



CONNECTIONS

Connecting home, school and community

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DIRECTOR'S CORNER



The beginning of a New Year is a good time to reflect and recommit to the children in our care. Both as parents and as staff, we know how challenging and rewarding children can be. We understand how hard it is to get your child up and ready to go for the day, but please remember that your child's attendance is very important. In Head Start, we are building a foundation for future school success and consistent attendance is the first step.

Kindergarten expectations have changed. Children should be able to identify 18 upper case and 15 lower case letters and some of the sounds they make. While we work on letters at Head Start, children need your continued help at home to be better prepared for school. Pointing out letters in your house, while driving, or while out shopping, helps reinforce the letter name. Point out that letters tell the name of stores like "K Mart" or letters that tell us which is the Salt or Pepper. Other letters tell us to STOP or WALK. Writing and spelling children's names also reinforces letter knowledge. Be sure and use an upper case letter for the first letter in their name. Of course pointing out letters in the books you read is also important.

Our LINKS and Steps to Success sheets are ways to work with your child each day to help them move forward with skills necessary for school readiness.

~Lucy McClintic



Build the Habit of Good Attendance Early

DID YOU KNOW?

- Students can fall behind if they miss just a day or two every few weeks.
- Missing 10% (or about 13 days) can make it harder to learn.
- Absences can affect the whole classroom if the teacher has to help children catch up.

WHAT YOU CAN DO:

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless he/she is truly sick.
- If your child seems anxious about going to school, talk to your teacher about how to make him/her feel more comfortable and excited about learning.

Head Start has new Performance Standards which are the rules that all Head Start programs must follow. One of the new rules is that ***if the parent does not call the classroom within one hour of class starting to let them know their child will be out for the day, staff must call to find out why the child is not in school.***

We are asking for your help with this. If your child will be absent from school, PLEASE call your child's classroom within one hour of starting time and give the reason for your child's absence. If they will be out longer than 1 day, let the classroom know so we don't continue to call you. Thank you!!





Falls in Children and Youth: Hospitalizations

Falls are the number one leading cause of hospitalized injury in the U.S. for children ages 0 through 14

Unintentional Fall Hospitalization in U.S. by Age

Age Group	Number of Falls
< 1 year	4,810
1 through 4 years	10,385
5 through 9 years	10,695
10 through 14 years	8,470
15 through 19 years	9,645

Unintentional Fall Hospitalizations in the U.S. by Age and Cause

	< 1 years	1-9 years	10-19 years
During sports		1%	7%
From furniture	45%	17%	3%
From recreational equipment*		3%	18%
On the playground		19%	4%
From steps/stairs	7%	6%	5%
From building/windows		4%	4%
Unspecified	11%	20%	25%
Other	37%	30%	34%

*Recreational equipment includes scooters, roller skates, skateboards, skis, snowboards, and jumping/diving into water

Prevention: Strategies to protect children from fall-related injuries include:

- Installing safety gates on stairs and guards on windows to prevent falls by young children;
- Providing a soft landing surface below playground equipment;
- Using the proper safety equipment, such as knee pads, elbow pads, wrist guards, and helmets, while playing sports;
- Supervising children near fall hazards;
- Removing fall hazards whenever possible.

To learn more about preventing falls visit: ChildrensSafetyNetwork.org.topics/falls



Parents as Teachers, Eaton Great Start and ALIVE present a fun, get out and get moving FREE event for families with children birth to five (Older siblings welcome). No pre-registration is required.

Friday, January 20, 2017
5:30—7:00 pm

at ALIVE 800 W. Lawrence Ave, Charlotte, MI

- Enjoy a One Mile Walk
- Hear Three stories during the one mile walk
- Children can walk or roll in strollers!

Any Questions, contact Shelley Miller at shmillier@eatonresa.org or 517-541-8799

FREE EVENTS



Delta Township District Library

5130 Davenport Dr., Lansing

Paws for Reading

Monday, 1/9, 4:00-5:00pm
Thursdays 1/5, 1/19, 1/26,
6:00-7:00pm
Saturday, 1/21, 2:00-3:00pm

Evening Storytime

Thursday, 1/12/16, 6:00pm

Family Movie Matinee

Saturday, 1/28/16, 1:00pm

Grand Ledge District Library

131 E. Jefferson St., Grand Ledge

Preschool Story Time (3-6 yrs)

Tuesdays 1/24—5/8, 11:00am

Fenner Nature Center

2020 E. Mt. Hope Ave., Lansing

Nature Story Hour

1/7/17, 1-2:00pm

Join us for a nature story hour in the visitor center. Each month you'll learn about a different type of animal that you might find in Michigan. After that, you'll make an animal of your own with a take home craft project.

CACS ANNUAL WALK FOR WARMTH

Walk for Warmth is a volunteer community effort to assist low-income families with their heat-related utility bills. WALKS are sponsored by Capital Area Community Services, Inc. (CACS), in the City of Lansing and Ingham, Eaton, Clinton and Shiawassee counties the fourth Saturday in February each year. 100% of all funds raised remain in the service area and directly assist those who otherwise may not be able to heat their home.

The Walks will be held on February 25, 2017 in each county. For more information:

City of Lansing

CACS ACCESS Center
1301 Renssen St.
Lansing, MI 48906
(517) 393-7077

Clinton County

CACS ACCESS Center
1001 S. Oakland St.
St. Johns, MI 48879
(989) 224-6702

Eaton County

CACS ACCESS Center
1370 N. Clinton Trail
Charlotte, MI 48813
(517) 543-5465 or
482-3005

Rural Ingham

CACS ACCESS Center
218 E. Maple St.
Mason, MI 48854
(517) 676-1065

Shiawassee County

CACS ACCESS Center
1845 Corunna Ave.
Owosso, MI 48867
(989) 723-3115



Healthy Choices for Kids

What are some good snacks for my child?

Children have small stomachs so they need to eat often.

Snacks should be planned. Here are some good snack ideas:

- soft fruits
- cooked vegetables
- peanut butter on crackers
- small sandwich
- WIC cereal and milk
- quesadilla (cheese melted in a tortilla)
- cheese
- yogurt
- bagel
- fruit juice popsicle



How can I help my child have a healthy weight?

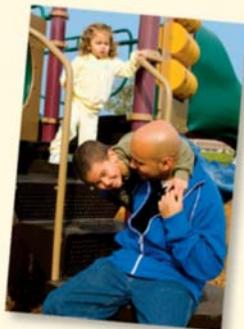
Play with your child every day. Active play helps your child be healthy and grow well. Limit TV time to 1 or 2 hours per day.

Here are a few ideas:

- take a walk with your child
- play ball
- run and skip
- pretend to be different animals
- play in the park together
- dance to music
- jump and hop
- have a "family play time"

Do not use food as a reward. Give your child hugs and attention instead.

Only serve sweets **once in a while**. Limit cookies, cakes, candies, and sodas. Some good desserts are yogurt, custard, fruit, and fruit juice popsicles.



What about fast food and "junk food"?

Fast food

A fast food meal once in a while is fine. Here are some good choices:

- pizza with vegetable toppings
- broiled chicken sandwich
- plain hamburger with lettuce and tomato
- baked potato
- milk
- juice
- frozen yogurt

Limit sodas and sweet drinks.



Watch out for "junk food"

TV advertising can make your child ask for many foods, like sweet cereals, potato chips, cheese puffs, candy, sodas, snack cakes, and cookies. These foods are expensive and low in nutrition. They often are high in fat, sugar, or salt.

Eating too many of these foods can make your child overweight or spoil her appetite for meals. These foods can also cause tooth decay.

Be sure to read the labels and buy healthy snacks for your family.

Some good choices are:

- popcorn
- pretzels
- dry WIC cereals
- fruit juice popsicles
- dried fruits
- cheese
- yogurt
- fruits
- nuts
- graham crackers



Do not give popcorn, nuts or dried fruit to children under 4 years old.

BRUSH! BRUSH! BRUSH!



FLOSS! FLOSS! FLOSS!



SMILE! SMILE! SMILE!



As a general rule, dentists suggest that parents brush and floss their child's teeth for him/her until they are coordinated enough to tie their own shoes, usually around age 6. Even at that point you should still remain involved to be sure he's brushing properly.

What Brushing Techniques Can I Show My Child?

You may want to supervise your children until they get the hang of these simple steps:

- Use a pea-sized dab of fluoride toothpaste. Tell your child not to swallow the toothpaste.
- Using a toothbrush, brush gently, back and forth, the inside surface of each tooth first. (This is usually where the most plaque will be.)
- Clean the outer surfaces of each tooth by angling the toothbrush along the outer gum-line (where the tooth meets the gums). Using small circular motions, gently brush around your child's mouth.
- Brush the chewing surface of each tooth. Gently brush back and forth.
- Use the tip of the brush to clean behind each front tooth, both top and bottom. It's always fun to brush the tongue!

***Fun Brushing Tip*:** If your child really wants to brush their teeth, offer to let them brush your teeth while you brush theirs. It will give them the chance to practice brushing and it can be used as a distraction method while you are brushing their teeth! 😊

When Should My Child Begin Flossing?

Because flossing removes food particles and plaque between teeth that brushing misses, you should floss for your children beginning at age 4. By the time they reach age 8, most kids can begin flossing for themselves.

Kory Stamper, Oral Health Specialist, can be reached at 517-482-1504 ext. 132 for all of your dental questions or concerns!

Thank you to all who attended the RIF days! We had a great time and a great turnout!



El apetito de los niños (Información fue producida por Kid Food)

Que pueden hacer los padres?

Sea consistente con lo siguiente:

1. Todos los días sirva 3 comidas y 2 o 3 bocadillos a la misma hora. A los niños más pequeños les gusta la rutina y comerán mejor cuando las comidas están planificadas.
2. Ofrezca variedad de comidas nutritivas: carnes no grasa con frijoles, frutas, verduras y granos integrales.

Sea un buen modelo a seguir:

1. Siéntese con su niño(a) a la hora de la comida y coma alimentos saludable en variedad.
2. No comente cuanto comen usted y otras personas, sea mucho o poco.
3. Disfrute de la comida. Coma lentamente con su niño(a).
4. Tome bocados pequeños.
5. Coma porciones normales y deje de comer cuando esté satisfecho.

Deje que su hijo decida cuanto comerá:

1. No sirva grandes porciones de comida para usted o para su niño(a). Comemos de mas cuando hay mucha comida en nuestro plato. Cuando sea posible deje que su niño(a) sirva su propia comida.
2. Pídale a su niño(a) que pruebe toda la comida. Tal vez necesite probar una comida nueva entre 8 y 10 veces antes de aceptarla.
3. No soborne ni le ruegue a su niño(a) para que coma. Tal vez coma cuando lo haga, pero estará aprendiendo a comer cuando lo obligan, no cuando tiene hambre.
4. No limite la cantidad que come su niño(a). Si le pide mas comida, sírvale más.

El apetito de su hijo puede cambiar dependiendo de lo rápido que este creciendo o lo activo que sea.