



Head Start Parent Newsletter

January

Wills Point Primary School

Contents

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

"The best inheritance a parent can give his children is a few minutes of his time each day."
-O. A. Battista



Featured Community Resource

International Outreach
Church Shining Light Food
Ministry

1404 Lake Dr.

Wills Point, TX 75169

903-873-3078

Working Together!



Many parents, no matter what their **financial** status or education level, feel very intimidated by working with community agencies and professionals. We know that they are the experts and we can easily get lost and start to feel overwhelmed. Whether it be your child's pediatrician, a financial advisor, a social worker, or even just an employee at the electric company – Don't let yourself feel this way.

Here are some tips to help you make the best of these situations:

- (1) Write down what questions or concerns you have ahead of time and take them with you;
- (2) Respect their time by being prepared – Call ahead and make sure you have any documents or information you will need when you arrive;
- (3) Listen carefully and take notes – It often helps to have someone with you who can help you remember the little things you might forget to write down;
- (4) Don't be afraid to ask your questions and share your concerns – Write down the answers and ask for clarification if needed;
- (5) Keep any and everything that seems important (receipts, records, information provided in writing...) in a safe and organized place (a file cabinet, folder, or box).

Hopefully these tips will help you feel more comfortable as you work with various providers in your community!



How to Teach Your Child to Take Turns



Taking turns can be hard, even for adults. It can be frustrating to wait for something that you really want. Taking turns is a skill that must be taught and practiced.

Try This at Home



Play games that require turn-taking. Board or card games are a perfect way to teach older preschool children to wait for a turn. Outside games, such as basketball or catch, are also ideal games to practice taking turns. For young children, use very simple turn-taking games such as rolling a toy back and forth.

Use a timer or a song to measure a turn. Waiting is hard and children want to know when to expect their turn. Show children how to manage taking turns by using a sand timer or singing a song. These tools can help them to predict when their turn will end or begin and makes it less likely that they will become frustrated and use challenging behavior. You can say something like, "I see you want a turn on the swing too. Let's sing a song and when we are done it will be your turn. Do you want to sing the Itsy-Bitsy Spider or Twinkle, Twinkle Little Star?"

Celebrate successes. Encourage your child with positive language when you see him waiting during a difficult situation or taking turns with a friend. You can say something like, "You are waiting for a turn on the swing. Waiting can be hard. You are doing it! High five!" or "I love the way you and Ben took turns using your special car. I bet you feel really proud!"

Teaching your child to take turns takes time, but will benefit your child for a lifetime. www.challengingbehavior.org

I just broke my tooth!

A child may break a tooth if he falls, is hit, or bites something very hard. When you or your child breaks a tooth:

1. Make sure that you and your child are in a safe place.
2. Send someone for the first aid kit.
3. Check your child's mouth for missing teeth or parts of the broken tooth.
4. If the tooth is loose, have your child bite down on a piece of gauze to keep the tooth in place.
5. If the tooth is chipped, gently clean the area and call your child's dentist.
6. If your child lost a permanent tooth, rinse the tooth in water and put it in a cup of milk. Immediately take your child and the tooth in the cup of milk to the dentist or emergency room.
7. Don't try to put the tooth back into the child's mouth.
8. Hold a piece of gauze gently to the area to stop any bleeding.
9. Let your child's dentist know if the tooth changes color after the injury.



2018 Upcoming Parent Meeting Plans

January 22
9am
Cafeteria

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

"Parents & Families as Teachers-A Few Things You Can Do With Language and Reading"

As a parent, you have many responsibilities: caregiver, provider, protector, role model, and teacher. The Head Start Program recognizes and respects you as your child's first — and most important — teacher. That is why Head Start provides parents and families with information and tools to help them teach their children at home and support their learning in the Head Start classroom. Parents and families have many opportunities each and every day to help their children learn, both inside and outside of the home. You don't have to be a Rocket

scientist, math genius, or famous writer to teach your children reading and language skills or basic math and science concepts. Much of your job is simply supporting and encouraging your children's natural curiosity about the world around them. Here are just a few examples of what you can do:

Language and Reading

- Read and talk to your children from the moment they are born. Sing songs and read nursery rhymes. Choose age-appropriate books from the library or bookstore.
- Limit the amount of television young children watch.
- Visit the library for story hour. Let your children explore and choose books to take home.

Head Start Disabilities Parent Resources

Region 7 Head Start Disabilities offers a variety of Parent training and information resources on the Region 7 website! Are you interested in learning more about these topics?

- Becoming a Parent Advocate
- Language Development
- Special Education Referrals, Evaluations, and ARD meetings
- Preparing for ARD meetings
- Transitions

Go to www.esc7.net, click on Departments, click on Head Start, at the right Quick links menu, choose Parent Resources, then go all the way to the bottom of the screen for Disabilities Parent Resources

If you have any concerns or questions, please contact your Head Start Disabilities staff members!



January is "Oatmeal Month"

Celebrate the New Year With Good Health



- * Buy low fat granola made with oatmeal. Granola makes a delicious snack that children can eat with their fingers.
- * Top your child's favorite yogurt with granola and fruit (blueberries, strawberries, peaches, Pineapple).
- * Sprinkle granola on your child's favorite breakfast cereal - adds fiber, nutrition and flavor.

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: |
|--------------------|---------------------------|--|
| 01/15 NO SCHOOL | 01/09 Ally 01/31 Logan | 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. |