

Glouster Early Head Start News

Progress Towards Meeting Goals

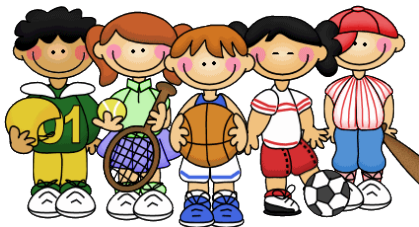
One of our long term goals is to promote school readiness by ensuring children are physically able and ready to learn by helping families access and maintain ongoing and continuous health care. Last year our goal was to have 90% of our families with a medical home by the end of the school year. We exceeded our goal and had 99.7% of our families with a medical home at the end of the school year.

Well child care is one of the hallmarks of a family centered medical home. When hearing "medical home" for the first time, some think that it is a physical place. Rather it is an approach to providing care in a way that looks at the entire picture incorporating all the things that are important to the health and wellbeing of a child. The well child visit to your doctor gives you a chance to ask questions or discuss any concerns you may have about your child's development, behavior and general well-being. These questions are hard to discuss during sick visits. Parents also get immunizations completed and any blood work that needs to be done during a well child visit. Well child visits should continue even after your child leaves Head Start to keep your child ready for school!

Taking your child to the dentist every 6 months is very important also. Regular dental visits are essential for the maintenance of healthy teeth and gums. A child's primary teeth, sometimes called "baby teeth," are as important as the permanent adult teeth. Not only do primary teeth help children chew and speak, they also hold space in the jaws for permanent teeth that are growing under the gums. When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in. This can make teeth crooked or crowded. That's why starting infants off with good oral care can help protect their teeth for decades to come.

How your child eats today will have a striking impact on their health throughout adolescence and adulthood. Consuming nutritious foods helps children grow, develop, do well academically and feel good about themselves. Nutrition for kids is based on the same principles as nutrition for adults. Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages. When your child is at Head Start they receive nutritious meals and snacks. Exposing your child to new and nutritious food at a young age will help start a lifetime of healthy eating.

Part of being healthy is physical activity. It is recommended that children have 60 minutes of physical activity a day. I know this seems like a lot and sometimes is hard to do. You have received a Physical Activity Questionnaire to help us provide information and activity ideas for our families. Thank you to those who have completed it. Look for information coming home with your child in the next few months!



For more information on our program goals, contact your center coordinator, our Head Start director or a program coordinator. Our main office phone number is 800-686-1093.

Hocking Athens Perry Community Action Head Start

Head Start is a federally funded, comprehensive school readiness program. Our school readiness goals are aligned to the Head Start Early Learning Framework. Ohio Early Learning Standards and Local School Expectations. Our school readiness plan includes children ready to learn, families as life-long educators and supportive communities.



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Your
Center
News
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St. Patrick's Day Fun!

Socialization March 16, 2016
4:30 to 6:00

Glouster Play Room

Green Theme Art Fun

Pizza!



Edible Chocolate Play Dough

Ingredients:

- 6 tbsp of baking cocoa
- 3/4 cup of powdered milk
- 1/2 cup light corn syrup
- 1 tsp of vanilla powder
- 3 cups powdered sugar
- 1/2 cup of butter (must be room temperature)

Directions:

- Mix all ingredients in a bowl.
- Knead until doughy texture is achieved.
- The playdough is finished, create and eat!.

This is a truly simple, but tasty playdough recipe, you can't go wrong with it. It's not the best playdough for playing with, but it's a fun thing for the little ones to make figures they can eat.



Egg Hunt!

Socialization

Large Community Room
Glouster Community Action
March 23, 2016
4:30 to 6:00

Join us to hunt for eggs!

KFC Chicken for snack!

