



# January 2019

*Remember*

{one App}  
One application. Many choices.

### Important Dates

Early Window Deadline **Jan 11, 2019**

Main Round Deadline **Feb 22, 2019**

Main Round Results Available **Apr 2019**



## Winter Safety

Injuries are more common in the winter because of cold-related activities. It is not just injuries that send people to the doctor's office in the winter, but also certain illnesses such as respiratory illnesses, viruses, and the flu because people tend to spend more time indoors in cold weather.

Here are some tips on how to keep your children safe in the winter and during cold weather.

1. Hand washing is important especially after playing with toys, coughing, etc. to keep illnesses away.
2. Layer clothing when going outside. Wool fabric keeps children warmer than cotton fabric. Waterproof pants and jackets are great top layers because they don't let wetness seep into the other clothing.
3. Supervise children when playing outside in the winter and make sure the area is safe from trees, rocks, roadways, and other hazardous items.

## OUR PURPOSE

**To provide parents with practical ways to promote school readiness, parent involvement and more effective parenting.**

## FATHERS

We would like for all fathers to participate in their child's classroom. You can also do some activities with them outside of the classroom. Some suggestions are:

- ❖ Tell your child a story.
- ❖ Plan a picnic or a fun outing.
- ❖ Spend the evening together.
- ❖ Grow a garden. Help give your child a head start

## EHS Closures

**1<sup>st</sup> - New Years Day**

**21<sup>st</sup> - Martin Luther King Jr. Day**

## ATTENTION!

As a friendly reminder, daily attendance is extremely important to you, your child, and our EHS Family. We want your child to benefit the most from his or her time in our program. If your child is healthy and eager to learn, we would love to see them in class!

## Teaching Random Acts of Kindness



Modeling loving kindness and including your children in the process offers multiple rewards. From brightening one's day to creating a chain reaction of thoughtfulness, you can create a grand effect on yourself and those around you.

Catch your children doing an act of kindness and praise them for doing so. Explain to children why being kind is so important. Here are some ideas for you and your children to do to spread acts of kindness.

- Pay a compliment to someone.
- Make thank you cards for helpful people in your life.
- Make dinner or cookies and take to a person in need.
- Smile, even when you are in a hurry.
- Say good morning to those you pass in the hallway, street, or store.
- Offer to babysit for another mother to give her a break.
- Offer a ride to someone you know doesn't have transportation.



**We had a busy 2018 with lots of things for parents to get involved in the classroom, such as trainings, parent meetings, children's activities and attending Policy Council Meetings.**

**We want to wish you a Happy New Year  
We hope to see all parents involved in the scheduled activities, attending meetings and trainings in 2019.**

### Become an Early Head Start Classroom Volunteer!

In this role, volunteers will gain experience caring for and engaging with babies and toddlers in a classroom setting, experience the rewards of bringing delight to a child, and see children grow & progress developmentally. Some duties of volunteering include:

- Assist classroom teachers with children's activities.
- Work with babies and toddlers to help them advance developmentally.
- Assist in caring for infants and babies during free play and circle time.
- Assist with set-up and clean-up for breakfast and lunch.
- Share a special skill, hobby or talent with the children! Ideas include: Music group, arts and crafts, etc.



*The staff and Child Care Partners  
would like to wish Raynell  
Washington much joy and happiness as  
she begins a new chapter in her life.  
We will miss you.*



### Discipline Vs. Punishment: What's the difference?

Discipline teaches a child what to do while punishment gives a penalty for doing something wrong. So how can you give a positive discipline that has a lasting effect on your child's behavior in a good way? Follow these 7 tips and tools for positive discipline:

- 1) Try to understand your child's behavior. Behavior has meaning and often the child is trying to communicate but may not have the words.
- 2) Support your child's feelings. All people, including children, want to be heard.
- 3) Be clear about what you expect and encourage the behavior you want. Behavior is learned. We need to teach children what we want to see.
- 4) Tell your child what she can do "you can do..."
- 5) Give choices and practice. It takes us all a number of tries before we learn something new!
- 6) Pay attention to your own thoughts and feelings. Take 3 deep breaths before responding.
- 7) Have fun with your child!