

SIU Carbondale Head Start Family Connections Newsletter February 2018

SIU Southern Illinois
University
CARBONDALE

From the Director's Desk

February is certainly going to be a busy month for our Head Start program! February is Family Involvement month, and we invite you to visit your child's classroom to engage in fun, engaging activities. See the back of the newsletter for dates. This month is also Dental Health month, and our Health and Nutrition Coordinator has planned some special activities for the children about the importance of taking care of their precious teeth. I'm sure you've noticed that oral health is a big part of our health services. Lastly, I invite parents to attend our annual Self-Assessment to help us make the program better. The event will be held on February 15, 2018 at the Carbondale Civic Center from 8 am-noon. If you're interested, call 453-3903 to RSVP.

— Dr. Lea Maue

Get to Know. . .



Ms. Danielle Anders!

Ms. Danielle is a Childcare Assistant at Marion Head Start. She has been employed at Head Start since 2009 when she started as a bus monitor. During this time, she was pursuing her degree in Early Childhood, and in 2015 she began substituting in the classrooms. She went on to become the Childcare Assistant for the program this school year.

Before Danielle began working for Head Start, she was a Head Start parent! All four of her children have gone through SIU Carbondale's

Head Start program. Three of her children attended the Carbondale center, and her youngest daughter attended in Marion. Danielle shared that, "As a Head Start parent, I've always been satisfied with the teaching strategies and curriculum that is used in the Head Start program."

Danielle's favorite thing about teaching is helping the children succeed and understand the material that is taught throughout the year. She has always had a passion to help young children reach milestones and move on to the next level. Her most memorable moment is when a child had been struggling all year to spell his name and finally accomplished spelling his name correctly. The child was so proud of himself and the look on his face was priceless!



From your Policy Council

I am a proud mother of four children, and my five-year-old is in her second year with the Head Start program. I have known about Head Start for years now and personally have experienced the benefits of the program. I have seen growth in my daughter with her colors, writing, ABC's, 123's, and writing. She went from not knowing to learning steadily along the way.

She started as a quiet child and with the patience of the teachers and staff, she has grown into a little one who speaks more confidently and clearly. Seeing this has shown me the soaring courage in her and a developing positive attitude that leads to success in all areas of life. I truly believe that the SIU Head Start is a blessing for our little ones and puts our children's future in hand's reach and we all want that in the end.

— Karina Coles,
Policy Council Secretary



Head Start Early Learning Outcomes Framework

	CENTRAL DOMAINS				
	APPROACHES TO LEARNING	SOCIAL AND EMOTIONAL DEVELOPMENT	LANGUAGE AND LITERACY	COGNITION	PERCEPTUAL, MOTOR, AND PHYSICAL DEVELOPMENT
▲ INFANT/TODDLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication	Cognition	Perceptual, Motor, and Physical Development
● PRESCHOOLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication Literacy	Mathematics Development Scientific Reasoning	Perceptual, Motor, and Physical Development

The Head Start Early Learning Outcomes Framework (HSELOF) presents five broad areas of early learning, referred to as central domains. These domains reflect research-based expectations for learning and development. The HSELOF emphasizes the key skills, behaviors, and knowledge that programs must foster in children ages birth to 5 to help them be successful in school and life.

Parents and teachers work together closely to discuss each child’s development and skills still needed for future success. Using the HSELOF, they can develop a plan to meet each child’s individual needs.

Parents and family members use the HSELOF to:

- Increase their understanding of developmentally appropriate expectations for young children, including the importance of interactions and conversations starting in infancy
- Guide focused communication with teachers about early learning and development and expected outcomes for children
- Work together with program staff to promote their child’s development and learning through positive interactions and effective learning experiences

“Educating Children, Empowering Families, Strengthening Communities”



618-453-6448



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SIU Carbondale Head Start



Conscious Discipline in the Home

 <h3>Drain</h3> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.</p>	 <h3>S.T.A.R.</h3> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <h3>Pretzel</h3> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <h3>Balloon</h3> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbppbpb" sound.</p>

Self-regulation is a key aspect of Conscious Discipline. Below is four examples of ways to self-regulate when upset. These four techniques are used in the classroom to help children slow their breathing and relax when needed. You can use these techniques at home, for yourself, or your child. Give it a try, these techniques work!

February is Children's Dental Health Month

We implement numerous events throughout the program year because your child's oral health is important to us. Last month, students from the SIU Carbondale Dental Hygiene program applied fluoride varnish. **Fluoride varnish is a vitamin applied to the teeth to make them stronger.** We will also be implementing this clinic again in April. If you initially chose for your child to not receive varnish, but would like them to do so during the next clinic, please reach out to your Center Director so that we can make that change. This month, the SIU Carbondale Dental Hygiene students are going to read a story to the children and Head Start will be sending home dental bags with items to use at home to promote good oral health. Below are some guidelines that dental care professionals recommend for you to follow to help your preschool-aged child form healthy dental habits:

- **Teach proper brushing.** Show how to use circular motions, brush all surfaces, and spend adequate time brushing. Let your child do it first and then take your turn to finish.
- **Use a soft child-sized brush.** Choose a brush with soft, rounded-end bristles and wide handle with rubber treads that make it easier to grip. Replace your child's toothbrush every 3-4 months and after any illness.
- **Rinse after brushing.** Teach your child to rinse thoroughly, spit, and to wash off the brush. If she/he is unable to brush right after eating, rinsing with water helps wash away food particles and sugar.
- **Floss your child's teeth.** Consult your dentist about when to start flossing. When the teeth have grown close enough together to be touching, it is usually necessary to begin flossing between them.
- **Brush at least twice a day.** Teach your child to brush teeth for at least two minutes in the morning and before bedtime. Tooth decay is most active during sleep.
- **Be a role model.** Your positive attitude and healthy practices influence your child. Set a good example.





Dates to Remember

Feb 7th

Family Involvement Day –
Mother's Day

Feb 8th

CD/Puka Parent Meeting
6pm

Feb 12th

MB Parent Meeting-6pm
MN Parent Meeting-
5:30pm

Feb 14th

Family Involvement Day –
Father/Father Figure Day

Feb 19th

No School – P/T
Conferences, 4-6 pm
Policy Council meeting,
6pm

Feb 20th

Evening P/T Conferences

Feb 21st

Family Involvement Day –
Grandparent's Day

Feb 28th

Family Involvement Day



Recipe of the Month: Yogurt Fruit Dip

On February 8th, the classrooms will be making yogurt fruit dip! You are more than welcome to come in to help in the classroom and enjoy the dip with them!

Yogurt Fruit Dip

Ingredients

8 oz. low-fat cream cheese, softened
½ cup Greek vanilla yogurt
1 teaspoon vanilla
2 teaspoons brown sugar

Dippers: fruit (apple slices, berries, grapes, pineapple chunks, etc.)

Measure and mix all ingredients together. Put in the fridge and let chill for at least 30 minutes. Enjoy with the dippers listed above or your own ideas!

Book of the Month: "The Mitten" by Jan Brett

Activity: Read the book aloud or watch the story being read aloud on YouTube (<https://www.youtube.com/watch?v=QA6ukHmgetg>)

Using a white sheet of paper, work with your child to draw and cut out the shape of a large mitten. Color the provided sheet of animals in the story and cut them out as well. As you read or listen to the story, have the child identify the correct animal and place the picture of the animal on to the mitten. As the story progresses, comment on how full the mitten is becoming. Ask what they think will happen next in the story. Once the animals leave the mitten have the child remove all the pictures from the mitten.

After reading/listening to the story, discuss the following vocabulary words- "what do you think the word ____ means?" (If child does not know the meaning of the words, go back into the story and review the word within the story).

-Kickers	-Prickles	-Swooped	-Grumbled
-Snug	-Drowsy	-Lumbered	-Swelled
-Enormous	-Scattered		

School Readiness Goals Aligned To This Activity:

- Children will use small muscles to manipulate materials with strength and coordination, including using art and writing tools to convey meaning through written symbols and letters.
- Children will express their thoughts and needs in clear and complete sentences using a varied and complex language.
- Children will demonstrate persistence and engagement in a variety of creative experiences.