



**Northern Tier Community Action Corp.
Head Start Program**

January/February 2016

**David Greene
Executive Director**

From the Director . . .

This time of year also marks our halfway point of the school year. The amount of progress many students have made since the start of the year is amazing. Our program will certainly will continue to promote early literacy, math, language concepts, motor skills, and social development of students.

♥ There are many things that you can do to help with your child's continued development.

Send your children to school on a consistent basis, on time, ready to learn. I truly believe we have great learning opportunities offered by great staff members, using some great materials, but students need to be here in order to benefit from any of it.

♥ Please keep timely attendance of your child a high priority.

♥ Thanks for efforts to have children wash hands regularly at home, cover coughs, and receive a full night's sleep in efforts to lower the spread of germs.

♥ Continue to provide your child with at least 15 minutes at home reading or being read to which often plays a huge role in continued progress.

♥ Allow your child to help around the house by completing learning in a playful way such as sorting socks, stacking objects, and helping with the daily household chores.

Spend time talking with your child! Ask open-ended questions that stimulate conversation and imagination.

Policy Council:

Chairperson:
Margaret Heiser

Vice-Chairperson:
Veronica Allen

Secretary:
Linda DuBeck

Treasurer:
Mary Hasselman

Next meeting:
February 11, 2016

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Submitted by:
Debra Sidelinger,
Head Start Director





Social Media



Follow us on Facebook to stay connected with program news and happenings!
Like "Northern Tier Community Action Corporation Head Start"



Also, follow us on Pinterest to get new ideas!
Follow "NTCAC Head Start"



Photo Sharing



In Kane we read "The Wild Toboggan Ride" and acted out parts of the story. At the end, we fell off the toboggan. It was so much fun!





Helpful Hints from Kindergarten Teachers



If your child is going to Kindergarten this next school year I'm sure you have a lot of questions and concerns about what to expect. The following hints have been collected from kindergarten teachers in order to help families have a part in getting their child "ready" for school.

Kindergarten teachers stated that they would like parents/families to take the following more serious:

- *Attendance
- *Tardiness
- *Updating emergency contact records
- *Checking the child's backpack for notes
- *Signing and returning papers
- *Asking their children about their school day

Help children develop listening skills and increase attention by:

- *Gradually increasing the length or number of stories you read to your child.
- *Turning off the television and talking with your child. TV does not help your child develop listening skills.
- *Asking questions about what you have read.
 - ~Ask factual questions such as, "What was the name of the dog?"
 - ~Ask prediction questions such as, "What do you think will happen when...?"
 - ~Ask personal opinion questions such as, "What would you have done if you were in that situation?"

Help your child develop social skills by:

- *Modeling decision making and fairness.
- *Providing social experiences for your child to be with other adults and children by joining play groups, going to story time at the library, playing on a team, and taking group lessons.
- *Modeling how to share and take turns.
- *Modeling how to get attention appropriately.
- *Allowing your child to become more independent.
- *Modeling problem-solving behavior by "thinking out loud."
- *Modeling persistence through trial and error.
- *Modeling good manners by using such words as "please", "thank you", and "excuse me".

Help your child develop self-help skills by:

- *Giving your child small responsibilities or chores such as:
 - ~Making the bed.
 - ~Picking up the toys.
 - ~Feeding/watering the pets.
 - ~Helping with yard work and/or housework.
- *Teaching your child personal hygiene skills such as:
 - ~Toilet habits – proper wiping.
 - ~Hand washing.
 - ~Brushing teeth



Adapted from: <http://www.terrifictransitions.org/TT/partip9.pdf>

Contributed by: **Amanda Dempsey**
Education/Transition Specialist



What is "Hands On Learning"?



Children learn in many different ways naturally; a concept that confuses many of us. Children learn by exploring, touching, feeling, experimenting and directly through every day play. When you walk into one of the Head Start centers you will see children playing and hear them laughing but will you see them learning; will you recognize the connections they are making and the roles they are exploring?

Through play children will begin to develop all the skills and concepts they need in order to enter kindergarten; in order to enter the world. Children will be in the block area learning about size, length, sorting, classifying and cooperating with others even if we only see that they have built a small building with a friend. How did they know how many blocks they could stack without it tipping over? How did they know that the bottom blocks needed to be larger than the top ones or that they needed to leave a space for a door? They know these things because they have observed the world around them; listened to stories about buildings and tried many times to build the same building until finally it didn't fall over. This is learning; learning at their own pace and having fun while they are doing it.

When you visit our centers you will notice that the interest areas that the children play in have posters on the walls explaining what children are learning throughout their play. Take a moment to read and understand how children are learning at every moment even when we don't realize it. Learning can be simple and should be fun for everyone!

Contributed by:
Jodi Guisto, Education Specialist



Reminders



- January 18th** No class /Staff works
- January 28** Parent training-How to write and maintain a budget;
Robin Kuleck, Penn State Cooperative Extension
Office; Port Allegany; 10:30 (if interested-talk to
your FSW or Home Visitor)
- February 11th** Policy Council





Children's Oral Health



Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems; such as eating, speaking, playing, and learning.

The good news is that tooth decay and other oral diseases that can affect children are preventable. The combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children.

What Parents and Caregivers Can Do

Here are some things you can do to ensure good oral health for your child:

Encourage your children to eat regular nutritious meals and avoid frequent between-meal snacking.

Protect your child's teeth with fluoride.

- ~ Use a [fluoride toothpaste](#). If your child is less than 7 years old, put only a pea-sized amount on their toothbrush.
- ~ If your drinking water is not [fluoridated](#), talk to a dentist or physician about the best way to protect your child's teeth.

Talk to your child's dentist about [dental sealants](#). They protect teeth from decay.

If you are pregnant, get prenatal care and eat a healthy diet. The diet should include folic acid to prevent birth defects of the brain and spinal cord and possibly cleft lip/palate.

Bonnie Halquist, Health & Nutrition Specialist



*“Give Your Heart To Head Start”
Come in and volunteer and warm your child's heart!*



Self - Assessment



Messages from Marcy . . .

Hello! Happy 2016!!! I hope you enjoyed a happy, safe, and healthy holiday. The New Year is a great time to refocus and set goals and expectation for ourselves for the year ahead. This is true for NTCAC Head Start as a program as well. We are always looking at how we can provide the best possible Head Start program for every child and family.

I want to thank everyone who participated in the Health and Safe Environments survey. We got many good suggestions on ways to improve our sites.

In the upcoming months, we will be assessing other areas of Head Start. The annual assessments are completed by parents, NTCAC board and staff. Once all this information is gathered the Management Team and Policy Council will evaluate the data. Goals will be formed in order strengthen our program. Long and short term goals will be developed to ensure that Northern Tier Community Action Head Start is an effective program that follows federal regulations and meets the needs of our parents. Thank you for your cooperation.



Marcy Boswell
Community & Family Specialist



Recruitment



NTCAC Head Start is now accepting applications for its Head Start program for enrollment beginning in September 2016. Head Start is a comprehensive developmental and family service program that provides education, health, social services, and nutrition services for each enrolled child and their family. Children 3 and 4 years old can enroll in the program. Head Start invites children with disabilities to participate in all aspects of the program. Children are selected according to priorities set by the Northern Tier Community Action Corporation Head Start Policy Council. Priorities include children with disabilities and children from families with incomes below the federal poverty level. Only 10% of those enrolled may be over the income guidelines.

A minimum of ten percent enrollment are children with professionally diagnosed disabilities, which may be from over income families. Children with diagnosed disabilities are provided inclusion into the learning experience at Head Start. Efforts are made by Head Start and the family to locate other agencies to provide needed special services.

Please contact your local center or home based program. You can also call toll free (888)809-3704 Ext. 224- Marcy Boswell, Family and Community Specialist.

Marcy Boswell
Community & Family Specialist





Positive Behavior Support



More Positive Behavior Support Stuff....

If a child doesn't know how to read...we teach!

If a child doesn't know how to swim...we teach!

If a child doesn't know how to drive...we teach!

If a child doesn't know how to behave we...**Punish?**



That's quite a sobering thought isn't it? We tend to punish because yelling at them may seem to work, at least initially. Punishing does nothing to help in the long term. It may teach them the way to deal with these things is to be aggressive, physical and sometimes downright violent. The behavior will return and many times worse than ever.

You may need to model appropriate behavior yourself so that the child can see it in action. You can also set up little "mini plays" where you are acting out taking turns, sharing, inside voices, gentle touches ect. Offer this training when you and your child are both calm and in a good mood. Teaching appropriate behavior skills can and should be fun! It's just something that is so very important to do but very few parents do it. There is also many videos and books that address the topic of teaching social skills.

Another very important related parenting tip is to always "catch the child being good." Give plenty of praise that is often and specific. Instead of saying "I like how good you were today" say "I like how you put your toys away." This is again a way of teaching appropriate behaviors. Its human nature to relax and rest and not offer praise when a child is behaving and to pay attention to them when they are not. This will cause inappropriate behaviors to increase and you certainly do not want that so, again...Catch the child being good!

A few other nuggets:

Talk with the child, not at them. Eye contact and smile! Back and forth conversation.

Give lots of encouragement

Teach children what to do. Sometimes they need to be taught the correct way. Teach appropriate alternative behaviors

When possible give the child options for following directions. It's easier to follow directions when you feel you have a choice in the matter

Increase your child's vocabulary by introducing new words. Especially "feeling words" such as disgusted, embarrassed, thrilled, uncomfortable, relaxed ect. This will make it easier for your child to talk with you when they are upset .Have them "use their words" when upset.

Make more "do requests" than "don't" Try to eliminate "don't "from your vocabulary!

Consider making a chart tracking everything positive you say to your child. This alone will increase your positive comments and reduce inappropriate behavior. Offer "Caught Being Good" certificates

Not one of us was given a parenting plan when our child was born We love them and do the best we can. There's no shame in trying a few of these suggestions. There are also many agencies out there to assist you in your parenting journey. Contact your local Head Start staff and they will help you connect to them !

Mike Kuleck, Disabilities Specialist