



# CONNECTIONS

Connecting home, school and community

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## DIRECTOR'S CORNER

Spring is officially here and it's time to get outside! Pack up the family and explore Fenner Nature Center, Potter Park Zoo, MSU Children's Garden or a park close to your home. Watch for the first blooming flowers. Outdoor spaces present new learning opportunities.

**Plan to be active with your family. Here are some suggestions:**

- Plan a picnic together, even if it takes place on your living room floor.
- Play your child's favorite game.
- Complete a LINKS activity each night in April.
- Make a snack together.
- Put on some music and dance.
- Post your child's artwork at home and at work.
- Hug your child every day.
- Read one of your child's favorite stories with him/her.
- Watch a children's TV show with your child and discuss it afterward.
- Volunteer in your child's classroom.
- Tell your child you love him/her and why he/she is special to you.

Your young child is learning something new every day. Celebrate and point out that new knowledge or skill when you see it. Words of encouragement make children want to learn more.

~Lucy

**Congratulations to the following sites for the highest overall attendance for the month of February!**



### Early Head Start

**Grand River 103:**  
92%

**Jenison 3:**  
91%

**Jenison 2:**  
88%

### Head Start

**Maplehill 117 : 93%**  
**Eaton Rapids PM: 91%**  
**Colt 1 AM: 90%**  
**Colt 1 PM: 86%**  
**Grand River 108: 86%**  
**Harley Franks 1: 86%**  
**Maplehill 116: 86%**  
**Roosevelt 3: 86%**

### Head Start Partners

**St. Johns Riley: 95%**  
**St. Johns Eureka: 92%**  
**ELCC: 91%**  
**Kidtime: 90%**



### Early Head Start

#### CCP

**Little Blessings (Home): 99%**  
**Carrie Brock (Home): 98%**  
**Bright Beginnings: (Center) 96%**

### **JUST A REMINDER:**

Head Start requires that all children in the program get a dental exam by a licensed dental practitioner. It is recommended by the American Dental Association. Unless told differently by your dentist, children should see a dentist every 6 months for a check-up and cleaning. By visiting the dentist regularly starting at a young age, children will become more likely to continue in their adult lives and are less likely to develop fears of seeing a dentist. If your child has not been to the dentist, if you need help finding a family dental home, or if you have any dental questions, contact Kory Stamper, Oral Health Specialist, at 517-482-1504 ext. 132 or by email: [kory.stamper@cacsheadstart.org](mailto:kory.stamper@cacsheadstart.org).

## Getting Ready for Springtime Allergies

Warmer spring weather means spring cleaning! But stirring up all that dust can trigger children's allergies. Here are some symptoms to look for in your child that may point out he or she has seasonal allergies:

- Runny nose
- Nasal stuffiness
- Sneezing
- Throat clearing
- Nose rubbing
- Sniffing
- Snorting
- Sneezing
- Itchy, runny eyes



- These symptoms follow an exposure to dust, dogs, cats, pollen, molds, and many more.
- They are repeated or long term cold-like symptoms that last more than a week or two, or start at about the same time every year.
- Your child's allergy treatment should start with your pediatrician. If needed, your pediatrician may refer you to a pediatric allergy specialist for extra evaluation or treatments, depending on how severe the child's symptoms are.
- Although there are many over-the-counter antihistamines, decongestants, and nasal sprays, it is very important that you work with a pediatrician over the years to make sure that your child's allergy is controlled and the symptoms are treated the right way!

For more information visit <https://www.healthychildren.org/English/health-issues/conditions/allergies-asthma/Pages/Seasonal-Allergies-in-Children.aspx>

### FREE EVENTS

#### Fenner Nature Center

2020 E. Mt.Hope Ave, Lansing

#### Nature Story Hour

First Saturday of each month 1:00-2:00pm

#### Eaton Great Start

**Toddler Time** in the Eaton County parks. Watch their Facebook page (Eaton Great Start) for upcoming dates

#### Delta Township Library

5130 Davenport Drive, Lansing

#### Paws for Reading

4/3 & 4/10; 4:00-5:00pm  
4/6, 4/20, 4/27; 6:00-7:00pm

#### Spring Break at the Library

4/3 Upcycled DIY Crafts; 10:30-12pm  
4/5 Spring Carnival; 1-2:30pm  
4/6 Legos; 2-3:00pm  
4/7 Family Movie; 1:00pm

#### Evening Storytime

4/13; 6:00pm

#### Child's Book Week Bookmark Contest

4/17-5/20; Bookmark contest - pick up form at Youth Desk

#### Family Movie Matinee

4/29; 1:00pm

#### Autism Accessible Library Browsing

5/13; 9:00-10:00am

**\$1 PURCHASE YOUR PASSPORT**

**VISIT OVER 80 AREA ATTRACTIONS & HOT SPOTS!**

**ON SATURDAY JUNE 3 10 A.M. TO 5 P.M.**

VISIT [LANSING.ORG](http://LANSING.ORG) FOR DETAILS!

THE ANNUAL BE A TOURIST MICHIGAN STATE UNIVERSITY

## FAMILY CELEBRATION

### Saturday, April 1 11 a.m. - 4 p.m.

We're excited to show off the bright new space at our Downtown Lansing branch!

**11 a.m. - 1 p.m.**  
Hands-on science experiments with kids from WKAR's "Curious Crew"

**1-4 p.m.**  
Face Painting and Balloon Animals from Around the Town Clowns

**1-4 p.m.**  
Come and meet Elephant & Piggy along with Sid the Science Kid

**1-4 p.m.**  
Craft Project with REACH Studio Art Center

**1:30-2:30 p.m.**  
Performance by local musician Taylor Taylor and her band

**CADL Downtown Lansing**  
401 S. Capitol Ave. • 517-367-6363

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*Everything...right here.*  
cadl.org

## FREE MEALS for CHILDREN this SUMMER!

The Michigan Department of Education (MDE) will offer the Summer Food Service Program, "Meet Up and Eat Up™". If you would like more information and to find a location near you, go to <http://www.mcgi.state.mi.us/schoolnutrition/>.

Details for summer 2017 will be available at the end of May or early June.

## WE NEED YOUR FEEDBACK

An email with a Survey Monkey link was sent out to all families who gave us an email address. Just click on the link and answer 7 short questions about attendance by April 16! We would really appreciate your feedback! If you didn't receive an email, go to

<https://www.surveymonkey.com/r/cacsattendance>



# Enjoy the great taste of WHOLE GRAINS

Disfruta del gran sabor de los GRANOS INTEGRALES



WHEAT Trigo

BROWN RICE Arroz Integral



CORN Mafz



BARLEY Cebada



OATS Avena



DEVELOPED BY THE  
California WIC Program, California Department of Public Health  
This institution is an equal opportunity provider.

Arnold Schwarzenegger, Governor, State of California  
Kimberly Belcher, Secretary, California Health and Human Services Agency  
Mark B. Horton, MD, MSPH, Director, California Department of Public Health

For the nearest WIC office, call 949-9766.  
1-888-WIC-WORKS (1-888-942-9675)



ICA 948668 (03/09) WIC

# Special Needs

## Get Ready for Kindergarten!

Just when you get into the Head Start routine, it's time to think about next year! Many Head Start children will move onto kindergarten. You may wonder: What can we do to get ready?



- Be positive!
- Encourage your child to talk about their feelings/worries.
- Complete all school forms – get a copy of his or her state birth certificate (not the one with the footprints!).
- Visit the school with your child to meet the teacher and see the classroom and building.
- Share a copy of your child's IEP with the Kindergarten teacher (if applicable).
- Ask who provides services and ask to meet him/her (if applicable).
- During the summer, start new routines, set regular bedtime and wake-up times, and keep talking about what Kindergarten will be like. Don't forget to tell your child how proud you are of him or her!

If you have questions about transition to kindergarten or special education services, please contact Marianne, Kym, or Robyn in the Special Needs Office at 517-482-1504.

## Como Disciplinar a su Hijo/a de Manera Eficaz

(De acuerdo con el Fondo Fiduciario de niños)

- **Mantenga la calma.** Hablar en un tono neutro le demostrará a su niño(a) que usted no ha perdido el control. Su tranquilidad será contagiosa y ayudará a su niño(a) a calmarse.
- **Imponga reglas demostrando seguridad.** Si quiere que su hijo(a) coma sólo dos galletas o mire la televisión sólo por una hora, deje en claro que esas son las reglas de la casa y hágalas cumplir de manera uniforme y demostrando seguridad.
- **Céntrese en su niño/a.** Diga el nombre de su hijo(a) cuando de una orden mírelo(a) directamente.
- **Elogie el buen comportamiento.** Utilice elogios específicos que reiteren lo bueno que hizo su hijo(a) y lo que significa. Gracias por quedarte tranquilito(a) y leer mientras yo vestía a tu hermana. Nos puso a todos muy contentos y pudimos hacer todo lo que necesitábamos hacer. Te estas convirtiendo en un buen lector.
- **Recuérdelo con amabilidad lo que debe hacer.** Hágalo en momentos adecuados. Cuando su hijo(a) salga del baño, recuérdelo que debe colgar la toalla.
- **Ofrézcale opciones.** En lugar de decirle siempre a su hijo(a) que no haga algo, ofrézcale opciones, por ejemplo: “¿Te quieres poner las medias o la camisa primero?”. Asegúrese de que usted estará conforme con cualquiera de las opciones que su hijo(a) elija.
- **No use preguntas, sino afirmaciones.** Si usted le pregunta a su hijo(a) “¿Estás listo(a) para ir a la cama?”, está dejando que decida él/ella, por lo tanto, la respuesta más probable será: “No”. En lugar de preguntar, simplemente diga: “Es hora de ir a la cama!”.
- **“Cuando hagas tal cosa, podrás hacer tal otra”.** Diga a su niño(a) que cuando haga algo que indique buen comportamiento (guarde un juguete, termine la tarea o se lave los dientes), podrá hacer algo que desee (comer una galleta, mirar la televisión, llamar por teléfono a un amigo(a))
- **Dígale a su hijo(a) que usted contara hasta diez.** Explíquele lo que él/ella debe hacer durante la cuenta regresiva. A los niños generalmente les gustan los desafíos de lograr algo en un tiempo determinado. Además, la cuenta regresiva le permitirá a usted mantener la calma.
- **Anime a su hijo(a) a contribuir.** Resuelva una situación con su hijo(a) preguntándole como solucionaría el problema. Luego escúchelo/a y trabajen juntos para resolver el inconveniente.
- **Use mensajes claros y específicos.** De ordenes específicas a su hijo(a) diciendo: “La cena está casi lista. Por favor, apaga la televisión, lávate las manos y ven a la mesa.”
- **Los mensajes cortos son más eficaces.** En la mayoría de los casos, una o dos frases tendrán mejor resultado que un sermón. “Ponte el abrigo o llegaras tarde a la escuela.”
- **Utilice frases que se refieran a usted en lugar de a su hijo(a).** No critique a la niña(o), sino al comportamiento del niño(a). En lugar de decirle: “Tú me haces sentir muy triste cuando no guardas tus juguetes”, diga: “Yo me pongo muy contenta cuando guardas tus juguetes después de jugar.”



**Es fundamental tener en cuenta la manera en la que usted se comunica (lo que usted dice y como lo dice). Eduque a su hijo(a) utilizando palabras instructivas y comprensivas. No palabras destructivas e insensibles. Si su niño(a) siente que usted lo respeta, es mas probable que le obedezca.**