will help give your child a lifetime of healthy habits.

Toothpaste: when should we begin using it and how much should we use?

The sooner the better! Starting at birth, clean your child's gums with a soft infant toothbrush or cloth and water. Parents should use a tiny smear of fluoride toothpaste and a soft, age-appropriate sized toothbrush to brush baby teeth twice daily as soon as they erupt. Once children are 3 to 6 years old, then the amount should be increased to a pea-size drop and parents should perform or assist in toothbrushing. Remember that young children do not have the ability to brush their teeth effectively. Children should spit out and not swallow excess toothpaste after brushing.

La Disciplina, Educando Con Cariño

Los padres tienen problemas disciplinando a sus hijos cuando esperan mucho o poco de ellos. Algunos padres creen que sus hijos deberían hacer exactamente todo como ellos quieren que se haga, y cuando ellos quieren. Otros padres tratan que sus hijos los obedezcan teniendo una relación de amistad con ellos, en vez de una relación padre-hijo. Ambos métodos disciplinarios tienden a fracasar porque no toman en consideración las necesidades de sus hijos.



Autoritaria-Algunos padres esperan que sus hijos ciegamente obedezcan un sin fin de reglas sin ninguna explicación. A este tipo de disciplina se le conoce como autoritaria. A los niños no se les reconoce como individuos que tienen sus propios deseos, opiniones, y necesidades.

Amigo más que padre-Otros padres creen equivocadamente que si se hacen amigos de sus hijos, recibirán su respeto y confianza. Por lo general, los padres emocionalmente inmaduros utilizan este acercamiento porque creen que si disciplinan a su hijo, este no los querrá más. Estos niños empiezan a creer que **no** tienen que seguir las reglas, y tienden a meterse en problemas en la escuela y con la ley.

Las necesidades de un niño-Una disciplina efectiva toma en consideración las necesidades individuales de cada niño. Conforme un niño se desarrolla, adquiere una identidad distinta a la de sus padres, y aprende a pensar y a actuar independientemente. Parte del trabajo de los padres es ayudar a su hijo con el siguiente proceso: proteger su propiedad y al niño de una lesión física y emocional mientras aprende a comportarse de manera madura y responsable.

Recuerden, la clave de una disciplina efectiva es el balance. Todos los niños necesitan reglas/límites para que sepan que es lo que se espera de ellos y cómo comportarse; pero tienen que ser reglas que vayan de acuerdo a las necesidades y por supuesto a la edad del niño(a).

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	<p>4 <u>Fatherhood Love and Logic</u> Grand River, 5:30-7:00pm</p> <p><u>READY! for Kindergarten</u> Grand River, 12:30-1:30pm</p> <p><u>Parent Meetings:</u> Charlotte, 11:30-12:30pm & 3:00-4:00pm Eaton RESA, 3:15-4:15pm Pine, 8:15-9:15am</p>	<p>5 <u>Parenting Made Fun</u> Shiawassee RESD, 5:30-7:30pm</p> <p><u>Love & Logic #2</u> Maplehill, 5:00-6:15pm</p> <p><u>READY! for Kindergarten #2</u> Grand River, 8:30 – 9:30am Hildebrandt, 8:45 -9:30am</p> <p><u>Love & Logic #6</u> Grand River, 5:15 – 6:30 pm</p> <p><u>Parent Meetings:</u> Baker, 8:00-9:00am Clinton County, 9:00-10:30am Grand Ledge, 8:30-10:30am Mason, 3:45-4:45pm Mt. Vernon, 8:30-9:30am</p>	<p>6 <u>READY! for Kindergarten #1</u> LCC, 5:00-6:00 pm Little Blessings, 5:00pm Mason, 4:00pm</p> <p><u>READY! for Kindergarten #2</u> Pine, 8:30-9:30am</p> <p><u>Parent Meetings:</u> Eaton Rapids, 3:00-4:30pm Pottersville, 1:00-3:00pm Towar, 8:30-9:30am</p>	<p>7 <u>Sweet Dreams</u> LaRoy Froh 8:30-9:30am Miller, 8:30-9:30am Perry, 8:15-9:15am</p> <p><u>Daddy/ Daughter Dance</u> Grand River, 5:15-6:45 pm</p> <p><u>Parent Meetings:</u> Colt, 8:00-10:00am Grand River, 8:00-10:00am Harley Franks, 8:00-10:00am Roosevelt, 9:00am Waverly, 12:00-1:30pm</p>	8	9
10	<p>11 <u>Fatherhood Love & Logic</u> Grand River, 5:30-7:00pm</p> <p><u>READY! for Kindergarten</u> Grand River, 12:30-1:30pm</p>	<p>12 <u>READY! for Kindergarten #3</u> Maplehill, 4:30-5:15 pm South Cedar- 9:00am</p> <p><u>Sweet Dreamzzz</u> Roosevelt, 9:00-10:00 am</p> <p><u>Love and Logic</u> Grand River, 5:15-6:30pm</p>	<p>13 <u>READY! for Kindergarten # 2</u> LCC, 5:00pm Little Blessings, 5:00pm Eaton Rapids 3:00 pm Mason, 4:00 pm</p> <p><u>READY! for Kindergarten #3</u> Miller, 8:30-9:30am</p>	<p>14 <u>READY! for Kindergarten #1</u> Eaton Rapids, 4:00pm LaRoy Froh, 8:30-9:30am Charlotte, 2:45-3:30 pm</p> <p><u>READY! for Kindergarten #2</u> Mt Vernon, 8:30-9:30am</p>	15	16
17	18	<p>19 <u>Love & Logic #3</u> Maplehill, 5:00-6:00pm</p> <p><u>Ready! for Kindergarten #3</u> Hildbrandt, 8:45-9:30am</p> <p><u>READY! for Kindergarten #2</u> Grand River, 8:30-9:30am</p>	<p>20 <u>READY! for Kindergarten #3</u> LCC, 5:00pm Little Blessings, 5:00pm Mason, 4:00pm Pine, 8:30-9:30am</p>	<p>21 <u>READY! for Kindergarten #3</u> Mt Vernon, 8:30-9:30am</p> <p><u>READY! for Kindergarten #2&3</u> Charlotte, 2:45-3:30 pm</p>	22	23
24	<p>25 <u>Love & Logic #4</u> Maplehill, 5:00-6:00 pm</p>	<p>26 <u>Superhero Activity Night</u> Grand River, 5:15-6:45 pm</p>	27	<p>28 Agency Closed</p>	<p>29 Agency Closed</p>	30

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

Parenting Made Fun!

A parenting program designed by Love and Logic®
Answers to:

- “How to handle disruptions during meal times?”
- “Developmental stages”
- “How to end temper tantrums?”
- “Is there a way to discipline my toddler in public without creating a scene?”
- “How to get children up and about in the mornings?”
- “How to stop whining and bickering?”
- And many other day-to-day parenting challenges....

This 5 week parenting program is designed to give you practical skills that you can use immediately.

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!

Super Hero Night

Up, up and away! Let the kids have a smashing great time as they dress up while visiting the photo booth area, participate in fun activities and dance to music.

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.

Daddy/Daughter Dance

Join us for a night of dancing with your Head Start daughter, granddaughter or niece!

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.