

Head Start News

April 2024



REMINDER

April 8th the agency is closed due to the Eclipse. If watching the Eclipse, wear the safety glasses. April 25th is a virtual learning day, no center based classes this day.

First Aid Kit

Having a First Aid Kit handy can help reduce stress in minor accidents. It is always a good idea to have a First Aid Kit in your house and in your car. Below are some items you can use to make your own kit.

- Band-Aids
- Gauze
- Adhesive Tape
- Antibiotic Ointment
- Disposable Gloves
- Eye/Skin Wash
- Burn Treatment
- Cold/Hot Packs



Graham Cracker Owls:

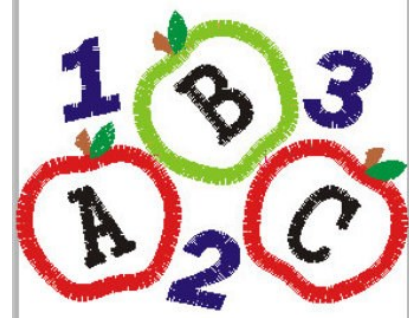
- Break the graham crackers up into the squares. Lay them out on a plate.
- Cut up a banana, strawberries, and leave blueberries whole.
- Place two pieces of banana on the cracker. Place two blueberries on top of the banana to represent the owls' eyes.
- Add two pieces of strawberries above the eyes to represent eye-brows.
- Add a piece of strawberry under the eyes to represent the beak.
- You can "glue" the fruit down with peanut butter or any other nut butter, or yogurt, but this is optional.





Home Activities to Ensure School Readiness:

- ◇ Practice counting to 20 daily.
- ◇ Play a color matching game.
- ◇ Practice cutting and gluing.
- ◇ Practice spelling and writing your child's name.
- ◇ Play a matching/recognition game with your child.
- ◇ Read a book daily to your child.
- ◇ Set a bedtime routine and stick to it.
- ◇ Talk about your child's feelings and emotions.
- ◇ Practice independent hygiene with your child (toileting independently, blowing own nose, handwashing).



Children's Mental Health

Behavior is a form of communication. We typically do things for two reasons: to get good stuff and to avoid bad stuff. Sometimes this comes across as challenging behavior if the child or adult doesn't care that this is not the appropriate way to communicate or if the child or adult does not have the skills to tell the appropriate way to communicate.

Good things that kids want:

- Attention (good or bad).
- Favorite foods/snacks.
- Activities (TV, playing outside, sports).
- Toys (electronics, games).

Things kids want to avoid:

- Chores and school work.
- Following adult directives or giving up control.
- Giving up items like electronics or coming inside from playing outside.
- Bathing, brushing teeth, getting ready.

It is important to keep in mind the things or child absolutely cannot do and the things they just will not do. To help them do things they cannot do, break the task into smaller pieces, provide more assistance, lower the overall expectation, and teach them how to ask for help or a break. To help them do the things they will not do prompt them, provide choices when appropriate, and STAND FIRM in your expectation.