

SIU Carbondale Head Start Family Connections Newsletter January 2025

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. 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, lightening, or excessively windy.

Lastly, if you're vaccinated against COVID, consider volunteering in your child's classroom this spring. Being in the classroom is a wonderful way for parents to be a part of the educational process, see their child's learning environment, and be present with their child.

HAPPY NEW YEAR

Parent Handbook Quiz: A Healthy Start to 2025

The Parent Handbook provides Head Start families with information about the program's services, policies, and procedures. It is intended to serve as your guidebook throughout the year. The handbook also contains many resources.

Take a look at pages 16-19 to find the answers to these questions:

How often is an updated physical and dental exam required?

What section of the Handbook will you find a chart of guidelines for keeping children home due to health concerns?

What are the six instances when children wash their hands?

How often do children in full day classrooms brush their teeth?

How often do children in half day classrooms brush their teeth?

Important Dates

Jan 6: Children Return

Jan 20: Holiday Closure

Jan 27: Policy Council Meeting, 6:00 pm

Jan 17: Nutrition Activity

January Fluoride Varnish



Jan 24: 9:30-2:00
Carbondale Center

January 31: 9:00-12:00
Marion /JALC Center

Feb 14: 10:00-2:00
Murphysboro Center



Promoting Language at Home

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

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)





Partnering with Families: The Pyramid Model/ Build Your Bounce & Your Journey Together

Social-Emotional Well-Being for Parents, Children, and Families

What is emotional health and well-being?

Emotional well-being or emotional health or wellness, refers to how well we are able to accept and manage our emotions and cope with challenges throughout life. This can affect how well we function day to day or how we are able to deal with change or uncertainty. The enclosed handout, "Your Healthiest Self: Emotional Wellness Checklist" will provide you with strategies to improve your emotional health and wellness.

Factors that can influence emotional well-being in adults

- Challenges with work, school, relationships, or home life
- Changes in health
- Changes in relationships
- Retirement, which may affect social circles or sense of purpose
- Moving away from family or friends

Ways to practice social & emotional learning at home

- Take care of yourself, even when it feels like the last thing you can do right now. You must take care of your own mental, social, and emotional wellness. Young children are sensitive to the stress of their caretakers. We must take care of ourselves during this stressful time so that we're able to show up for others.
- Establish routines. Craft a daily routine for you and your children to stick to. Create intentional time and structure for social emotional learning. This would ideally be 5 to 10 minutes of dedicated practice every day. Presence is not the same as being present. Be intentional about when you're connecting with children and when you are working. Set daily times for playing together, reading

"Educating Children, Empowering Families, Strengthening Communities"



618-453-6448



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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, Health Specialist

Nutrition Activity

INGREDIENTS FOR SPREADING CREAM CHEESE/JELLY ON BAGELS

(Adjust the recipe ingredients based on desired amount needed.)

- Prep Items: Child knives, plates, napkins
- Cream cheese spread
- Mini bagels
- 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 to 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>

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.

