



Back to School!

Welcome to the 2018-2019 school year at LSU EHS-CCP! We are excited that you have chosen to enroll your child in our program. Just by enrolling your child, you are demonstrating that you want the very best for your child and family. Program teachers and staff have spent many hours getting ready for this school year. We want to provide you and your child with the best opportunities to ensure their educational success. We want to help you in your quest to be the Best Advocate, Best Educator, and Best Provider for your child and family. Have a great school year
LSU EHS Team



Your child is exposed to thousands of germs every day in his environment. This happens through the food they eat, air they breathe and things they put in their mouths. Vaccines contain antigens that help babies develop immunity to germs they encounter in their environment every day. Vaccines help strengthen your baby's immune system and keep them safe from vaccine-preventable diseases.



Our Health Specialist will be conducting **vision screenings** at your center in the coming weeks, please make sure your child is **present!**

Riddle: What do elves learn at school?



Head Start Drop-Off Tips

☐ Bring something familiar.

A reminder of home will make those first few trips to daycare a little easier and provide comfort on difficult days.

☐ Create a goodbye ritual.

Families create a consistent goodbye ritual to create a fuss-free drop off. Examples may be giving a high-five, saying, "I love you," or a kiss on both cheeks.

☐ Talk it through.

Children benefit from parents talking through what this new thing called school is going to be like. An Example would be Starting tomorrow, we're going to drop you off at so-and-so's and there are going to be other babies there, and you're going to have lunch and play with these toys, and then after naptime and snack, I'm going to come pick you up."

☐ Do regular check-ins.

Foster a rapport with the director, teachers and coordinator to make asking such questions easier. It'll provide a better glimpse into your child's new world away from home

☐ Expect some tears.

It can take anywhere from one day to four weeks, depending on their temperament, for a child to adjust to school.

The Family Services staff serves as a link between families, schools and community resources. Each family is assigned to a center Family Service Coordinator. The primary role of family services in Head Start is to provide support to your family as you work to strengthen your skills, improve the quality of your daily lives and support your child's readiness for school. Family Service Coordinators support you in many ways such as: Home Visits, Family Partnership Agreements, and Community Resources. Please contact your center Family Service Coordinator for additional support.

Clara's Little Lambs Preschool - Jodie Joseph - 504.362.7710

Kid's Kingdom Academy-Daycare, LLC - Lynn Rivers - 504.373.5038

McMillian's First Steps - Christopher McMillian - 504.822.1266

Toddler University - Trella Woodfork - 504.302.2695



Brushing Up on Oral Health

www.healthychildren.org



Fluoride and Your Child: It strengthens the tooth enamel, making it more resistant to acid attacks that can cause tooth decay.

Check and Clean Your Baby's Teeth: As soon as your child has a tooth begin to use a smear (size of a grain of rice) of fluoride toothpaste.

Feed Your Baby Healthy Foods: Choose drinks and foods that do not have a lot of sugar in them.

Prevent Tooth Decay: Do not put your baby to bed with a bottle at night or at naptime.

Visit Your Dentist by the child's first birthday or within six months of the first tooth's emergence.

Kids Eat Right Month highlights the fight for our children's healthy future and focuses on smart shopping, healthy eating and active lifestyles for every age group from infant to teens.

- Move every day! Kids need 60 minutes of moderate to vigorous active play each day.
- Enjoy family meals together, an important step to improving family health and bonding.
- Get active as a family. Take a walk together after dinner, and plan fun activities every week such as a family bike ride, a visit to a park, or a dance party.
- Get children involved in planning and cooking healthy meals together.



**KIDS eat right.
Month[™] August 2018**

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation
kidseatright.org

August is National Children's Eye Health & Safety Month

As the end of the summer approaches, many parents are preparing to send their children back to school. One of the most important ways to ensure a successful school year is to make your child's vision a priority. To help raise awareness, Prevent Blindness has declared August as Children's Eye Health and Safety Awareness month. Listed below are some conditions that could effect young children. We will be doing vision screening at your child's center in August. Make sure your child is there!

Lazy Eye (Amblyopia)

Lazy eye, also called Amblyopia, results from abnormal visual development in infancy and early childhood and is the leading cause of decreased vision among children. This condition develops when nerve pathways between the brain and the eye aren't properly stimulated. As a result, the brain favors one eye, usually due to poor vision in the other eye causing the brain to ignore signals from the other eye.

Crossed Eyes (Strabismus)

Crossed eyes, also called strabismus, is a condition in which the eyes do not line up properly. If your child has this disorder, his or her eyes would look in different directions, with each eye focusing on a different object. It is very common, affecting four percent of children age 6 and younger.

Why Mixed Age Classrooms?

You've noticed that LSU EHS-CCP classrooms are mixed-aged, here are some of the benefits of a mixed age class:

- Older children can serve as role models for the younger ones.
- Developing skills of the older children are reinforced when they can teach a younger child how to play with a toy.
- Younger children are motivated to try new skills and imitate what they see older children doing.
- Children may stay with the same teacher longer and develop strong bonds with teachers for extend periods of time. This strengthens social and emotional development.

(Visit earlycareandlearning.org for more info)



Jump Start the 2018-2019 School Year by completing your Well-Baby and Dental Visits. Submit completed forms to center coordinators or Brid McDonnell.

Answer: The elf-abet LOL