

Head Start Parent Newsletter

Wills Point Primary School

April



Feed Your Toddler Right—How Much is Enough?

You can lead a young child to the table, but you can't make him eat – nor should you. Let your child's appetite guide how much food is enough. Although they are no longer babies, young children aren't ready for adult-size portions. Judge how much your toddler or preschooler needs to eat using these tips.

- Serve small helpings and wait until your child asks for more. Offer one tablespoon of food for every year in age.
- Watch for cues that your child is full. When he starts to play with food, becomes restless or sends other signals of "no more", stop. Knowing what it feels like to be full-and when to stop eating-helps children learn to eat enough but not to overeat.

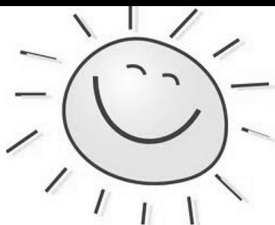
- Disband the "clean plate" club. Making your child finish everything can encourage overeating or turn your child off to foods they should be eating. In either case, you could be setting up your child for weight or other nutritional problems later in life.
- If your child always leaves food on his or her plate, you may be offering too much food. Give smaller portions to smaller people.

If your child is growing normally, seems healthy and has energy to play, she probably is eating enough. If you are unsure, talk to your child's doctor or visit a registered dietitian.



Contents

Health	1
Mental Health	1
Nutrition	1
Disabilities	2
Education	2
Parent Involvement	2
Parent Meeting Plans	2
Classroom News & Reminders	2



Featured Community Resource

Stonepoint Church

17584 Fm 47

Wills Point, TX 75169

Phone: (214) 537-7883

Head Start Mental Health



How to Help Your Child Recognize and Understand Fear

Fear is a normal and healthy human emotion. We all experience fear from time to time. However, children and adults experience the world differently, so it is not uncommon for children to be afraid of things that don't make sense to their parents. Separation from parents, monsters under the bed, loud sounds and other experiences which may seem minor or silly to adults are quite real to children.

You can teach your child how to experience fear in a positive way. For example, it is good for children to have a healthy sense of caution--they should be afraid of running into the street. However, when a child has too much fear it can interfere with normal, healthy development. When you teach your child to recognize and label fear, it helps him to better manage his emotions and handle life's challenges.

Try This at Home Notice and label when your child or others are scared.

About your child, "You jumped and grabbed my leg when you heard that loud sound. You were scared."

About others, "I see that little girl crying. She is scared because her mommy is leaving. I wonder what would make her feel better."

HEALTH NEWS—ALCOHOL AWARENESS MONTH



April is Alcoholism Awareness Month. We have all been touched by the disease of alcoholism in some way. When parents struggle, their children struggle. Health and dental needs often go unnoticed or unmet. Parents or caretakers who struggle with alcohol or drug addiction have a difficult time taking care of the health needs of their children. Head Start works to make sure that children's health needs are met while helping families access the services they need to become healthy and strong again.

2018 Upcoming Parent Meeting Plans

4/23/2018

9:30am

TRANSITION

Head Start Disabilities—Offering Choices

When children are given choices throughout the day, parents and teachers are using a best practice strategy that benefits all learners. Teachers use children's preferences to capture in-the-moment teaching opportunities and plan learning activities. For children with significant disabilities such as autism, and for children who display challenging behaviors, choice making is especially beneficial. Children who have social and communication deficits learn that their words have meaning; their choices can affect their environment.

Offer 2 choices, such as "Do you want to use a marker or a crayon?" If language development is delayed, consider using objects or pictures along with your words.

More Head Start Disabilities Parent Training opportunities—

<http://www.esc7.net/default.aspx?name=headstart.parentresources>



Understanding Learning and Thinking in Preschoolers



National Earth Day

April 22, 2018

Is your child developing age-appropriate learning and thinking skills?

It's helpful to know what learning and thinking skills your child should be developing by age 3 or 4. Review the following list and note how your child is doing in each area.

Thinking — My child...

- Is starting to recognize cause-and-effect relationships.
- Understands words that relate one idea to another. (For example: if, why, when.)
- Understands number and space concepts. (For example: more, less, bigger, in, under, behind.)
- Thinks literally (and takes statements and questions at face value).
- Is starting to develop logical thinking (and understands connections and consequences).
- Grasps the concepts of past, present, and future.
- Can follow a simple, three-part command.
- Attempts to solve simple problems rather than rushing to ask for help.
- Engages in fantasy play with dolls, people, and animals.

Learning — My child...

- Can match two pictures that are alike.
- Can put three pictures in a logical order.
- Can recognize things that go together. (For example: a spoon and a fork.)
- Can recognize, match, and name a circle, square, and triangle.
- Can recognize, match, and name at least five colors.
- Can repeat a simple pattern. (For example: step, step, hop – step, step, hop.)
- Can complete simple puzzles.

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:
04/23 Tyler Zoo Field trip	04/02 Emily E. 04/15 Luke T	Please contact Ms. Sina with any upcoming physical and dental appointment dates. Pre registering for Head Start and Pre-K starts 04/09. Your child will be automatically enrolled and promoted to Kindergarten.