



NEWSLETTER

Northern Tier Community
Action Corporation
Head Start Program



January/February 2017

David Greene, Executive Director

From the Director . . .

Parental involvement should begin even before a child enters preschool. Parents need to help prepare children to be ready for school so they feel at ease in their new environment. As parents, take time to speak with your kids about preschool and visit their classrooms. Studies have shown that parents who are actively involved in the education of their children build strong foundations for their child's educational future.



Children can adjust better in school when parents are involved, allowing them to have a more positive attitude towards education. Your involvement will not only help them but yourself as well. Being involved in their education will help you cope with your own separation anxiety. By being involved, you can easily keep track of school activities and events and feel reassured that everything is as it should be. Also, you will be giving them the message that education is very important.

Another reason why parental involvement in preschool is important is that any challenges your children face will be noticed quickly. By being involved in their daily education, you can better see your child's strengths and areas of difficulty. This will help you find ways to work with the child's school to support them effectively if there are any concerns.

Debra Sidelinger, Head Start Director

Parental Involvement

POLICY COUNCIL

- Chairperson:**
Robert Nortum
- Vice Chairperson:**
Jasmine Tankersley
- Secretary:**
Tiffany Tanner
- Treasurer:**
Joe Schimp

Next Policy Council Meeting: 2/9/17
10:15 AM, NTCAC Conference Room, Emporium

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A Child's Smile



Nothing is sweeter than seeing your child smile. This smile starts with healthy baby teeth. When will my child get all his baby teeth?

- Most children have a full set of 20 baby teeth by the time they are 3 or 4 years old.
- Children lose baby teeth.

Are baby teeth important? Yes !!

- Baby teeth help your child eat a wide variety of foods without choking.
- Your child also needs baby teeth to learn how to talk and sing. And baby teeth make a beautiful smile.



Are cavities a problem? Yes—cavities hurt!

- A child with cavities will have a hard time learning and eating because he is in pain.
- He may not smile as much.
- He could develop a serious infection.

My child sucks his thumb. Should I worry?

- Many babies suck on their thumb and stop by age 2. If your child continues to suck on his thumb after age 2 or 3, talk to your doctor or dentist.

Brushing . . .

1. Teach your child to brush his teeth twice a day—usually in the morning after breakfast, and before bedtime.
2. Brush your teeth with your child—he learns by watching you.
3. Give a soft child size toothbrush to your child.
4. Put a small amount of toothpaste on your child's toothbrush—the size of a little green pea. Using too much toothpaste may be harmful to their teeth.
5. Teach your child to spit out the toothpaste after brushing.

Healthy Foods and Drinks for Healthy Teeth . . .

- Drink water between meals.
- Drink milk at meals.
- Limit juice to half a cup (4 ounces) or less each day. Avoid sugar sweetened drinks such as soda & fruit drinks.
- Sipping on juice or sweet drinks often during the day can cause cavities.

Have Planned Snacks . . .

- Snack on fresh fruit—apple slices, bananas, oranges, kiwi, pears
- Yogurt with berries or granola
- Whole grain breakfast cereals
- Carrot slices



Snacking all day long can cause cavities. Your child's teeth are constantly being exposed to foods or drinks that bacteria can use to make cavities.

- Offer one planned snack between breakfast and lunch.
- Offer one planned snack between lunch and dinner.
- Offer one planned snack before bedtime—and brush your teeth last before going to bed.

Bonnie Halquist, Health/Nutrition Specialist

Fair Is . . .



Fairness may be defined it as treating everyone the same, but a good argument could be made that doing so is the most unfair way to treat students. Each child is an individual, they are not the same. They have different motivations for their choices, different needs, different causes for misbehavior and different goals.

Wouldn't the world be very boring if we were all the same? So the next time you feel that something isn't 'fair', think about how unique each person and situation is ! The goal should be to give each individual what they need to be successful in school and in life!

Debra Sidelinger, Head Start Director

7 Super Things Parents/Caregivers Can Do

-  Talk often with your child from the day they are born.
-  Hug them, hold them, and respond to their needs and interests.
-  Listen carefully as your children communicate with you.
-  Read aloud to your children every day, even when they are babies.
-  Say "yes" and "I love you" as much as you say "no" and "don't."
-  Ensure a safe, orderly, and predictable environment, wherever they are.
-  Set limits on their behavior and discipline them calmly, not harshly.

Debra Sidelinger, Head Start Director



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



Attendance



Attendance is very important to the Northern Tier Community Action Head Start program. Every day that your child misses a day at Head Start, your child misses out on the activities that have been planned for their growth and development. Children with good attendance do better in school. You can help your child get a good start in school and in life by teaching him/her the importance of attendance.

It is essential that each center maintain an 85% attendance rate each month. Attendance is monitored closely. A written excuse must accompany your child, when your child returns to the center.

I do understand that children may become ill and need to miss class from time to time. **Please contact the center so that we know that your child will not be attending class.** If we are not available, please leave a message on the answering machine. If you do not call, a staff member will contact you. If you pick up your child at the end of the day, please be on time. It is very upsetting to your child not to be picked up on time. Please be sure that the list of individuals your child can be released to is up to date at all times. We will make every effort to contact the people on your most recent "Release to Others" form. If we are unable to contact anyone, Children and Youth Services will be contacted.



It is very important that your child attend each and every day. I know it can be hard to get your child ready and to Head Start in the morning, especially since the weather has been so cold, wet, and icy. Please make a New Year resolution to maintain perfect attendance.

Marcy Boswell, Family & Community Specialist



Going To The Library



It's never too early to go to the library with your infant or toddler. At the library, you and your child can:

- . Find books, magazines, music and videos.
- . Check out books, and books on tape.
- . Listen to stories.
- . Watch puppet shows.
- . Find information on computer.
- . Find out what happens in your community.

If you need help, ask the librarian. They are very friendly!

If you do not have a library in your area, ask your child's educator about book mobile routes.

To help your child succeed, you can:

- . Talk about what your child can do at the library before going there.
- . Do one thing your child really enjoys at the library.
- . Go to the library when your child is in a quiet mood.

To make this activity more challenging, you can:

- . Have your child choose a book or a topic him/herself.
- . Have your child help you find things at the library.
- . Encourage your child to check out books to read at home.

Taken from Washington Research Institute, 2006



Jodi Guisto, Education Specialist



Messages From Marcy . . .



Hello! Happy 2017!!! 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.



We are currently in the process in completing our annual program self assessment. Once all this information is gathered, we will evaluate the data and develop long and short term goals to ensure that Northern Tier Community Action Head Start is an effective program that follows federal regulations to meet the needs of our families. 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 2017. 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



“Give Your Heart To Head Start”

Come in and volunteer and warm your child's heart!