



Northern Tier Community Action Corp. Head Start Program

March/April 2016

Dave 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. As your child prepares to leave Head Start and transition into kindergarten, your involvement is even more important!

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 your child's education is important is that any challenges your children face will be noticed quickly. By being involved, 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.

Thank you for your support to our program during this past year. Wishing each of you a safe, healthy, and happy summer break!

Policy Council:

Chairperson:
Margaret Heiser

Vice-Chairperson:
Veronica Allen

Secretary:
Linda DuBeck

Treasurer:
Mary Hasselman

Next meeting:
April 14, 2016

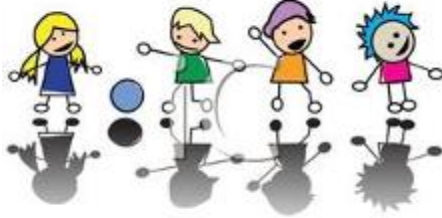
Inside this issue:



Learn to play. Play to learn.

Debra Sidelinger
Head Start Director

Your Child's Behavior Has Meaning



Everybody communicates through behavior but with children we often forget that their behavior is trying to tell us something. We understand when an adult rolls their eyes that they are bored or don't agree but when a child seems to cry for no reason do we know how to stop and listen to what those tears really mean?? A child's challenging behaviors are usually a sign that he is upset and that something is not right. We need to consider the following ideas when looking at children's behavior:

1. There is always a reason for problem behavior.

Children sometimes have trouble communicating, because they may not know the words to describe how they are feeling. In this situation, children may act out their feelings or needs. A child acting out has meaning and reasoning to them. The purpose may be getting someone's attention, stopping an activity they don't like, or gaining sensory pleasure — but there is always a reason behind the behavior.

2. There can be many reasons behind one specific behavior.

Children's challenging behaviors are their way of sending adults the message that something is not right or that they need something. There could be many reasons for a single behavior, such as being hungry, scared, hurt, tired, bored, wet, sad or angry. Some children have a hard time knowing how to tell adults how they feel. A child who has tried several times to communicate to adults about what he needs, but whose needs remain unmet, will often use problem behavior as a way of sending a very loud message.

3. Adults can learn to stop, listen and try to understand children's challenging behavior.

Children often use their behavior to tell us what they need; adults can help the child by figuring out the meaning behind the child's behavior. All children need the consistency of a reliable and caring adult who will provide support and guidance, especially during difficult times. Just as it is important to find meaning in children's behavior, it is also important for adults to be aware of the message their own behavior sends to a child. Children learn a lot through the messages that adults send every day.

4. Children's challenging behavior can be changed with support, not punishment.

Once adults understand what children are communicating through their behavior, they can respond more appropriately. When children feel understood and have their needs met, there is no longer a reason to use challenging behavior to communicate. Yelling at or punishing a child for a behavior may stop the behavior for the moment, but it does not give the child support or provide alternate ways to act in difficult situations. When adults use punishment, they are sending the message that anger is a good is an appropriate way to deal with problems. When adults help children find positive ways to communicate their needs to others, children learn important social and problem-solving skills that will help them throughout their life

* For more information on sending positive messages through behavior, read the PBS Parents article on Everyday Ways to Teach Children About Respect.

*For more ideas on teaching children to deal with difficult emotions, read Mister Rogers' article on Mad Feelings.

Contributed by: Jodi Guisto, Education Specialist

WE ARE TAKING APPLICATIONS FOR 2016-2017 PROGRAM YEAR

Tell your family and friends - We are taking applications for the 2016-2017 program year. Head Start is a comprehensive developmental and family service program that provides education, health, social services and nutrition services for each enrolled child.

Who is eligible? - A child must be 3 years old at the time of application and not kindergarten eligible. 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.

Who to contact? - Contact your local center or home based option to get an application.

Or you can contact Marcy at 486-1161 or toll free 888 809-3704 Ext. 224



Parent comments:

"Very nice program- I was very pleased"

"My son learned a lot over the past school year"

"I (parent) feel the closeness of the program helped my child and my family"

"It's a great program -Keep up the good work."

"My kids enjoy Head Start, the teacher, and making new friends."

"I always feel welcome at Head Start."



Marcy Boswell, Community & Family Specialist

Parent Pointers to Encourage Positive Behaviors

All parents are at some time challenged by the behaviors of their children. The following are suggestions to help you positively connect to your child:

- *Follow a consistent daily schedule, so that your child knows what to expect each day.
- *Make sure your child is getting the recommended amount of sleep for his age. This can make a very big difference in your child's behavior!
- *Make sure your child is getting a healthy diet with enough vitamins and nutrients
- *Avoid food with artificial coloring.
- *Rule out any allergies or side effects from medications as a possible cause for your child's challenging behavior.
- *Spend at least 15-30 minutes of "one on one" quality time with your child every day doing what your child wants to do
- *The ability to communicate is very important. Spend a lot of time talking with your child. Talk with your child-not at them!
- ***Teach** the child what he needs to do rather than punish. Many children just don't understand the behavior that you are requiring. They need to be taught. It often works for you to model the appropriate and the inappropriate behaviors
- *...and most importantly "**catch your child being good**". Praise your child when they are behaving appropriately and ignore as much "inappropriate behavior" as you can. This will increase the "good" and decrease the behaviors that you may find challenging.



If you haven't time to respond to a tug at your pants leg, your schedule is too crowded. ~Robert Brault

Submitted by Mike Kuleck
Taken from SEFEL

PHOTO SHARING!



Firemen visit Smethport Center



Dental Day at the Kane Centers



Bradford Dads Enjoying Bingo

