

# SIU Carbondale Head Start Family Connections Newsletter January 2024

## From the Director's Desk — Dr. Lea Maue

Happy New Year from your Head Start school family! We wish all of our families health and happiness in the new year. Your child's health is important to their overall development and learning. The winter months have the most cases of the flu. The program was hit with an early wave of flu infections last month, and it's anticipated that we will see more cases in January and February. Please consider getting your child the flu shot. It's the best way to avoid being sick. If your child does show symptoms such as fever, cough, and body ache, keep them home until they are feeling better. We also ask parents to make sure children are dressed to go outside each day. Per program procedures, classrooms play outside when it is above 28° with windchill and not snowing, raining, lightning, or excessively windy.

Lastly, we will have our annual Self-Assessment community meeting on February 2, 2024 at the Carbondale Civic Center from 9 am—3 pm. Parents are encouraged and welcome to attend. Lunch will be provided, but there will be no child care.



## Get to Know. . .Kim Chamness

I am Kim Chamness. I started working at SIU Carbondale Head Start in 2017 as an Assistant Teacher at the Carbondale center. I have been a Lead Teacher at the John A. Logan Center for the last four years. I received my Bachelor's degree in Social Work from Southern Illinois University at Carbondale.

I love working with children and it is rewarding to see them smile and grow. I have a 14-year-old daughter who is very active in sports. She plays volleyball, basketball, and softball, which keep me very busy. I also live in Goreville, IL and love attending Blackcat sporting events. In my spare time I like reading, watching Law and Order SVU, and spending time with my family, which is very important to me. I also enjoy the close relationships with my team of co-workers at John A. Logan.

*Thank you Kim for the work you do with the families and children at the John A. Logan Head Start center.*

## Important Dates

Jan 1: Holiday

Jan 2 & 3: No School.  
Training Day

Jan 4: Children Return

Jan 8: Carbondale  
Parent Meeting at 5:30 pm

Jan 9: Marion  
Parent Meeting at 5:30 pm

Jan 10: John A. Logan  
Parent Meeting at 5:30 pm

Jan 11: Murphysboro  
Parent Meeting at 5:30 pm

Jan 15: Holiday Closure

Jan 22: Policy Council  
Meeting, 6:00 pm

Jan 18: Nutrition Activity

### January Fluoride Varnish



Jan 26: 10-2pm  
Carbondale Center

February 2: 9-3 pm  
Annual Self-Assessment  
Carbondale Civic Center  
Please RSVP!



# Promoting Language at Home

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Head Start is a program that serves diverse families and children. The program strives to assist in the development of English acquisition, while also promoting the development of the home language. Below is a list of strategies that all families can use to develop language with their child.

**Use your language at home:** The easiest, most important step is to use your home language every day. Many families worry that using their home language will confuse their children. Actually, children can easily learn several languages at the same time. They have an easier time learning English when they have a strong foundation in their first language.

**Talk about your traditions and culture:** Visit your child's classroom and share your language, culture and traditions. Share family stories and songs and encourage your child to retell family stories and share your family's heritage with others. Share songs and games from your culture with your child's classmates and teachers.

**Continue using your language as your children grow older:** Sometimes children start to prefer English as they get older. Talk with your children about the benefits of speaking two languages. Continue using your language, even if your children respond in English, so you keep your lines of communication open.

**Don't forget that YOU are key to maintaining your home language:** Parents and other family members are the most important people in your children's lives. What you value, your children will learn to value. Help them learn that your family's language and culture are something to be proud of and treasure. Remember the benefits of your home language and remain committed to continuing to use it.

If you have any questions about how to promote language development at home, please feel free to talk to your child's teacher. They can provide you with specific activities to support language development.

## Community Resource of the Month

### University of Illinois Extension

University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois' 102 counties – and far beyond. U of I Extension's programs are aimed at making life better, healthier, safer and more prosperous for individuals and their communities. While most Extension programs are offered on an informal, non-credit basis, U of I Extension does offer continuing education credits in some fields of study. Extension programs may be offered as hands-on workshops, field days, self-paced tutorials via online, or in other formats that are suitable for the audience and subject-matter. To find out more about Extension programs in the Franklin-Jackson-Perry-Randolph-Williamson Unit, just call, email or stop by any of our offices.

**Jackson County** 402 Ava Rd., Murphysboro, IL 62966 Phone: 618-687-1727 ; FAX: 618-687-1612

Email: [uie-fjprw@illinois.edu](mailto:uie-fjprw@illinois.edu)

Hours: Monday - Friday 8 am to 4:30 pm (Closed 12 - 1pm)

**Williamson County**, 101-B East DeYoung, Marion, IL 62959 Phone: 618-993-3304; FAX: 618-997-1542

Hours: Mon - Fri, 8:00 am-4:30 pm (closed 12:00 - 1pm)





# Promoting Resilience for Children and Families

In our monthly newsletters, you will find resources and strategies that are useful in providing support and guidance on how to promote social emotional competence, ways to strengthen resilience, and support for children and families. Being resilient and healthy adults are the link to building a child's social and emotional wellness.

In this newsletter, you will find the article, "Promoting Language at Home." The article highlights strategies like using your language at home, talking about your traditions, continue to use your language as your child grows older, and don't forget that you as the parent and caregiver are a key factor when maintaining your home language with families, friends, and even sharing your home language with your child's teacher to share in your children's classroom (See page 3).

The Book of the Month, "The Mitten", teaches us the important lesson of **kindness and friendship**. The mole and other animals were kind to each other and allowed each other to stay in the mitten in the freezing cold winters. Make the reading fun and interactive and wear your own mittens or gloves while listening to the story. For more information about the book and activities (See page 4).

## [Power-Up with Parents—Monthly Parent Meetings!](#)



Join us this month for the fun Parent and Child Activity (PACT) Paint & Sip activity. Each month we have fun-filled activities for parents/caregivers and children to enjoy. Come out to the monthly meetings where all are welcomed to attend! Looking forward to seeing you there!

Mental Health Consultants will attend the January meetings to discuss, "Co-Regulation for Children and Parents." Co-regulation is an interactive process to build resilience, kindness, empathy, and flexibility between children and their caregivers. **"Beneath every behavior there is a feeling. Beneath each feeling is a need. When we meet that need rather than focus on the behavior, we begin to deal with the cause, not the symptom."** by Ashleigh Warner.

*Each month in this section of the newsletter we will feature tips, strategies, activities, and information from Your Journey Together, Building Your Bounce, and the Pyramid Model.*



*"Educating Children, Empowering Families, Strengthening Communities"*



618-453-6448



headstart.siu.edu



SIU Carbondale Head Start



From your  
Health Specialist



**Are you aware that a dental cavity is a bacterial infection?**

Did you know that over 28% of children between the ages of two and five have multiple caries (dental cavities)?

***This increases to 52% with six to eight year old children!***

Dental infections can cause lots of pain and fever!



### **Baby Teeth!**

*Baby teeth are important for children to:*

- Chew and eat foods
  - Speak clearly
- Keep space for adult teeth
  - Stay healthy!
- Have self-confidence!

**Help your child keep their baby teeth in place by regular dental care, getting treatment for cavities, and helping them brush their teeth!**

Julie Reese

## Recipe: Nutrition Activity

### INGREDIENTS FOR SPREADING WITH BAGELS

- Prep Items: Child plates, child knives, and napkins
- Ingredients: bagels, cream cheese spread, and jelly



### DIRECTIONS:

**IN THIS NUTRITION ACTIVITY, CHILDREN WILL PRACTICE THEIR SPREADING SKILLS. EACH CHILD WILL HAVE THEIR OWN BAGEL AND CAN CHOOSE TO SPREAD THEIR CREAM CHEESE, JELLY, OR BOTH. THE MAIN FOCUS HOWEVER, IS THE PRACTICE THE TECHNIQUE OF SPREADING.**

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

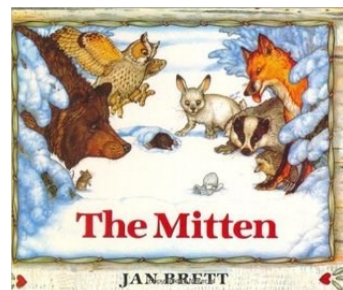
### Activity:

Read the book aloud or watch the story being read aloud on YouTube

<https://www.youtube.com/watch?v=QA6ukHmgetg>

### The Mitten WH Questions to ask while listening to the story:

1. What color did Nikki want his mittens?
2. Where did the forest animals go?
3. What animals went in the mitten first?
4. Why did the animals go in the mitten?
5. Why did the bear sneeze?



### School Readiness Goals Aligned To This Activity:

- Children will listen to and understand increasingly complex language
- Children will use language to express their thoughts and needs and engage conversations
- Children will demonstrate phonological awareness

### Incorporate reading in your daily routine

Find creative ways to make reading a part of your daily routine. Make reading a special time from other activities that vie for you and your children's attention. Create a space for reading by turning a corner of a room into a comfy reading space. Take 5 to 10 minutes each day or evening before bed to read. Find a favorite story and read it over and over again. Children love re-reading their favorite books. Make it a guessing game to figure out what comes next in the story.





# Backpack Connection Series

## About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

## The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

## More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



[ChallengingBehavior.org](http://ChallengingBehavior.org)

# How to Teach Your Child to Appropriately Get Your Attention

Brooke Brogle, Alyson Jiron, & Jill Giacomini

It is difficult to have a conversation with someone if you do not have their attention-this is true for both children and adults. The ability to successfully capture someone's attention is a fundamental social skill and provides the foundation for future success in social settings and relationships.

Children use a variety of ways to get attention and will often resort to techniques they find most effective, such as yelling or whining. For example, think about a child who wants to get Mom's attention when she is on the phone. He knows that if he continues to yell loudly, Mom will eventually pause her phone conversation and ask what is needed. If yelling and whining gets a child what he needs, he will continue to yell and whine until he learns a new way to get attention.

How can you change this pattern? You can teach your child the way that you want him to get your attention (such as tapping you on the shoulder) and then reward him when that behavior occurs. When you take the time at home to build on the skills your child is learning at school, you reinforce these positive skills and create a solid social foundation for your child which will help to reduce challenging behaviors.



## Try This at Home

- Model the behavior you are teaching and do it often! If you need your child's attention, tap her on the shoulder, move to her eye level and begin your communication from there!
- Practice, practice, practice! Play with this new skill. Practice with both parents, siblings and friends. Your child can teach her grandparent or teddy bear how to tap on someone's shoulder to get their attention.
- Remind your child of your expectation. If you are on the computer and she whines or begins to cry for attention, remind her, "It looks like you need something. I will respond if you tap on my shoulder and ask me."
- Celebrate when your child displays this new skill. "Wow, you tapped me on the shoulder because you wanted some milk. I am super happy to get you some. What a great way to get my attention!"

## Practice at School

Most peer interactions are initiated when a child wants to give or get something from a friend. Rather than grab or yell across the room, your child is learning to gain a friend's attention before beginning a conversation by:

1. Moving to stand next to the person
2. Tapping the person on the shoulder
3. Looking at the person's eyes to see if they have their attention

## The Bottom Line

Behavior is meaningful and communicates a message. If a child does not have an appropriate way to communicate, he will often use challenging behavior (e.g., hitting, screaming, whining) to communicate his needs. If his needs are then met, the behavior is reinforced and he will continue to use the challenging behavior to communicate. When parents teach their child how to appropriately get attention, the child will be less likely use the challenging behavior to communicate.



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