



## Northern Tier Community Action Corp. Head Start Program

### January/February 2021

David Greene  
Executive Director

#### From the Director . . .



#### Goal Setting



2020 was such a challenge for all of us! I am happy to welcome in 2021 and to have your family involved in our program!

- S** - Set goals that motivate you. Your goals need to mean something to you. ...
- T**- Take time to plan your goal.
- E** - Embrace your goal by putting it in writing! Make an action plan.
- P** - Practice your goal daily - develop a 'can-do' attitude!
- S** - Stick to it!

As a parent, you have the most important job in the world. Consider setting a few "fun" goals to support your relationship with your child!

- \* Play More! Get to know your children better by getting down on their level and playing with them. Sit on the floor and give them your full attention, if only for a few minutes at a time.
- \* Read More! Enjoy a good story with your children! They will enjoy this special time with you!
- \* Volunteer! Volunteer an hour or two a month in the classroom!



Steps of Love

These goals are "steps of love" to bring you and your child closer together by making special memories!

*Debra Sidelinger, Head Start Director*

#### Policy Council:

Chairperson:  
Amanda Rose

Vice-Chairperson:  
Chalina Henning

Secretary:  
Alexis Meighan

#### Next meeting:

**February 11, 2021**

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## Social Media



Follow us on Facebook to stay connected with program news and happenings!

Like "Northern Tier Community Action Corporation Head Start"



Please check our Facebook page. We are asking parents to complete a brief survey to help us complete our annual program self assessment. We appreciate your input! Thank you!



Also, follow us on Pinterest to get new ideas!

Follow "NTCAC Head Start"

## Messages from Marcy . . .

**Parent involvement** looks very different from what we are used to. We miss our families very much! We miss our face to face meetings, classroom volunteers, parents dropping by to talk, and family activities. Just because we cannot be face to face at this time does not mean that we are not providing special opportunities to participate in parent activities. Family Service Workers and Home Visitors are sending home activities to complete, contacting through phone and text messages and virtual meetings to attend.



This month we are introducing PBIS. We all need a little positivity in our lives, please join us!

**Recruitment-** we are accepting applications for the 2021-2022 school year. If you know anyone interested in enrolling his or her three or four year old, please contact your Family Service Worker or Home Visitor. Parents can also go to the Northern Tier Community Action webpage to complete an online application. An online is a pre-application. A FSW or HV will call you or an application with the phone numbers of the centers and home based programs will be mailed to you.

**Marcy Boswell, Family & Community Specialist**

# Thank You From The Heart!

It takes a big  
**heart**  
to help shape  
**little**  
**minds.**

Families enrolled in our program are very fortunate because they have some of the most caring Head Start personnel working with them and teaching their children.

This is evidenced throughout the year by the work these professionals do and the goals they help to assist our Head Start children and families to achieve.

We are very blessed to have such great people working with our children!



Take a moment on Valentine's Day to thank your Head Start classroom staff!!

**Debra Sidelinger**  
Head Start Director

## Valentine Crafts To Do At Home



# Hello!

My name is Hali Schloder and I am thrilled to introduce myself as the new education manager for Head Start. I have five years of experience in education. I graduated from Clarion University in 2016 with degrees in early childhood education and special education. Right after college I started teaching at School Street Elementary School in Bradford, PA. I served one year as the 5th grade learning support teacher. I then switched roles and began teaching emotional support where I managed a caseload of students with a variety of emotional and behavioral disabilities. I taught this until the 2020 school year when I started as a long term sub in the Johnsonburg Area School District. I spent the first nine weeks as a second grade teacher and then spent the rest of my time there as a support in the kindergarten classrooms until I started with Head Start this month. I am looking forward to working with all of the parents and children in our centers!

What a time to start a new role! This is a hard time for everyone, teachers, parents and children alike! Distance learning is difficult for everyone involved but can be a great and rewarding experience for the teacher, the parents, and the child!

One of the challenges associated with distance learning is challenging behaviors. There are many ways to help with the challenging behaviors and create a meaningful and fun learning experience!

**Stick to a schedule.** It is important that children have a schedule. Schedules allow for predictability and stability. It helps the children know what is next. This helps eliminate some of those challenging behaviors because the child feels confident and secure.

**Create expectations and provide rewards and reinforcement.** Rules allow the children to know the expectations of them. If children know what is expected of them, this will promote positive behavior. By reinforcing the positive behavior, children will continue to do it!

**Give breaks!** It is important for children to have breaks from school work and activities. Make breaks meaningful, incorporate outdoor activities and exercise or allow them to do something fun of their choosing!

**Keep it simple but meaningful!** Simple activities such as playing outside, making crafts, or cooking dinner together incorporates meaningful learning and teaches your child important life skills.

Remembering these helpful tips will help ensure a positive distance learning experience for you and your child!



Hali Schloder, Education Manager

# DENTAL HEALTH

## Prevent Tooth Decay

**Give Your Teeth A Bath** - Fluoride toothpaste prevents cavities in children when used twice a day. Tell children that to keep teeth clean, they use toothpaste to give their teeth a bath.

**Check For Spots** - Check your child's teeth for stains and chalky white or brown spots. These may be signs of cavities and you should take your child to the dentist.

**Not Sharing Is Caring** - Do not pre-taste or pre-chew your child's food or share spoons, forks, or cups. When you do this, you are sharing germs that can cause cavities or make your child sick.

**No Pain Helps Them Gain** - Children who are having tooth aches from decayed teeth may not do well in school because they can't concentrate on learning if they are in pain.

**Less Is More** - The less sugar your child eats and drinks will lay the foundation for more healthy visits with the doctor and dentist.

## Water Your Teeth

**Tap Into Your Water** - Most tap water (or water from the faucet) has fluoride, which helps to protect your child's teeth and makes them stronger. Most bottled water does not have fluoride.

**Water Your Kids!** - Children need water every day for their brains, bodies, and mouths to be healthy.

**Wow Your Water** - Put slices of lemon, lime, orange, or cucumber in your child's water to add flavor and vitamins. This is better than soda and other sugary drinks that can cause cavities.

**Limit Juice** - Fruit drinks, powdered drinks, and even 100% fruit juice are sugary beverages. Limiting or eliminating juice will help reduce the amount of sugar you give your child.

**Every Sip Cleans** - Drinking water throughout the day cleans your mouth with every sip, plus water washes away leftover food and reduces cavity-causing bacteria.

## Cleaning Your Choosy Smile

**Help Me Brush** - Always help brush your child's teeth, especially after breakfast and before bedtime. Help preschool children with brushing, and then supervise brushing until age 7 or 8.



**Just A Little In The Middle** - For children under three years, put a tiny bit of fluoride toothpaste, smaller than a pea, on a toothbrush made just for a small child. As your child gets older, increase the toothpaste to about the size of a pea.

**Don't Rush When You Brush** - Help brush your child's teeth for 2 minutes twice a day.

**Give Those Teeth A Hug** - Fluoride and brushing are very important for healthy teeth. Brushing every night before bed and every morning shows that you care about your teeth and the teeth of your children.

**Contributed by: Bonnie Halquist, Health/Nutrition Specialist**

# Helping Children With Their Emotions

Helping your child to identify emotions and manage those emotions to attain goals is a skill set that will help your child excel in life. Here are a few ideas/activities to help your child learn about feelings.

**Emotion Faces** - Create feeling faces by drawing them, generating them from the computer, or cutting them out of magazines. Ideas for emotions may include surprised, happy, sad, angry, tired, scared/frightened, or frustrated. Lay 4 or 5 of the emotion faces on the floor face down. Take turns turning over the faces. Have your child identify the emotion on the paper. Ask your child simple questions such as "what makes you sad" or "what do you do when you feel sad"? You and your child can both name things that make you feel the different emotions or even draw pictures.

**Selfie Faces** - Have your child make a face. You mirror the facial expression. Take a selfie. If your child is old enough, have your child identify the emotion. Talk about what things/activities make your child feel the emotion. If you don't want to use your cell phone, use a mirror instead.

**Sing When You're Happy, and You Know It** - Instead of clapping, stomping feet, and yelling hurray. Make facial expressions, sounds, or body gestures to go with the emotion. For example, when you're happy, give a smile. When you're sad, wipe your tear. When you're excited, jump up and down. Have your child generate ideas for a variety of emotions.

**Explore Empathy through Reading** - While reading stories, have children identify how characters in the story are feeling. Ask questions such as:

How is the character feeling?

What clues from the story makes you think that is the way the character is feeling?

Show me how you might look if you felt *insert feeling*.

What did the character do when he was feeling *insert feeling*?

What else might you do if you felt *insert feeling*?

References: Moore, Roberta. (2019, October 17). *Emotional Intelligence at Work: Becoming the Leader of the Future*. Forbes. Htt

**From Desk of: Jodi Guisto; NTCAC Education Manager**



# HOW PRESCHOOLERS LEARN AND DEVELOP BEST

Your preschooler learns best through play.  
Play is an important part of development.

## WHAT IS LEARNED THROUGH PLAY

Play encourages all areas of proper development, from cognitive and physical to social and emotional. Here are some facts about the benefits of play:

- Play builds **self-esteem** and **confidence**.
  - Play develops **problem-solving** skills.
  - Play encourages new **vocabulary** usage.
  - Play teaches children to **work together**.
  - Play teaches children to be **alone** and **independent**.
  - Play allows children to release their **emotions**.
- Play encourages **planning** and thinking ahead.



## DEVELOPMENTAL SKILLS IN PRESCHOOLERS

Cognitive skills include:

- asking questions
- staying focused during an activity
- problem solving
- describing and organizing objects based on size, shape, and color
- matching, comparing, sorting, and organizing items
- understanding fact and fiction in terms of a truth and a lie
- science experiments help explore cause and effect

Preschoolers are full of questions. They love to collect things. Preschoolers also like to practice the same thing again and again, and love hearing the same story told multiple times. They love taking risks and trying new things. These are efforts in developing their cognitive abilities. Whether in formal schooling or playing at home, these characteristics should be embraced and encouraged.

Web Activities to consider for exploring:

<https://playinspiredmum.com/diy-lego-maze-board/>

<http://sciencedemoguy.com/aluminum-foil-boat-tutorial/>



Contributed by: Tricia Juran, Professional Development Coordinator