Head Start Parent Newsletter

Wills Point Primary School

February

How to talk to kids about safety

It is important to educate children about personal safety without scaring them. These steps will help you teach your kids about personal safety.

1. Talk to your children in a calm manner. If you are anxious about the topic, they will pick up on this.
2. Speak openly about safety issues. Abduction and assault are often shrouded in secrecy.
3. Stranger danger is confusing for children. Unfortunately the danger is greater from someone you or your child might know.
4. Practice "what if" scenes with your child or children.
5. Teach your child that it is more important to get out of a threatening situation than be polite.
6. Help children understand that they need to tell a trusted adult before they go anywhere.
7. Children should not go out alone and should buddy up when they go outside or go places.
8. Tell children to get out of the situation if they feel scared, uncomfortable, or confused.
9. Parents should use teachable moments to reinforce safety skills.
10. Put safety nets in place so that your children know who to go to when they have a problem or difficult situation.

Contents

Parent Involvement	1
Family Community Partnership	1
Health & Safety	1
Mental Health	1
Disabilities	2
ECLKC Information	2
Nutrition	2
Parent Meeting Plans	2
Classroom News & Reminders	2

Get Involved!

Experts recommend that kids get no more than 1–2 hours of TV/computer/video games a day — most kids get 4–6 hours. You know your child needs to watch less TV but you're dreading the screaming, yelling and crying that may follow. First and foremost, remember YOU are the parent. You run the show; part of your job is to set limits. Here are some ideas about how to limit your kid's sedentary time.

•Have a plan. Be prepared to offer alternative activities to TV or video games. You might consider family game night, shooting some hoops, walking the dog or exploring a nearby park.

•Be active with your kids. Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play — go play with them!

•Limit tube time. Don't position your furniture so the TV is the main focus of the room. Remove televisions from bedrooms. And remember to avoid using TV as a reward or punishment.

•Plan TV watching in advance. Go through the TV guide and pick the shows you want to watch. Turn the TV on for those shows and turn it off afterwards. Don't just watch whatever comes on next.

•Practice what you preach. Your kids won't accept being restricted to two hours of TV watching if you can veg out for four hours. The best way to influence your kids' behavior is through example.

How to Help Your Child Understand and Label Emotions

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others.

Try This at Home

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling, "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."

Teaching your child about her emotions can be a fun and rewarding experience!

www.challengingbehavior.org

Featured Community Resource

THHS-Canton office
555 W Highway 243
Canton, TX 75103
(903) 567-4147

2018 Upcoming Parent Meeting Plans

Feb-no meeting

March-no meeting

April 23rd 9:00am Primary School Cafeteria

Love is the chain whereby to bind a child to its parents.

-- Abraham Lincoln

This information is from ECLKC website (www.eclkc.ohs.acf.hhs.gov)

Welcome to Fun and Learning for Parents and Children!

The more you enjoy playing with your children, the more they may be able to learn. Your children's abilities to learn many skills in the early years will depend on their stages of development and their individual interests. In addition, their learning will depend on the opportunities and support that the family offers them at home and in their surroundings.

Here are a few helpful hints to assist you in planning and doing the activities with your children.

- Establish some rules with your children and be consistent about enforcing them. Set limits and be prepared to have them tested!
- Use eye contact and reasoning to relate positively to your children.
- Give detailed explanations to questions and explain the meanings of new words when you're playing with young children.
- Assigning a few simple household chores helps your children learn to follow directions.
- Outdoor activities will give your children a chance to use some energy and stay healthy!

Healthy Recipes for the New Year

The start of a **New Year** is a great time to reflect on the past, look ahead to the coming year, and think about what we want to do differently. For many families, eating better often tops the list of New Year's resolutions. But how do you know where to start? A great way to tackle any resolution is to break it down into smaller, more realistic steps. If eating healthier is one of your family's goals for this year, follow these bite-sized steps to help you get there in 2018.

1. **Collect healthy recipes**. Gather and save healthy recipes so you have them on hand when you go to plan and prepare meals. By finding recipes ahead of time, you won't have to worry about finding last minute nutritious and delicious food to serve your family!
2. **Plan out weekly menus**. Have a set meal plan in place each week to help you stay prepared and on track, even during hectic weeknights.
3. **Eat together as a family**. Make a commitment to get the family together at mealtime. This will ensure everyone is not only eating better, but also spending more quality time with one another.

Special Education: Individual Education Plan (IEP)

Each child with a disability, who is being served by special education, will have an Individual Education Plan/Program, often called an IEP. The IEP will list the specific goals and skills the child with be working on with the support of special education supports and services. The IEP goals are developed each year at the child's annual Admission, Review, & Dismissal (ARD) meeting. Your child's progress on IEP goals will be reported each grading period, usually when report cards go home to parents. Be sure to check your child's growth each time you receive the IEP Progress Report to see progress toward the goal's mastery level.

If you have questions or concerns about your child's IEP, please have your child's Family Service Worker contact the Head Start Disabilities component!

Classroom News and Reminders!

Parents, do you have extra time during the day? We would love for you to volunteer in the classroom or offer your time to help our teachers with cutting materials out at home. Please let us know if you would be interested!

Dates to Remember:	Birthdays:	Important Reminders:
02/12-No School **03/12-03/16 No School**	02/20-Bailey C	Field trips are being scheduled. Make sure your community volunteer application is complete and approved so you may attend with our class. As always, make sure your child's physical and dental exams are up to date. When your child visits the doctor or dentist, please let Ms. Sina know so that she can get the updated records. If you need any assistance with this, contact Ms.Sina at 903-873-8106.