SIU Carbondale Head Start
Family Connections Newsletter
March 2019

From the Director’s Desk

It’s time for families of our five-year old children to plan for the transition to kindergarten in August. We have transition activities planned for the spring to make entry into the elementary school a positive experience for each child and family. Preparing children for school is what we do at Head Start.

In order to accomplish this, children need to be on time and in attendance every day. Regular attendance is linked to success in school, and the skills your child is learning in Head Start are so important to kindergarten performance. Head Start children learn pro-social skills in addition to academic skills that are critical for their success. Head Start views children who miss more than 10% of school as a “chronic absentee.” For children who began in August, that’s only 16 days! Kids who miss more than 10% of school run the risk of not being as prepared for school as they could be. If your child is missing school because of barriers that you need assistance with, please call your Community Worker or Center Director. Let’s work in partnership to promote the success of every child in Head Start!

— Dr. Lea Maue

Get to Know. . . Ms. Sara Jones

Ms. Sara began her career with SIU Head Start, at the Marion Center, as a Family and Community Service Worker in September of 2014. Sara grew up in Metropolis, IL. She attended Murray State University and obtained a degree in Elementary Education. She and her husband married in September 2011 and have two children-Logan age six and Marlie age two. In her free time Sara enjoys spending time with family and friends, vacationing with family, playing outdoors with her children, and visiting and laughing with co-workers. When it comes to meeting the needs of the families at the Marion Center, Sara loves to make sure that her families has the resources they need, and is always working to provide for them. She also loves spending time in the classroom with the children. Her favorite part of her job is when families accomplish the goals that they have set during the school year. We want to thank and appreciate Sara for her hard work and dedication to the SIU Carbondale Head Start families in our program!

From your Policy Council

My name is Terry “Bear” Maxwell, and I am the parent representative from Marion. My first experience being on Policy Council was at Centerstone Early Head Start. I was elected to the Policy Council and have been serving since September 2018. I am a single father of Abigail, age three. Abby was born with some difficulties, but now that she has been enrolled in both Early and SIU Head Start, she is learning at a rapid rate and a lot faster than I ever expected. She thinks she is the “boss,” and I let her believe she is. She is the light of my life and she “lights up” when I volunteer in her classroom. Her teachers at Head Start are Ms. Jennifer and Amanda. They are wonderful with Abby, and she has learned so much. I love being involved in my daughter’s education and being an advocate to better our communities, and children’s education. Being on the Policy Council has been a great experience and it allows me to be active on behalf of the program and to represent the Marion center.
You & Your Preschool Child

Ensuring That Your Child Is Ready to Learn

Research shows that many things affect how well preschool children perform in school, including meeting their physical needs with a healthy diet, exercise and good medical care. Young children also need social and emotional help that will build their confidence, independence and cooperation skills. Families of preschoolers need to show their children how to behave by being dependable, setting a good example and using appropriate, consistent discipline. Children also need opportunities to play and ask questions, and to be read to and introduced to a variety of learning activities. Allow time each day for these things to happen in the life of your young child.

Needs of Your Preschooler:

Babies need loving parents or caregivers who respond to their cries or noises, making them feel safe and comfortable. They need to be able to play in safe areas, move around, play with safe objects, and hear and make sounds.

Toddlers need opportunities to make choices within clear and reasonable limits. They need activities that allow them to use their muscles, experience their senses and develop language skills. As a toddler reaches three years old, they will need to work with their hands, learn to do things for themselves, play with other children, continue to learn about their body's movements, and build their vocabulary and knowledge about their surroundings.

Four- and five-year-olds will require even more opportunities to use things like books, games and songs, and the chance to do science, math and art activities. Families and caregivers can find these opportunities at their local community centers, libraries or schools. Children need to build their self-reliance and language skills, as well as their awareness of the world and people around them, as they prepare to enter school.

"Our challenge is to reach all children early so that every child starts school with the skills needed to learn."
—Laura Bush

Source: https://eclkc.ohs.acf.hhs.gov/parenting/article/you-your-preschool-child#Ensuring

Community Resource of the Month
WOMEN, INFANTS AND CHILDREN (WIC)

The mission of the WIC program is to improve the health of pregnant or breastfeeding women, women who have recently had a baby, and children from birth up to age 5 by providing nutritious food to supplement diets, information on healthy eating, and referrals to health care.

The WIC program is funded by the United States Department of Agriculture and provided through the Illinois Department of Human Services. To receive WIC in Illinois, participants must meet income eligibility requirements, live in Illinois and be at nutritional risk. During the WIC appointment, participants meet with a health professional to receive a nutrition risk assessment, develop a personal nutrition-related goal, receive practical tips to help them reach their goals, and receive food vouchers that can be used in local stores to receive free supplemental foods. There is no cost for the WIC program. WIC does not require proof of citizenship or alien status, and is an equal opportunity program. Many people are eligible for the WIC program. Most children under 5 years of age in the Head Start program are eligible for WIC. To find out more information, visit the Jackson County Health Department website at http://www.jchdonline.org/ or call 618-684-3143 ext. 148.
Conscious Discipline in the Home: Empathy

Each month, we will feature the **Seven Skills of Conscious Discipline and the Seven Powers of Conscious Adults**. The seven skills are Composure, Encouragement, Assertiveness, Choices, Empathy, Positive Intent and Consequences. This month’s skill of focus is Empathy which teaches children to manage their emotions.

**Power of Acceptance**

**BIG IDEA:** The moment is as it is. It is mindfulness in action.

**GOAL:** To learn to respond to what life offers instead of attempting to make the world go our way.

**Power of Acceptance**

The Power of Acceptance provides a frame of mind that promotes change by quietly observing the moment without the need to change or fix it. Acceptance fully embraces the moment rather than ignoring, distracting, escaping or denying what’s happening. The key is to offer empathy to others and ourselves.

When children are upset, our task is to act like a mirror, reflecting back their inner state so they can regulate it enough to adjust their outer behavior. Face-to-face playfulness regulates positive emotions and empathy regulates negative emotions. How you respond to your child’s upset teaches them how to respond to the upset of others.

**Here are some tips you can use to introduce the Skill of Empathy at home:**

Accepting the moment and empathizing with children does not change the limits we set on their behavior; it helps children become better able to accept the limits we set.

The **D.N.A.** process provides us with a concrete formula for providing empathy in order to help children manage their emotions.

- **D.** Stands for **Describe.**
- **N.** Stands for **Name.**
- **A.** Stands for **Acknowledge.**

**Describe**: Describe what you see. “Your face is going like this!” (Mirror their face with your own facial expression as you describe with words what you are seeing).

**Name**: When the child makes eye contact, Name the Feeling. “You seem angry.” Use questioning tone so the child can correct you if you misinterpret the feeling.

**Acknowledge**: Quickly follow by Acknowledging their desire. “You wanted to stay outside and play.”

When we empathize, we symbolically say, “I see you, hear you, and I Love You.”

*From “Conscious Discipline: Building Resilient Classrooms” by Dr. Becky Bailey*

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“Educating Children, Empowering Families, Strengthening Communities”

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618-453-6448  headstart.siu.edu  SIU Carbondale Head Start
Recipe: Nutrition Activity

Hello Parents! Please join your child on March 21st for fruit smoothies with this month’s nutrition activity or listed below you will find the recipe that you could make with your child at home.

INGREDIENTS FOR YOGURT FRUIT DIP

- Milk
- Greek vanilla yogurt
- Variety of fresh or frozen fruit

Variety of fresh or frozen Fruit: Mixed berries, blueberries, strawberries, bananas, pineapples, cherries, mango, blackberries, papaya, raspberries, melon chunks, peaches, etc.

DIRECTIONS

In a blender, blend together milk, yogurt, fruit to desired consistency. Serve and enjoy!

Nutrition Activity:

**All Centers**
(Fruit Smoothies)

March 20: Preparation Day
March 21: Eating Day

Book of the Month: Iggy Peck Architect by Andrea Beaty

Activity: Read the book aloud to your child or watch it on YouTube:

https://www.youtube.com/watch?v=dz1zd-vkrew

After reading the book, tell your children to get creative! Use materials around the house and build a structure of their own. Throughout the activity, ask your children questions about their structure. What are they working on? What materials are they using? How tall is their structure? What can they use to measure the height of the structure? Write down their words and take a picture of the structure they made.

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 demonstrate persistence and engagement in a variety of creative experiences.
- Children will express their thoughts and needs in clear and complete sentences using varied and complex vocabulary.
- Children will demonstrate beginning math skills (counting, numeral recognition, quantifying, measuring, shapes).

Important Dates

- **March 7**: Carbondale Parent Meeting at 6 pm
- **March 11-15**: Spring Break—No School
- **March 18**: Policy Council Meeting, 6 pm
- **March 19**: Marion/JALC Parent Meeting at 5:30 pm
- **March 21**: Murphysboro Parent Meeting at 6 pm
- **March 26**: Family Resource Fair! Carbondale Head Start
  1900 N. Illinois Ave.,
  Carbondale, IL
  5:30 – 7:00 pm
  *(Free Family Photo for Head Start enrolled families only!)*
- **March 28**: Health Advisory Meeting
  Carbondale Head Start
  1900 N. Illinois Ave.
  Carbondale, IL
  11:30 – 1:00 pm
- **April 10**: Family Resource Fair!
  Marion Head Start
  907 N. Vicksburg,
  Marion, IL
  5:30 – 7:00 pm
  *(Free Family Photo for Head Start enrolled families only!)*