



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER

Spring is officially here and it's time to get outside! Please rethink what that might look like for your children in relation to the Coronavirus (COVID-19). Many places may be closed, but you can still go outside for a walk and explore your own neighborhood.

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

- Set up an obstacle course for you and your child to run or hop around.
- Paint with water or draw with chalk on the sidewalk or driveway.
- 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 an egg hunt by hiding paper eggs in your yard with letters or numbers on them. When the eggs are found, name the letter or number.

You won't be able to go to Potter Park Zoo, but you can look for the birds, squirrels and bugs in your neighborhood.

Please keep children learning during this time off. A few minutes each day of pointing out letters, practicing sounds, counting and naming numbers, and reading favorite books will help to keep children on track.

Don't forget to go to the CACS website (www.cacsheadstart.org) for links to additional activities, as well as food distribution sites.

~Lucy McClintic



MAKE YOUR FAMILY COUNT
on the 2020 Census
Learn more at:
www.2020Census.gov

NOW ENROLLING

2020-2021

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.

How Loud Is Too Loud?

The louder the sound, the quicker it can damage your hearing. Sound is measured in decibels. Sounds at or above 85 dBA* can cause hearing loss.

*dBA – A-weighted decibels

2 minutes at 110 dBA can damage your hearing.

140-160 dBA
Fireworks show



110-129 dBA
Ambulance sirens



14 minutes at 100 dBA can damage your hearing.

94-110 dBA
Headphones, sporting events and concerts



8 hours at 85 dBA can damage your hearing.

80-100 dBA
Lawnmower



74-104 dBA
Movie theater



At or below 70 dBA, sounds are generally considered safe.

60-70 dBA
Normal conversation



30 dBA
Whisper



Source: CDC National Center for Environmental Health

Why Protect Your Hearing?

Noise-induced hearing loss:

- Can build over time.
- Is permanent.
- Is preventable.

How to Protect Your Hearing:

- Lower the volume.
- Move away from the noise.
- Wear hearing protectors, such as earplugs or earmuffs.



A program of the National Institutes of Health



<https://www.noisyplanet.nidcd.nih.gov>

Toll-free voice: (800) 241-1044

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NIH National Institute on Deafness and Other Communication Disorders

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Institute on Deafness and Other Communication Disorders

Follow Us  

Nutrition Facts Label

What You Need to Know



Start here!

When comparing foods be sure to look at **servicing size** to make accurate comparisons to the number of **servicing per container**.

Be Aware of Added Sugars

Total Sugars includes both naturally occurring sugars, like fructose and lactose found in fruit and milk, and added sugars.

Get Enough of These Nutrients

Eat more fiber, vitamin D, calcium, iron and potassium to maintain good health. Most Americans do not get the recommended amount of these nutrients.

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

		% Daily Value*
Total Fat	8g	10%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrate	37g	13%
Dietary Fiber	4g	14%
Total Sugars	12g	
Includes 10g Added Sugars		20%
Protein	3g	
Vitamin D	2mcg	10%
Calcium	260mg	20%
Iron	8mg	45%
Potassium	235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories

The number of calories in a single serving.

% Daily Values:

- 5% or less is considered low.
- 20% or more is considered high.

Limit These Nutrients

Limit saturated fat, trans fat, cholesterol, sodium and added sugars.

Ingredients

The ingredients list is found below the nutrition facts label. Ingredients are listed in descending order, with the largest amount listed first.

For more information visit www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/

DIFFERENT BRUSHING POSITIONS

Just be sure to brush every tooth



Lay them on their back



Sit them on your lap



Stand behind them and brush

Knowing how to brush your teeth is just as important as the type of toothpaste you choose. Teach children the proper technique early to help encourage them to develop good oral health habits. Explaining how to brush your teeth doesn't have to be complicated. Start with these simple steps to get kids off to a good start.

- Hold your toothbrush at a 45-degree angle against the gums.
- Move the brush back and forth gently, in short strokes, over the fronts, backs and tops of your teeth. Don't scrub hard along the gum line; you can irritate your gums.
- Don't forget to brush (and floss) behind your top front teeth and behind the bottom front teeth. (The area behind the bottom front teeth is prone to tartar buildup and needs attention.) Use the top bristles of the brush to reach this area—some toothbrushes have a slightly longer tip to make it easier to reach these spots.

¿Cómo aprenden los niños? (Proveedor de Tecnologías McKesson)

Los niños aprenden repitiendo. Lleva práctica que los niños gateen, beban de un vasito, aprendan nuevas palabras o crucen la calle sin peligro. Su hijo no se aburre cuando repite cosas nuevas. Sea paciente y esté preparado para repetir las cosas varias veces hasta que su hijo aprenda la lección.

Cuando este enseñando a su hijo, dele motivos cuando le pida que haga algo. Diga, por ejemplo, “saca tu camión de las escaleras para que nadie se tropiece y se caiga”, en lugar de sácalo porque te digo que lo hagas”.

Cuando su hijo haga algo malo, critique la conducta, no al niño. En lugar de decir “eres un niño malo”, dígame, “te quiero mucho, pero no está bien que dibujes en las paredes. Me enoja cuando haces eso”. Eso ayuda a su hijo a aprender que no está bien hacer ciertas cosas, sin que tenga miedo de que usted no lo ame más.

Sorprenda a su hijo haciendo algo bien. Alabe a su hijo por haber hecho un buen trabajo. Las sonrisas y el estímulo por lo general funcionan mejor que los castigos.

Deje que su hijo haga cosas solo. Es necesario vigilar mucho a los niños pequeños. Sin embargo, aprenden a tomar decisiones y adquieren confianza en sí mismos vistiéndose solos y guardando sus juguetes.

Lea a su hijo en voz alta todos los días. Hasta a los bebés de solo 6 semanas les gusta que les lean. Leer juntos da a su hijo la oportunidad de aprender sobre el lenguaje y de disfrutar el sonido de su voz.

Jugar es otra manera en que los niños aprenden. Jugar ayuda a los niños a resolver problemas, tales como poner los juguetes derechos si se caen. Cuando apilan bloques, los niños aprenden sobre colores, números, geometría, formas y equilibrio. Jugar con otros niños les ayuda a aprender a compartir a y no salirse siempre con la suya. De a sus hijos muchas oportunidades para jugar.

Lleve a su hijo a hacer y ver cosas nuevas. Salgan a caminar por su barrio o vayan a lugares en autobús. Vayan a museos, bibliotecas, zoológicos y otros lugares de interés. Si viven en la ciudad, pasen un día en el campo. Si viven en el campo, pasen un día en la ciudad. Deje que su hijo toque música, baile y pinte.

Recuerde que usted es el primer y más influyente maestro de su hijo y su hogar su primera escuela