From the Director’s Desk—Dr. Lea Maue

Happy November to all of our Head Start families! It is the time of year to focus on gratitude, and I’m truly grateful for the many gifts and talents of our families, children, and staff. I hope you were able to attend the fall festival at the end of October. What a great day for a fun outdoor activity! Parent participation is an important part of the Head Start philosophy. Due to COVID, parent access to the centers was limited, but we are now allowing parents to volunteer at centers. Please consider spending some time at the center with your child.

A reminder. . . as the seasons change here in Southern Illinois, please make sure your child has warm clothes for playing outside such as a hat, coat, and gloves. Head Start children will play outside when temperatures are above 25 degrees (with wind chill). Thanks for your continued dedication to your child’s success, and I wish everyone a happy and healthy holiday!

Get to Know. . .Shannon Knowles
Shannon Knowles is a new Lead Teacher at the Murphysboro Center. She has a Bachelor of Science Degree in Social Work. Shannon has over seventeen years of experience working in the education field as a teacher and ten of those years exclusively served in Jackson County. She considers herself to be a powerful force in the workplace and uses her positive attitude and tireless energy to encourage others to work hard and succeed. “I enjoy doing what I do to serve the children and our community. I specialize in being able to empower the little ones (3-5-year-olds) with a great start in gaining skills to manage their social emotional skills, follow instructions, and needed support towards kindergarten readiness. I’m involved in serving our community by providing for the family’s opportunities to assist with maintaining communication, awareness of age-appropriate milestones, and understanding optional tools necessary to succeed.” Shannon is inspired daily by her Head Start team. In her leisure time, she likes to participate in recreational and entertainment activities, going to amusement parks, eating at restaurants, and going to movie theaters with her friends and family.

Thank you, Shannon for your tireless work with the children and families in Murphysboro Head Start Center.

Welcome from the FCP Staff

Thank you parents for being involved in our program. You are very important and your participation in program events is vital—we could not exist without you!

November is Literacy Month
We have lots of exciting activities planned this month. During our monthly parent meetings, we are dressing up in our pajamas and will be enjoying cookies and a beverage as we hear Story-Time Reading from friends in our community. Every family that attends the November Parent Meetings will receive a book to take home.

Fun Thursday
All children and staff are asked to dress like their favorite book characters Thursday, November 10th for FUN THURSDAY!

Story Time
Community friends, and staff in our program will be invited to read stories at all of our centers during the entire month! (See enclosed flyer and ClassTag for details).

Joyce Guy
Family Community Partnerships Coordinator
Simple Self-Care Tools for Parents

Many parents are overworked and exhausted. In fact, a recent study showed that single parents work an average of 98 hours per week! Parents also survive with minimal free time. The average single parent only gets 17 minutes of free time each day. It is essential that parents care for themselves and their own well-being because any effort put into self-care also has huge payoffs for the child. When parents “fill their own cups,” they have more patience, energy and passion to spread to their families. Here are a few self-care strategies to help parents strengthen relationships, be compassionate toward themselves, and renew their energy:

- Listen to uplifting music
- Schedule an uninterrupted hour with a close friend- go for coffee, dinner, or a walk
- Color a picture from a coloring book by yourself or with your child
- On a piece of paper, write down 3 things that are weighing on you. Then write down ideas of how to relieve your stress.
- Each day, write down one thing you are thankful for
- Make a list of three things you are looking forward to in the near future
- Write down a goal for the week and break it into small steps in order to achieve it
- Look at your schedule for each day and see if there is an activity that can be put off to a later date or someone can help you complete

If you are in need of more mental health resources or would like to talk to our mental health consultant, please contact your community worker.


Community Resource of the Month

Centerstone of Illinois

Centerstone is one of the largest behavioral health care providers in Illinois, with more than 50 years of experience serving children, youth, adults, and families. They offer skilled counseling, psychiatric and medical services, substance abuse treatment, and services for adults with developmental disabilities.

Services Include: Crisis Services for Adults and Children, Community Support Services for Children and Adults, Counseling Services for Children, Adults, Couples, and Families, Early Head Start, Integrated Primary and Behavioral Health Services, Life Skills Enrichment, Psychiatric and Medical Services, Residential and Housing Services for Adults, and Senior and Caregiver Services.

Locations where Open Access assessments are available: (855) 608-3560
For Initial Appointments call: (877) 467-3123

Carbondale: 2311 South Illinois Ave & Emerald Plaza—200 North Emerald Lane. Carbondale, IL 62901
Carterville: 402 East Plaza Drive. Ste 4/5. Carterville, IL 62918
Marion: 1307 West Main St. Marion, IL 62959
West Frankfort, 902 W Main St. West Frankfort, IL 62896

Website: https://centerstone.org/
Parent Curriculum Corner

Teaching Your Child to Identify and Express Emotions

The article, “Teaching Your Child to Identify and Express Emotions” was included in the Parent Orientation Packet that newly enrolled parents received at the beginning of the school year. The article states, “Young children deal with many of the same emotions adults do. Children get angry, sad, frustrated, nervous, happy, or embarrassed, but they often do not have the words to talk about how they are feeling. Instead, they sometimes act out these emotions in very physical and inappropriate ways.” This four-page handout describes specific steps and strategies that you can use to help children express themselves in ways that are appropriate. Here is the link to access the article.


Positive Solutions—Emotional Vocabulary

Children with a strong foundation in emotional vocabulary may tolerate frustration, and are better able to handle situations in a much healthier manner, and have greater academic achievement.

Here are five (5) ways to help children to identify emotions:

1. **Name the feeling appropriately.** Use the handout provided to show children how to recognize, label, and understand feelings in one’s self and others.

2. **Talk about how feelings** can be expressed by setting a good example yourself. Begin by talking about your own feelings. Opportunities can be created for your child to come to you with solutions for various situations to discuss with each other.

3. **Offer a deep nurturing connection.** Children need to be soothed and given the opportunity to bond and connect. When you notice your child is getting upset or overwhelmed, try to reconnect to understand the reason behind their meltdowns to allow you to respond appropriately.

4. **Resist the urge to punish.** Discipline methods such as spankings, time outs, giving consequences and shaming are often used to correct children’s misbehaviors. These do nothing to help them deal with their emotions. By resorting to these methods, children get the message that their “bad” emotions are to be blamed for their misbehaviors. As a result, they try to bottle their emotions until they get to a point where it “overflows” one day through a meltdown episode.

5. **Praise and practice often.** Give praises to your child whenever he/she talks about his/her feelings. This brings across the message that he/she did the right thing and that you are proud of him/her for reaching out to you and talk about feelings.

**November is National Literacy Month—Community Reading Month!** We are inviting community readers to read to children in our classrooms and to also read during our November Parent Committee Meetings/Family Reading Nights where we will have special refreshments for all that attend!

*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.*
Recipe: Nutrition Activity

Hello Parents! Please enjoy trying this recipe with your family for Nutrition Activity of the Month. The children and teachers will be making peach and yogurt smoothies. Here is the recipe below:

INGREDIENTS FOR PEACH AND YOGURT SMOOTHIES

Prep items Needed:

- Blender and small cups

Ingredients:

- Peaches, frozen, unsweetened, thawed, drained
- Low-fat vanilla yogurt

Choose amount of peaches and yogurt according to servings needed

DIRECTIONS:

1. Have children combine peaches and yogurt in a blender. Adult should operate blender once ingredients are combined. Mix smooth.

Book of the Month: Where the Wild Things Are by Maurice Sendak

Activity: Read the book aloud or watch the book being read on youtube:

https://www.youtube.com/watch?v=ALmNPxNehYE

We experience so many feelings and emotions everyday and it can be hard for children to process them all. Draw your very own wild thing monster. Discuss with your child how their monster feels, talk about how it looks, and why it feels a certain way.

School Readiness Goals Connected To This Activity:

- Children will demonstrate fine motor strength and coordination (drawing their wild thing monster).
- Children will use language to express their thoughts and needs and engage in conversations. (discussing how their monster feels, looks and why it feels a certain way).

Questions to ask once you have read or listened to the story:

- Do you think a forest really grew in Max’s room?
- How do you think Max feels when he is sent to his room?