November 2018

Athens Head Start / Early Head Start News

Words to Create Confidence

Your child *naturally* wants to do well. When you act and speak in a positive and encouraging way, you help your child feel confident, ready to take risks, and solve problems. These are all important for school readiness!

Positive Tools for Parents

Encourage your child's efforts.
"I saw how hard you worked to zip up your coat."

Let your child know what to do.
"Please use a quiet voice in the library."

Focus your child's attention on a more appropriate choice when you want to redirect behavior.
"Do you want to kick the soccer ball to me?"

Give your child a role.
"Can you help me find the cereal we usually buy?"

Encourage the behavior you want to see.
"Look at you! You remembered to wash your hands!"

Telling your child *"Good Job!"* is a great way to provide encouragement. But an even greater way is to use a COMPLETE SENTENCE. Adding an open-ended question helps your child to think and develop language.

"You did a good job stacking those blocks. Look how high your tower is." "How did you get them to not fall down?"

"That is a good job of cleaning your room. All your toys are put away and your clothes are in the hamper." "What's your system for cleaning up?"

"I like how you did a good job riding in the car. You stayed in your seat all the way home." "What did you do see along the way?"

"Shouting is crushing to a child" remember to keep your voice volume in a regular and gentle tone when correcting or instructing your children.

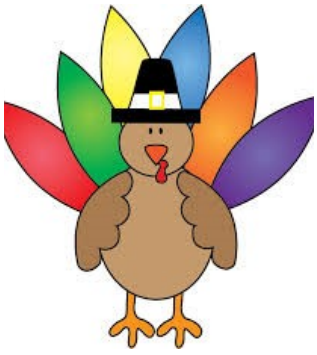
Tell children what to do -not what to stop doing.
"I need you to walk", "I said to sit in that chair", "use your words, not your hitting hands".

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.

IN-KIND -TURN IN ACTIVITY CALENDAR AND READING LOG
THANKS FOR VOLUNTEERING FOR HS-EHS

hapcap
HOCKING · ATHENS · PERRY
COMMUNITY ACTION
740-767-4500 www.hapcap.org



Adapted from Head Start's National Center on Quality Teaching and Learning
NCQTL@UW

Cooking a Thanksgiving Turkey

November 2018

Whether you're a new cook or an old hand, follow these simple steps to turn out a safe, tasty turkey!

What's the best way to thaw a turkey?

The best and safest way to thaw a turkey is in the fridge. If time is an issue, you can submerge the turkey in cold water. Don't defrost at room temperature, because that allows bacteria to grow.

Place the turkey breast-side up in its unopened wrapper on a tray in the refrigerator. Allow at least one day of thawing for every four pounds of turkey. For cold-water thawing, place the turkey breast-side down in its unopened wrapper in cold water. Change the water every 30 minutes to keep the surface cold. It takes about 30 minutes per pound for a whole turkey.

How do you handle a turkey?

- **Keep thawed or fresh turkey refrigerated. A thawed turkey may be kept refrigerated for up to 4 days before cooking.**
- **Prevent juices from dripping onto other foods in the refrigerator by putting the wrapped turkey on a tray.**
- **Place raw poultry on non-porous surfaces (plastic or glass); they're easy to clean. Avoid wooden cutting boards.**
- **Use paper towels, not cloth, to pat turkey dry and wipe up juices.**
- **Stuff your turkey just before roasting, not the night before.**

- **Wash your hands, and any surfaces and utensils touched by the raw poultry and its juices with hot, soapy water.**

- **Roast your fresh turkey as soon as possible, but no later than the "use by" date on the packaging.**
- **Avoid using low-roasting temperatures or partial-cooking methods.**
- **Use a meat thermometer to check if your turkey is done.**
- **Your turkey is done when a meat thermometer reaches 180 degrees F deep in the thigh. Juices should be clear, not pink, when the thigh muscle is pierced deeply. A stuffed 20-pound turkey takes about 5 hours to cook in a 325-degree oven.**

hapcap
HOCKING · ATHENS · PERRY
COMMUNITY ACTION

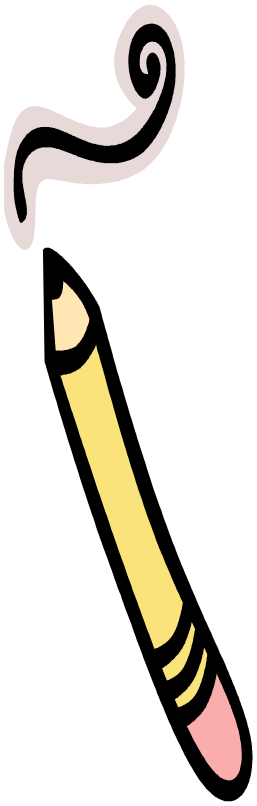
-CAR SEAT SAFETY MONTH

-FEELING RECOGNITION MONTH

-FATHERHOOD-MALE ROLE MODEL IMPORTANCE

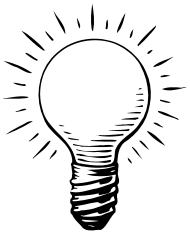
-POISON SAFETY AWARENESS

School Readiness Goals



HAPCAP Head Start / Early Head Start has 5 school readiness goals. They are as follows:

- Language and Literacy Development: Children enter school as competent communicators with rich vocabularies, eagerly engaged in the world of literacy.
- Cognition and General Knowledge: Children are curious learners who explore their world making discoveries and solving problems.
- Approaches to Learning: Children approach learning in various ways employing initiative, curiosity, engagement, persistence, reasoning and problem solving skills.
- Physical Development and Health: Children are physically and developmentally healthy.
- Social and Emotional Development: Children are socially and emotionally healthy members of their families and the community.
- When your child has all these, they will be ready for Kindergarten.



BRIGHT IDEAS FOR SCHOOL READINESS

Help your child become a competent communicator!

- Talk about your day.
- Introduce new words ("Yes, I see the red bird...it's a *cardinal.")*
- Read, read read!
- Talk about the books you read.
- Ask questions that require your child to think.

Smart Steps to Poison Prevention

Most poisonings involve everyday household items such as cleaning supplies, medicines, cosmetics, and personal care items. Help protect your children by reviewing the following guidelines:

DRUGS, MEDICINES AND VITAMINS

- Keep medicines in their original child restraint bottles and containers locked up and out of the reach of children.
- Don't call medicine candy. Medicine and candy may look alike and children cannot tell the difference.
- Never give medicine in the dark. Turn on the light when you give medicine at night to be sure you have the correct amount of the right medicine.
- Vitamins are medicine. Vitamins with iron can be poisonous. Keep them locked up and out of the reach of children.
- Avoid taking medicine in front of children because they often imitate adults.
- Be aware of any medicines that visitors may bring to your home. A child's curiosity may lead them to investigate visitor's purses, suitcases, pillboxes, etc.
- Discard old medicines safely and responsibly. Do not flush them down the toilet or pour them down the drain, as they may contaminate the water supply. Rinse empty container.

HOUSEHOLD AND CHEMICAL PRODUCTS

- Store all poisonous household and chemical products locked up, away from food and out of sight of children.
- Store all products in their original containers.
- Never mix household products together as poisonous gases may result.
- Turn on the fan and open windows when using chemical products such as household cleaners.
- Discard old or outdated household chemicals.
- Pesticides can be absorbed through the skin and can be extremely toxic.
- Always read pesticide labels first and follow directions explicitly. Never leave pesticides unattended while using them.
- Lamp oil is very toxic. Don't put decorative lamps and candles that contain lamp oil where children can reach them.

AROUND THE HOME

- Carbon Monoxide produced by burning fossil fuels such as gasoline, kerosene, propane, natural gas and wood is an odorless, colorless gas often called the "Silent Killer". Water heaters, stoves, space heaters, and other appliances that use natural fuel can release carbon monoxide. Check these appliances often for cracks and be sure ventilation ducts travel to the exterior of your home.
- Do not leave automobiles running in an attached garage. Carbon Monoxide is emitted from automobiles.
- Keep poisonous plants out of the reach of children and pets. Teach children not to eat mushrooms, leaves and berries that grow in the yard.
- Keep children away from plants that have recently been sprayed with weed killer.

BE PREPARED

- Call (800) 222-1222 for the Poison Control Center.
- Install battery operated carbon monoxide alarms throughout your home; at least one on each level, in each bedroom and above every fuel-burning appliance. Change the battery when you change the time on your clocks each spring and fall.

Athens Head Start/Early Head Start Center News

Dana B Deema B Matthew B
Mohammad I Isabell M Brayden M

Attendance Matters
.every school day counts!

Dana B Deema B Izabella G
Brody P Anabella W
Ibrahim A Jayla P Claire W
Brielle R Trinity K Ethan M
Edward T Sayesha W Nana A-B
Nyamede A-B Declan M
Gunner P Benjamin R Helena R

Center News

Please make sure you are completing your visits with your Family Support Worker if you are in the Center Base Program. Cycle 3 visits will start on October 29, 2018 and end on November 30, 2018. Please make sure you are making up any missed visits with your Home Visitors if you are in the Early Head Start Program. We will be closed on November 21, 2018 thru November 26, 2018 and will return to normal class schedules on November 27, 2018. We would like to invite all families for a Bilingual night on November 14, 2018. Let's get together and learn about other languages and cultures. More information to come at a later date. We will be holding a couple of events during class time this month as well. We will have Donuts for dad's and would like to invite them for Breakfast and Snack on November 9, 2018. We will have Muffins for mom's and would like to invite them for Breakfast and Snack on November 30, 2018. Please remember that it is getting cold outside and we do go outside on the playground during school time. Please dress children warmly! We are also still accepting applications for enrollments, so if you know someone who is interested in attending our Head Start or Early Head Start program, please have them contact us at 740-592-1124 or stop by and fill out an application. Thank you for all of the work you do with your children!!

Class A News

Wattch for information regarding upcoming activities. We will be doing a scarecrow festival. We would like for each family to build, draw, or paint a scarecrow (Be Creative). We will have a visitor from the Kennedy art museum, then we will go to visit the museum. We always welcome parents to join us in all of our events.

Class B News

Wattch for information regarding upcoming activities. We will be doing a scarecrow festival. We would like for each family to build, draw, or paint a scarecrow (Be Creative). We will have a visitor from the Kennedy art museum, then we will go to visit the museum. We always welcome parents to join us in all of our events.

Early Head Start News

Our socializations will be held on November 13, 2018 at the center and on November 28, 2018 at the center. Both will be from 4:30-6:30 PM.
Please join us.
Please make sure to reschedule any missed visits .

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Kennedy Art Museum Visitor at the center	7	8	9 Donuts With Dad	10
11	12	13 Field Trip to the Kennedy Art Museum EHS Socialization 4:30-6:30 PM	14 Bilingual Night 4:30-6:30	15	16	17
18	19	20	21 Closed	22 Closed	23 Closed	24
25	26 Closed	27	28 EHS Socialization 4:30-6:30 PM	29	30 Muffins With Mom	