Athens Head Start/Early Head Start
January Newsletter 2019

Winter Safety Tips

Whether winter brings severe snow storms, light dustings or just cold temperatures, here are some valuable tips on how to keep your children safe and warm.

What to Wear:

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Clothing for children should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

Hypothermia:

- Hypothermia develops when a child's temperature falls below normal due to exposure to cold. It often happens when a youngster is playing outdoors in extremely cold weather without wearing proper clothing or when clothes get wet.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. His speech may become slurred and his body temperature will decline.
- If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing. And wrap him/her in blankets or warm clothes.

Frostbite:

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears and nose. They may become pale, gray and blistered. At the same time, the child may complain that his/her skin burns or had become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of his/her body in warm (not hot) water. Warm washcloths may be applied to frostbitten nose, ears and lips.
- Do not rub the frozen areas.
- After a few minutes, dry and cover him/her with clothing or blankets. Give him something warm to drink.
- If the numbness continues for more than a few minutes, call your doctor.

Winter Health:

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep your nasal passage moist. If bleeding is severe or recurrent, consult your physician.
- Cold weather doesn't cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of his/her elbow may help reduce the spread of colds and flu.
- Children between 6 months and 18 years of age should get the influenza vaccine to reduce their risk of catching the flu.

Hocking Athens Perry Community Action Agency

hapcap
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COMMUNITY ACTION
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Learning to Cooperate

A baby begins to develop a sense of caring by responding to the care given to them by others. At five or six month, a baby begins to make loving gestures towards those who cares for them.

As their world becomes broader, they develop into caring, cooperative children and then a caring adult. The changes do not occur all at once, but much progress is made during the first five years. This is especially true if your child has a chance to have many experiences with different people.

As your child develops an awareness of their own importance, they begin to appreciate others. They want to help others feel as good as he does. The following charts describes the way children behave towards other people at different stages. Remember that all children are different and develops at their own rate. **Stages are more important than age marks.**

Stage 1/Age 2:

- Likes familiar people, but is slow to relate to new adults.
- Plays alone with dolls or stuffed animals and shows loving gestures.
- Does not cooperate well in group play.

Stage 2/Age 3:

- Cooperates in family activities and tasks, such as setting the table.
- Shares toys with others, but is not able to share work space.
- Brings their own toys to school or a friend's home to share.
- Becomes more sensitive to people.
- Feels sympathetic towards others.
- Shows self control
- Waits to take turns.

Stage 3/Age 4:

- Expresses sympathy more easily.
- Is developing a conscience.
- Is interested in rules.
- Continues to be more sensitive to people and their feelings.
- Wants to help someone feel good.
- Includes some children in group activities, but may not take others into the group or share objects with them.
- Enjoys holidays where caring and sharing are shown and other children's birthdays.

Stage 4/Age 5:

- Gets along well in small groups.
- Cooperates in group activities of larger groups.
- Relates more easily to new people or relatives they don't see often.
- Plays better with older siblings.
- Tends to be extremely kind to younger siblings.
- Thinks about polite and respectful things to do and say.

Bright Ideas for School Readiness

Many adults live with the constant pressure of multiple demands and tight schedules. But preschoolers need time and space to attempt new things, make a plan, figure out how to solve a problem, practice a new skill and think about the meaning of what they just saw or heard.

To support your child's school readiness, try these **Approaches to Learning** strategies.

* Ask your child to plan what she will do and later, to reflect on her activities.
* Provide activities that interest your child.
* Encourage problem solving. Don't just answer questions; help your child to figure things out for himself.

Children need a Father or Father figure in their lives. Men who connect with their children help the child develop self worth, learn impulse control and feel secure. Children need the different qualities that are essential for growing that a father/figure can share or model.

Talking about Drugs with Preschoolers

It may seem premature to talk about drugs with preschoolers, but the attitudes and habits that they form at this age have an important bearing on the decisions they will make when they're older. At this early age, they are eager to know and memorize rules, and they want your opinion on what's "bad" and what's "good." Although they are old enough to understand that smoking is bad for them, they're not ready to take in complex facts about alcohol, tobacco, and other drugs. Nevertheless, this is a good time to practice the decision-making and problem-solving skills that they will need to say "no" later on.

Here are some ways to help your preschool children make good decisions about what should and should not go into their bodies:

- Discuss why children need healthy food. Have your child name several favorite good foods and explain how these foods contribute to health and strength.
- Set aside regular times when you can give your son or daughter your full attention. Get on the floor and play with him; learn about her likes and dislikes; let him know that you love him; say that she's too wonderful and unique to do drugs. You'll build strong bonds of trust and affection that will make turning away from drugs easier in the years to come.
- Provide guidelines like playing fair, sharing toys, and telling the truth so children know what kind of behavior you expect from them.
- Encourage your child to follow instructions, and to ask questions if he does not understand the instructions.
- When your child becomes frustrated at play, use the opportunity to strengthen problem-solving skills. For example, if a tower of blocks keeps collapsing, work together to find possible solutions. Turning a bad situation into a success reinforces a child's self-confidence.
- Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.
- Point out poisonous and harmful substances commonly found in homes, such as bleach, kitchen cleanser, and furniture polish, and read the products' warning labels out loud. Explain to your children that not all "bad" drugs have warnings on them, so they should only eat or smell food or a prescribed medicine that you, a grandparent, or a babysitter give them.
- Explain that prescription medications are drugs that can help the person for whom they are meant but that can harm anyone else — especially children, who must stay away from them.

Ibrahim A Ian B Elia E Izabella G Zaid H
Benjamin R Nevaeh S Jenivieve W

Good Attendance

Kaylee D Trinity K Aaliyah M Owen M Emily P
Edward T Frederick T Sheldon T Sayesha W Nana A-B
Nyamede A-B Declan M Gunner P Adalynn W Melody M
Dana B Deema B Naomi K Xavier C Kara S Isad I
Mohammad I Kobe D Mohammad O Layan A Abigail P

Center News

Please remember that it is cold outside and as long as the weather is permitting we will be taking children outside. Please bundle them up and send extra clothes with them in case they need them.
Parent meeting will be held Wednesday, January 2, 2019 at 4:30 PM.
We will be closed on December 31, 2018 and January 1, 2019. Classes will Resume on Thursday January 3, 2019.
We will be closed on Monday January 21, 2019.
Please remember to contact Tammy to schedule your cycle visit.
If we are closed we will be announcing this information on Channel 10 tv, Radio stations 105.5 and 107.7, and also on our Face Book page.
Please remember that attendance is very important and if your child must miss, please remember to contact us at 740-592-1124.
Reminder: all AM Children must be picked up by 11:30 AM and all PM Children must be picked up by 4 PM .
Reminders: Children should not be bringing toys, candy, food, chap stick, hand gel, etc. to school with them.

Classroom A News

During the month of January we will be exploring the weather/Snow. We will talking about animals, which ones hibernate and which ones don't. We are asking for parent volunteers and giving reminders to please turn in your reading logs and Family Engagement Calendars. We will be getting back into the routine of things.

Classroom B News

During the month of January we will be exploring the weather/Snow. We are asking for parent volunteers and giving reminders to please turn in your reading logs and Family Engagement Calendars.

Early Head Start News

We are giving reminders to please turn in your reading logs and Family Engagement Calendars. Our socializations will be held on January 16, 2019 at the center from 4:00 PM to 5:30 PM and on January 30, 2019 at the center from 4:00 PM to 5:30 PM.

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED	2 Parent Meeting 4:30 PM	3 Classes Resume	4	5
6	7	8	9	10	11	12
13	14	15	16 EHS SOC 4-5:30	17	18	19
20	21 CLOSED	22	23	24	25	26
27	28	29	30 EHS SOC 4-5:30	31		