



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER



At Head Start we do not celebrate holidays. We leave it up to families to celebrate special occasions in ways they feel comfortable. It seems like holiday advertising comes earlier and earlier each year. We try to keep the children's routine in the classroom as calming and predictable as possible since they are so bombarded with hype everywhere else.

As the holiday season approaches, many of us look forward to seeing our children's eyes light up at holiday sights, sounds and smells that surround the season. Use this time to reflect on your family being together and create memories that will become family traditions. A holiday scrapbook is a nice way to capture special moments, cards and activities. Don't forget to date the pages and include photographs and quotes from your children.

Also try to remember those who are not so fortunate. Donating a canned good to a local food bank; giving a gently used toy to a needy child; sharing a visit, a homemade card or a kind word to a neighbor...these and many other things not only help others, but make us feel better about ourselves. Acts of kindness set an example for our children and extend the giving spirit.

Head Start offers a variety of parent trainings. Read your biweekly classroom newsletter, the program newsletter, and the program website for current activities. Also, look for fliers announcing topics, times and locations for trainings. This is a great opportunity to meet new people, share ideas, learn about Head Start, community resources and how to support your child and family. (www.cacsheadstart.org)

Happy Holidays!

~Lucy McClintic

Family Fun Nights were a huge success! Thanks to all who attended!





ATTENTION ALL PROPERTY TAXPAYERS:

CACS Financial Literacy is offering **free** one on one Financial Counseling for all individuals in Ingham, Eaton, Shiawassee and Clinton Counties who are at risk of losing their property for non-payment of property taxes. The County Treasurer's and CACS Financial Literacy's goal is to assist taxpayers in fulfilling their real property tax obligations while also attempting to avoid foreclosure on parcels owned by taxpayers who demonstrate that financial hardship contributed to their inability to pay. Please schedule an appointment today to meet with one of our Financial Literacy Counselors who can help you navigate through today's financial barriers and connect you with resources that will help you save your home.

**Contact-Jessica Dexter Financial Literacy Counselor
Capital Area Community Services Inc.
Financial Literacy
1301 Rensen St. Lansing, MI
517-393-1722 or 517-449-6423**

Unique

By Digby Wolfe



Here's to the kids
Who are different ~
The kids who don't always get A's
The kids who have ears
Twice the size of their peers
Or noses that go on for days.

Here's to the kids who are different ~
The kids who are just out of step;
The kids who get teased,
Who have cuts on their knees,
And whose sneakers are constantly wet.

Here's to the kids who are different ~
The kids with a mischievous streak;
For when they have grown,
As history has shown,
It's their difference that makes them

UNIQUE!

Peace to you and your loved ones during this Holiday Season and Always,
The Special Needs Staff ~ Marianne, Kym, and Robyn

Healthy Family Checklist



Done!

- ① **Our family eats meals together**
- ② **Fresh fruit and veggies are available for grab-n-go snacks**
- ③ **Sweet, high fat, or high salt food is limited in our home**
(Cookies, cakes, candy, chips, doughnuts, pastries, sugary cereal etc)
- ④ **Low fat milk or water is offered during meals and snacks**
- ⑤ **Our kid's good behavior is rewarded with non-food items**
- ⑥ **Screen time for our kids is limited to less than 2 hours a day**
(Including TV, computer - internet, instant messaging - and video games)
- ⑦ **The television is turned-off during meals**
- ⑧ **Our kids do not have a TV in their bedroom**
- ⑨ **Our family is physically active together 3 - 5 days a week**
- ⑩ **Our kids have lots of time to run and play in safe places**

NEW SCREEN TIME RECOMMENDATIONS

Here are some of the AAP's new screen time recommendations:

1. **For children younger than 18 months**, avoid use of screen media other than video-chatting. Parents of children 18-24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
2. **For children 2-5 years**, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
3. **For children ages 6 and older**, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activities and other behaviors essential to health.
4. Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
5. Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.



MAKE EVERY DAY COUNT

This winter season, the best gift you can give your child is a good education. The best place to get an education is in school.

It's tempting to extend the break by a few days, but remember, those days count as absences. Just a few missed days here and there, even if they're excused, can add up to too much lost learning time. So make sure your child is in school every day, right up until the break starts. Our teachers will still be teaching and our students will still be learning.



CADL

401 S. Capitol Ave., Lansing

Holiday Open House & Reindeer Visit

Tuesday, Dec. 13, 6:30-8:pm

Winter Break Cinema

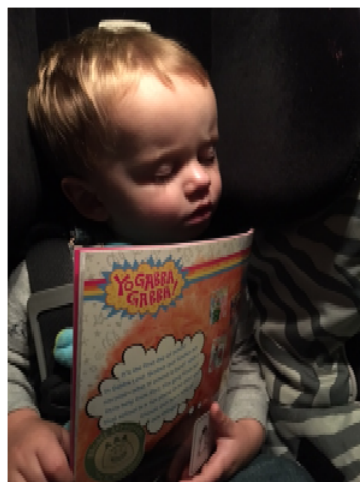
Tuesday, Dec. 20, 2:00-3:30pm

The Secret Life of Pets

Winter Break Cinema

Tuesday, Dec. 27, 2:00-3:45pm

Finding Dory



Grand Ledge District Library

131 East Jefferson St., Grand Ledge

Preschool Storytime -

Tuesday, Dec. 6, 11:00am

Movies in the Library

Saturday, Dec. 10, 11:00am

Tech411 (adults)

Thursday, Dec. 15, 11:00am-1:00pm

Fenner Nature Center

2020 E. Mt. Hope, Lansing

Nature Story Hour, 12/3, 1-2pm

Healthy Dental Habits

The ADA recommends parents take children to a dentist no later than their first birthday. Here's what you can do at home to start healthy dental habits:



- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months. At this time, you should take your child to see a dentist.
- Adults should assist their child in brushing their teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin flossing their teeth daily.
- For children younger than 3 years, caregivers should begin brushing children's teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician.
- For children 3 to 6 years of age, use a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing and remind them not to swallow the toothpaste.
- If your child has a sugary drink, try to limit that to only meal times.
- After first dental visit, every child should be seeing their dentist routinely, 6 months.

If your child still has not had a dental visit this year, feel free to reach out to Kory Stamper, Oral Health Specialist at 517-482-1504 ext. 132, for assistance in finding a dentist near you. When you call the doctor's office to schedule your child's appointment, be sure to inform the office that your child has Healthy Kids Delta Dental insurance.

Que puedo hacer en casa para ayudar y preparar a mi niño para que tenga éxito en la escuela y en la vida.

Lea todos los días: Comparta su amor por los libros con su niño(a). 20 minutos al día y no tiene que hacerse todo en una sola vez.

Converse y Escuche: Cuando usted habla y escucha a su niño(a), el/ella construye su lenguaje y aprende las habilidades que se necesitan.

Palabras: Use muchas palabras para describir cosas en el mundo de su niño. El número de palabras que su niño sabe se relaciona con su futuro éxito en lectura. No utilice un lenguaje infantil. Si su niño comete errores en gramática, repita la palabra correcta.

Respeto: Sea respetuoso con su niño(a) y con otros, el/ella aprende de verlo a usted.

Juegue con sus niños: Deje que ellos lo vean como una persona juguetona. Recuerde que el juego es el trabajo de un niño (a). Los niños resuelven los problemas y aprenden nuevas habilidades a través del juego.

Ayude a su niño(a) a verse así mismo como una persona capaz: Ayude a construir la autoestima señalando todas las cosas correctas que el/ella hace. Haga un esfuerzo para buscar todo lo bueno en su niño(a).

Cocine con su niño(a): Mida, derrame, revuelva, lea la receta, limpie, y coma con su niño(a). Estas actividades le ayudaran a su niño(a) a trabajar los músculos pequeños. Estos músculos se usan después para escribir y además es un tiempo divertido para ambos.

Coloree y dibuje con su niño(a): Esto mejorara sus habilidades de motricidad fina y también le ayudara a preparar los músculos en sus dedos para escribir.

Recuerde que usted es el primer maestro de su niño y su hogar la primera escuela!