

# Kid's Chronicle

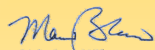
Monthly Newsletter of LSU Early Head Start Child Care Partnership Program Volume 3 Issue 1



## Back to School!

Welcome to the 2017-2018 school year at LSUEHS-CCP! We are excited that you have chosen to enroll your child in our program. Just by enrolling your child into the program, you are demonstrating that you want the very best for your child and family. The 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. Remember, that you are always welcome in your child's classroom, get involved in the program through volunteering at the centers, taking on leadership roles (Policy Council), and developing partnerships with the program staff. Consider us your partner in preparing your child for Kindergarten.

Have a great school year and I look forward to meeting many of you!



- 1<sup>st</sup> -9<sup>th</sup> Lafreniere Park Spray Pad water play (\$5)
- 4<sup>th</sup> -6<sup>th</sup> Satchmo SummerFest (French Quarter)
- 9<sup>th</sup> Smiles for Life! HCI Training 10am at McMillian's
- 11<sup>th</sup> Smiles for Life! HCI Training 10am at Clara's
- 16<sup>th</sup> Smiles for Life! HCI Training 9am at Toddler's
- 18<sup>th</sup> Westwego Friday Night Concert Series 7p-10p (free)
- 30<sup>th</sup> All Sites Early Dismissal (check with site for time)
- 1<sup>st</sup> -30<sup>th</sup> Coolinary NOLA Restaurant Month

[www.coolinaryneworleans.com](http://www.coolinaryneworleans.com)

## Make the Most of Your Morning Drop-Offs

Separation anxiety is a completely normal part of child development, though we understand that doesn't make it any easier. It can first emerge as early as 4-8 months and generally continue until about 18-20 months of age. Some children may go through this stage as late as 18 months to 3 years, while others may never experience it. We know that while drop-offs can seem stressful for your little one, they are usually more stressful for you as a parent. Below are some tips that will help you and your child take separation anxiety in stride.

**1. Be consistent with goodbyes** As tempting as it is to slip out of the classroom while your child is distracted, it's actually best to give them quick goodbye saying when you will return. Although he or she may not understand at the time, use an activity or event for reference. You could say, "I'll be right back after your nap" or "Mommy/Daddy will come get you after you have lunch." When you pick him up, remind the child that you came back, just like you said you would. Follow the same drop off routine every day.

**2. We're here to help** Our teachers are available to help with drop-offs by greeting your child by name, giving them a warm welcome and immediately involving them in a fun classroom activity. They genuinely care about their students and are here to make the transition from home to school as seamless as possible.

**3. Pack a familiar object from home** Comfort items can help provide a sense of security for your child in an unfamiliar environment. Allow the child to bring a favorite item from home, such as a toy, stuffed animal, book or blanket. After the first few weeks, they will most likely forget about the item and be eager to explore, learn and have fun at school.

**4. Don't be too hard on yourself** Difficulties at drop-off won't last forever, so try not to be too hard on yourself. We hear from our teachers frequently that upset children end up jumping right into a fun activity with a smile just minutes after the parent leaves. Remember that we're always here to offer support for you and your child every step of the way.

# HEALTHY AND READY TO LEARN

## 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.



## Smiles for Life!

is a Health Care Institute (HCI) parent workshop and it's headed to your center! You can meet new people and enjoy refreshments all while learning a new skill, winning prizes and having fun.

**SIGNUP NOW!**



## Why Mixed-Ages?

I know you've noticed that LSUEHS-CCP classrooms are mixed-aged, so let us share some of the benefits:

- 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 develop strong bonds with teachers for extended periods of time. This strengthens social and emotional development. (Visit [earlycareandlearning.org](http://earlycareandlearning.org) for more info)

**As a reminder please return all LSUEHS-CCP requested**

Immunizations, Physical and Dental forms & any updates from your child's Nutritionist, Therapist or CCAP case worker to your center's Coordinator.



Your child is exposed to thousands of germs every day in his environment. This happens through the food he eats, air he breathes and things he puts in his mouth. Vaccines contain only a tiny fraction of the antigens that babies encounter in their environment every day. Vaccines help strengthen your baby's immune system and keep him safe from vaccine-preventable diseases. Visit the Center for Disease Control for more

## Children's Eye Health & Safety Awareness Month

HOW IMPORTANT IS AN ANNUAL EYE EXAM?

**1 IN 4** CHILDREN HAS A VISION PROBLEM.

**60%** OF CHILDREN WITH LEARNING DIFFICULTIES HAVE AN UNDETECTED VISION PROBLEM.

**70%** OF JUVENILE DELINQUENTS HAVE AN UNDETECTED AND UNTREATED VISION PROBLEM.

**EVERY CHILD. EVERY YEAR.**



**VISION CAN AFFECT SPORTS PERFORMANCE, TOO!**

- HAND-EYE COORDINATION
- DEPTH PERCEPTION
- EYE TRACKING ABILITY

**80%** OF INFORMATION CHILDREN RECEIVE IN THE CLASSROOM IS PRESENTED VISUALLY.

JOIN LET'S GO SEE EYE EXAMINATIONS TO GIVE 10,000 EYE EXAMS AND GLASSES.

Image Credit: Shutterstock.com

<https://www.consumerhealthdigest.com/health-awareness/childrens-eye-health-and-safety-awareness-month.html>

**KIDS eat right. Month August 2017**

Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation  
[kidsatearight.org](http://kidsatearight.org)

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 family bike ride, visit a park, or a dance party.
- Get children involved in planning and cooking healthy meals together.

