

# March 2019

## Head Start / 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.

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.

For more information on our program goals, contact your Center Coordinator, our Head Start director or Education Coordinator. Our main office phone number is 800-686-1093, 740-767-4500.

### 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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740-767-4500 [www.hapcap.org](http://www.hapcap.org)



Check  
Your  
Center  
News



## Time Out For A Laugh

There's nothing that a good laugh won't cure! It sounds simplistic, but there's much to be said for a little humor. People who study the effects of humor report that it can have positive effects on both physical and mental health.

Our lives sometimes become so focused on accomplishing daily routines, that there's little time left to have fun for fun's sake. Although we often can't change our routines, we can inject a little humor into them from time to time.

Almost any task can provide an opportunity for a good laugh or two. So take some time out for a laugh as you do the following with your child, and you'll never be accused of being a "fuddy duddy!"

- Tie your child's shoes before putting them on their feet. Act surprised when he or she discovers your mistake.

- When helping your child on with a coat or sweater, pretend not to find a sleeve.
- Wear a pair of earmuffs in the house and see if your child notices. When they ask what's on your head, pretend it's not there.
- Play a silly game of making funny faces.
- Play "I've Got A Secret" when getting them ready for bed. See if they can guess your secret and then whisper, "I Love You!" in their ear.

A child feels valued if they can provide joy and happiness to those they love. Give your family a daily dose of laughs and the reward will be yours too.



## The Dangers of Lead



**Lead is much more harmful to children than adults** because it can affect children's developing nerves and brains. The younger the child, the more harmful lead can be. Unborn children are the most vulnerable. Overall, about 1 in 20 preschoolers have high levels of lead in their blood. Any child can be affected. **Children living in cities or older houses are more likely to have high levels, it will effect their learning and development.**

### Where it is found:

- House paint before 1978. Infants and children living in pre-1960's housing (when paint often contained lead) have the highest risk of lead poisoning. Small children often swallow paint chips or dust from lead-based paint.
- Toys and furniture painted before 1976 or made outside the U.S.
- Lead bullets, fishing sinkers, curtain weights.
- Plumbing, pipes, faucets.
- Soil contaminated by decades of car exhaust or years of house paint scrapings. Thus, lead is more common in soil near highways and houses.
- Hobbies involving soldering, stained glass, jewelry making, pottery glazing, miniature lead figures (always look at labels).
- Pewter pitchers and dinnerware.
- Stored batteries.

**If you suspect you may have leaded paint in your house, get advice on safe removal from the Housing and Urban Development (HUD) at 800-RID-LEAD or the National Information Center at 800-LEAD-FYL.**

## Don't forget

to check your child's backpack.. We send home newsletters, Activity Calendars, Reading Logs and notes about Family Events.

Your volunteering by doing the Activity Calendars and Reading Logs monthly helps us meet our grant matching.

We really need you to help us with this.

Thanks for helping EHS and HS with home activities that help your child and us.



## For Infants:

### REACHING

When your baby first begins to reach for things, you can help by holding toys or other safe objects directly in front of them. Most babies reach straight out and grasp things between both hands at first.



### What's he/she trying to tell me?

By age seven or eight months your baby is using their voice to let you know what they want. Their tone, along with gestures and the expression on their face help you know whether "Na-na-na-na" means "Hi, I'm glad to see you," "Help! I can't reach that toy," or "I want to get out of this chair right now!"

## For Toddlers:

### Make a Toddler Toy in Less Than 5 Minutes

- Cover a small box with plain paper. (A tea bag box is a good size.)
- Cut a clear picture from a magazine of a baby, puppy, a truck, or anything your child is interested in.
- Tape the picture firmly on one side of the box.
- Show the picture to your toddler. Then turn the box over and ask, "Where'd it go? Can you find it?" Let your toddler turn the box around and around until they spot the picture.

## For Preschoolers:

### Child-Made Language Games

Have your child cut out 5 or 6 pictures from magazines or from junk mail. Ask them to line them up on the floor. Then have them close their eyes while you hide one picture behind your back. They have to figure out which one is missing. Take turns being the hider and the guesser. Another way to play is to turn all pictures face down. Players then take turns pointing to the back of each picture and guessing what is on the other side.

## Library Cards

It is never too soon - or too late - to get a library card for your child and yourself. Most public libraries will let children have their own card as soon as they can print their name. (But you might have to sign for it.) Many offer free children's programs, such as author visits, story time, and arts and crafts. It seems like a simple thing, but having a library card can change your child's life.

While you're at it, why not check out some books for yourself? A cookbook? A car repair manual? A novel? Let your child see that you like to read, too!

While you are at the library, look at all the DVD's they have available that you are able to check out using your library card. Why spend your hard earned money on renting DVD's when you can get them from your local library. Computers are available for the public to use.

Your child can use them, with your assistance, and parents can use them to type a resume, look for a job, look up new recipes to try, or research a special topic that interests them.

Libraries are a great resource for you to use. Why not take advantage of what they have to offer.



# NELSONVILLE HEAD START/EARLY HEAD START NEWS

MARCH 2019

Hopefully most of the winter weather is behind us. Just a reminder we will be going outside everyday as long as it is above 25 degrees.

Please continue to send children with coats.

Have you changed your phone number? Or changed your emergency contact info? If you have, please see a staff member to update your information in the office.



## ENROLLMENTS

We are enrolling now for next school year. If your child is returning please fill out an application and schedule a time with Regina or Angie for enrollment.

Spots will fill up quickly, so if you are planning on returning we need to know soon.

Also if you have a friend or neighbor who wants to attend send them our way.

Keep updated on meetings and events.

Like us on Facebook.



# March 2019

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

					1	2
3	4	5 library to visit class B	6 Center Closed staff day	7	8	9
10	11	12 crazy hair day	13 PJ Day EHS HB Soc 3-5	14 Hat Day	15 wear green day.	16
17	18 Parent Meeting 4	19 Li-brary visit class A	20 EHS HB Soc 3-5 PPC	21 Dads Day 12:30	22	23
24	25	26	27	28	29	30
31						