



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER

March is Reading Month: Happy Birthday Dr. Seuss...March 2! Dr. Seuss brought children everywhere the love of reading through is 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 off 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

Census 2020

The Census happens every 10 years. It is very important that you and your family are counted. Head Start dollars are directly related to the number of children in each city. You will start to see information about the Census and will get a postcard in the mail after March 12th. Head Start is available to help you complete the form online, on the phone or in the mail. There will be computers available to all parents to use at various Head Start sites. All children (including babies) should be counted. This will only take 10 minutes of your time. No citizenship questions are asked.

Why the 2020 Census Matters to Schools

An accurate count of ALL children is critical for educators and their students because 2020 Census responses drive decisions about the distribution of federal funds for programs such as:

- Special education
- Free and reduced-price lunch
- Class sizes
- Classroom technology
- Teacher training
- After-school programs
- Head Start
- Playground and public parks
- Public transportation



OPERATION SAFE CHILD

64,000 times each year, a young child goes to the emergency room for medicine poisoning. Operation Safe Child has been helping manufacturers with safe packaging for about 40 years. This testing program is designed to see if packages really are child-resistant and was designed by the Consumer Product Safety Commission. The children are given a safe child-resistant package and are allowed 10 minutes to try to open it. The results are shared with the manufacturer to help determine a safe decision about the packaging. CACS has participated in the testing program for several years. Children in some of the Head Start rooms will have the opportunity to participate. Teachers receive \$2.00 for every child who participates to purchase classroom supplies. If prefer that your child not participate, notify your child's teacher. For additional information, contact Deb Hill at 571-882-5025.

Building Self-Esteem - What makes you YOU?!

From the time people are born, they start showing us who they are by such things as how long they like to sleep, how they react to new situations, how they manage and calm their feelings, as well as develop ideas about what they like and dislike. What do you know about yourself that makes you - YOU? Do you like broccoli? Do you want "alone" time to calm down before solving a conflict? What is something you value? Honesty? Becoming YOU is something you are born with AND how you make sense of your world. What are the messages you tell yourself? What do you tell your child? Below are 5 ways to build positive self-esteem in yourself, your child, or others!

- Do something you enjoy everyday
- Tell others when they act in ways you like
- Say I love you
- Ask open-ended questions to understand their thinking
- Join people who help you be who you want to be.

It's a life-long process...who are you today? Who do you want to be tomorrow?

31 WAYS TO BUILD YOUR CHILD'S SELF ESTEEM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Make, bake, and decorate cookies together. Share with a neighbor.	Jump rope or exercise with your children. It's fun and healthy.	Decorate a shoebox with your child to store their treasures & keepsakes.	Hang up your child's artwork at home or at your place of work.	Talk about family values and strengths. Listen to your child's ideas about these.	Plan a No Screens night. Play games. Read together. Look at family photos.	Help sort toys and books your children have outgrown. Pick out ones to donate.
8	9	10	11	12	13	14
Tell your children you are proud of them. Think of ways to praise them each day.	Take a walk. Learn about your neighborhood. Find your street on a city map.	Show interest in your children's school day. Tell them about your day.	Make a list of all the reasons your child is special and post it on your refrigerator or a bulletin board.	Teach your child safety rules. Have a fire drill. Post safety and emergency numbers.	Have an indoor picnic. Each person in the family helps.	Visit the library. Help your child get a library card and read books together.
15	16	17	18	19	20	21
Create a family bird feeder with an old milk jug. Fill with seed and hang.	Slip a note of encouragement in your child's coat, lunch box, or under a pillow.	Write a story together. Read your story to a friend or family member.	Have an indoor treasure hunt, or plan one in your yard.	Take a family walk and look for signs of spring.	Attend a local school sports game together. ENJOY!	Have a family Movie and popcorn night.
22	23	24	25	26	27	28
Teach your child a skill such as sewing on a button or using a hammer and saw.	Have each family member share what he/she learned today.	Focus on success! List five successes experienced by family this week. Post the list.	Frame and display a family photo in each child's bedroom.	Talk about the wonderful times you had together during March.	Plan and prepare a meal with your child and eat the meal together.	Hug and tell your children, "I love you" every day.
29	30	31	 <p>1-800-968-4969 www.preventionnetwork.org/pam</p>			
Make cards or write a letter together to send to a relative.	Begin a scrapbook for each child with his or her help.	Start a collection with your child, such as rocks or stamps.				

Healthy Habits for Encouraging Your Child to Drink Water

A child's body needs water to be healthy and active. Many communities have tap (faucet) water with fluoride. Giving children water with fluoride is one of the best ways to keep their teeth healthy. When children drink water with fluoride throughout the day, their teeth are bathed in low levels of fluoride, which helps to keep teeth strong. Here are some tips for encouraging your child to drink water:



- Make drinking water fun for your child. Use bendy, silly, or colored straws or let your child choose their favorite cups or water bottles.
- Use water bottles that can be carried anywhere. Refill them with tap water. Most bottled water does not have fluoride.
- Add a lemon, lime, or orange slice or fresh mint leaves to the water. Or add fruit like blueberries, raspberries, or strawberries.
- Give your child water with ice cubes or crushed ice. Look for ice cube trays in fun shapes like dinosaurs, letters, or animals.
- Be a good role model for your child. Drink water instead of drinks that have sugar, like juice, fruit drinks, soda (pop), or sports drinks.
- Read books or show your child videos about drinking water, for example *Potter the Otter: A Tale About Water* and *Potter the Otter Loves to Drink Water*

Build Your Own Veggie Soup

Start with 1 qt. of a low sodium base:

- Veggie stock Beef stock Chicken stock

Pick a protein (16 oz.):

- Beans Shrimp Ham
 Chicken Lentils Shredded Turkey
 Shredded Beef Tofu Steak

Add 3+ veggies:

- Carrots Spinach Mushrooms
 Celery Kale Corn
 Zucchini Broccoli Cauliflower
 Onions Peppers Peas
 Tomatoes Potatoes Squash

Add a whole grain (2 cups):

- Brown Rice Egg Noodles Bulgur Wheat
 Wheat Pasta Quinoa Barley

Add some flavor, to taste:

- Garlic Parsley Pepper
 Basil Italian Seasoning Chives
 Lemon Juice Cilantro Thyme

Place all ingredients except grains in slow cooker & cook on low 6-8 hours. Add grains last 30 minutes.

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

right. Academy of Nutrition and Dietetics

NOW ENROLLING



2020-2021 School Year!

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

Go to michiganpreschool.org to submit an application.

Cómo facilitar la transición de su niño(a) del preescolar a kindergarten

Según el proyecto de aprendizaje temprano de Illinois, si su hijo esta por empezar Kindergarten en el otoño 2020, ayude a que sea una buena experiencia haciendo lo siguiente:

Hable acerca del Kindergarten antes del primer día de escuela.

Platique con su hijo sobre el kindergarten antes de que llegue el gran día. Averigüe como piensa su hijo que será la escuela. Este preparado a responder a sus preguntas: ¿Cómo será el comienzo del día? ¿Cómo será el fin del día? ¿Dónde almorzaré y jugaré?

Visite el aula del kindergarten en la primavera.

Si es posible, visite el salón de clases durante el semestre previo a la fecha de entrada de su hijo. Hable con el maestro y camine por los corredores de la escuela. Visite el patio de recreo, la sala de almorzar y los baños. Al ver estos lugares y estas personas puede ayudar a aliviar algunas de las preocupaciones que tenga su hijo(a).

Comunique a su hijo que está bien sentirse ansioso.

Si su hijo se siente inseguro acerca de comenzar el kindergarten, comuníquelo que usted (o un hermano o hermana mayor o amigo) se sentía igual. Asegúrele que se acostumbrara a todo en poco tiempo.

Asegure que su hijo descanse bien y esté bien alimentado.

El kindergarten normalmente cansa más a los niños que preescolar. Su hijo(a) estará mejor preparado para estar a la altura de las demandas del kindergarten si ha descansado y desayunado bien.

Ayude a su hijo(a) a desarrollar un sentido de responsabilidad.

Durante los años de la escuela, usted querrá que su hijo(a) empiece a llevar la responsabilidad de llegar a la escuela a tiempo junto con sus pertenencias. Deseará que complete su tarea escolar y quehaceres del aula. También querrá que le de las cartas importantes del maestro que lleva a casa. Tanto como sea posible, deje que su hijo(a) lleve a cabo estas tareas importantes por sí mismo, empezando en el kindergarten. Al hacerlo, le ayudara a sentirse capaz y a aprender sobre la responsabilidad.

Es muy importante mantener en mente que la responsabilidad educativa en los Estados Unidos es considerada mutua entre la escuela y la familia. Es decir, es su responsabilidad como padre comunicarse con la escuela y preguntar como se esta desempeñando su hijo en la escuela, y que ayuda puede proporcionar usted para asegurar que siga adelante.



MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Proud Fathers Grand River, 5:30-6:30pm Parent Meetings Baker, 8-9am & 3-3:30pm Willow, 8-9am, 3-4pm	3 Parent Meetings Clinton, 9:00-10:30am Harley, 8-9:15am, 3:15-4:15pm Riddle, 8-9am, 3-4pm Roosevelt, 8:00-9:00am	4 Parent Meetings Charlotte, 8-9am, 3-4pm Eaton Rapids, 3:00pm Holt, 8-9am, 3-4pm Maplehill, 7:00-10:00am Miller, 8:00am Pine, 8:30am Potterville, 8:00-10:00am S. Cedar, 4:00pm Towar, 8:30-9:30am	5 Parent Meetings Averill, 8-9am, 3-4pm Colt, 8:00-10:00am Eaton RESA, 3:00-4:00pm Grand River, 8:00-10:00am Mason, 3:00pm Mt. Vernon, 8:30am Family Fun Nights Mason, 6:00-7:00pm	6 Parent Meeting Reo, 8-9am, 3-4pm	7
8	9 Proud Fathers Grand River, 5:30-6:30pm Love and Logic Dewitt, 9:00am Parent Meetings Forestview, 8-9am, 3-4pm	10 READY! for Kindergarten#1 Maplehill, 8:45-9:30am Sweet Dreamzzz Colt, 9:00-10:00am	11 Sweet Dreamzzz & Family Bingo Grand River, 4:00-5:00pm Family Fun Nights Baker, 5:00-6:30pm Miller, 5:30-7:00pm	12 R.E.L.A.X. Alternative to Anger Hildebrandt, 8:30-9:30am Family Fun Nights Eaton Rapids, 5:00-6:30pm Harley, 5:30-7:00pm S. Cedar, 5:30-7:00pm	13	14
15	16 Proud Fathers Grand River, 5:30-6:30pm Love and Logic Dewitt, 9:00am Family Fun Nights Roosevelt, 5:30-7:00pm	17 READY! for Kindergarten#2 Maplehill, 8:45-9:30am Family Fun Nights Maplehill, 5:30-7:00pm	18 Family Fun Nights Charlotte, 5:00-6:30pm Haslett, 6:00-7:30pm Pine St., 5:00-7:00pm	19 Family Fun Nights Grand River, 4:00-6:00pm Mt. Vernon, 5:00-7:00pm St. Johns, 5:30-7:00pm	20 Policy Council	21
22	23 Proud Fathers Grand River, 5:30-6:30pm Love and Logic Dewitt, 9:00am	24 READY! for Kindergarten#3 Maplehill, 8:45-9:30am Spring Fling Perry, 5:00- 6:30pm	25 Spring Fling Maplehill, 5:30-6:45pm	26 Pop Up Resource Day Grand River, 8:15-11:30am Family Fun Nights Colt, 4:30-6:00pm	27	28
29	30	31				

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

Spring Fling

Join us for a night of resources and dancing with your Head Start child, grandchild, niece or nephew!

Pop - Up Resource Day (some new/used)

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

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.

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.