



# CONNECTIONS

Connecting home, school and community

## In this issue:

Director's Corner	1
Attendance Adds Up	1
Poison Prevention Month	2
Fluoride	2
Author Visit	3
Sugary Drinks	3
CACS Food Programs	4
Segmento Informativo en Español	4



## DIRECTOR'S CORNER

### March is Reading Month

**Happy Birthday Dr. Seuss...March 2!** Dr. Seuss brought children everywhere the love of reading through his 60+ books. His books play with words and often encourage beginning reading. Let's celebrate his birthday during March is Reading Month. His books, Cat in the Hat, Green Eggs and Ham, One Fish, Two Fish and many more build rhyming skills. The ability to rhyme is one of the first steps in hearing the sounds in words and eventually naming letter sounds and recognizing parts of a word. These skills are school readiness skills. We encourage you to have fun making up silly rhyming words, singing songs or creating finger plays with your child. LINKS sheets offer many suggestions as well.

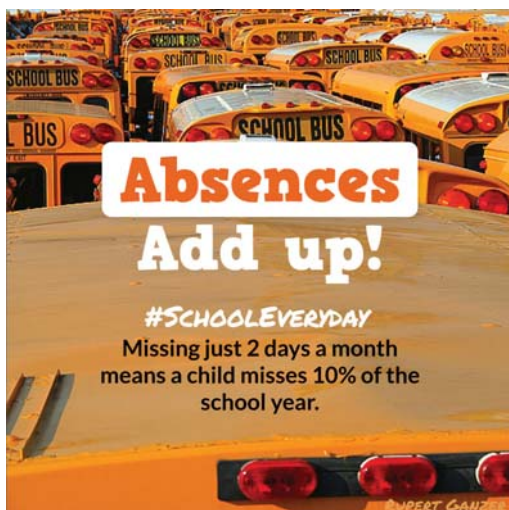
### March is Parenting Awareness Month

The hardest and most rewarding job you will ever do is parent a child. It is a full time job that lasts forever. You are your child's first and most important teacher. Your child spends many more hours at home than they do at school. This gives you an opportunity to take advantage of that time and share the love of learning with your child.

A lifetime of learning begins with a single moment of "wonder". Children wonder about things and ask many questions. Sometimes it is better to wait a minute and ask them what they think rather than respond right away.

Everyday experiences in your home can be learning experiences. Point out things in the environment, speculate about cause and effect and read words together at mealtimes, while grocery shopping or at any other time. Learning experiences provide special moments between you and your child. Parenting is a hard job, so pat yourself on the back and keep up the good work!

~Lucy McClintic



- **Your child can suffer academically** if they miss 10 percent of the school year or about 18 days.
- **Some absences are unavoidable.** We understand that children will get sick and need to stay home occasionally. The important thing is to get your children to school as often as possible.
- **Sporadic absences matter.** Before you know it, just one or two days a month can add up to nearly 10 percent of the school year.
- **Preschool is a great time so start building a habit** of good attendance. Young children with poor attendance in preschool also lose out on valuable learning time and if chronic absences continue into kindergarten, it can pull down academic achievement.

# March is Poison Prevention Month

## Tips on How to Prevent Accidental Poisoning:

- Keep medicine, cleaning products, laundry detergents, pesticides and other potential poisons in locked cabinets out of reach and out of sight of children.
- Keep medicine in bottles with safety caps.
- Check labels before giving medicine to children to make sure you use the proper dose. Always use the dosing spoon or cup that came with the medication. Never use a kitchen spoon to dose medications.
- Keep E-cigarettes and liquid nicotine locked and out of the reach of children.
- Keep remotes, laser pointers, hearing aids, and other things that use "button batteries" out of reach of children. These batteries can be harmful if swallowed.



If your child is not responding, not breathing, or shaking (seizures), due to breathing in poisonous gases or swallowing poison, call 911 or your local emergency number immediately. If your child has come in contact with poison and has mild or no symptoms, call Poison Help at 1-800-222-1222.

For more information on tips to prevent poisoning please visit

<https://www.healthychildren.org/English/news/Pages/Tips-for-Poison-Prevention-and-Treatment.aspx>

## Why Fluoride Is Important

Fluoride is often called nature's cavity fighter. Fluoride, a naturally-occurring mineral, helps prevent cavities in children and adults by making the outer surface of your teeth (enamel) more resistant to the acid attacks that cause tooth decay.

Fluoride works to protect teeth by:

- Preventing mineral loss in tooth enamel and replacing lost minerals
- Rebuilding weakened tooth enamel and reverses early signs of tooth decay.
- Reducing the ability of bacteria to make acid that causes cavities.

**You can get fluoride by:**

- Drinking fluoridated water
- Brushing with a fluoride toothpaste



**At your next dental visit, be sure to ask the dentist if he/she thinks your child gets enough fluoride. The dentist may recommend:**

- Applying a fluoride gel or varnish to tooth surfaces
- Prescribing fluoride tablets
- Recommending using a fluoride mouth rinse

**Tooth-friendly tips:**

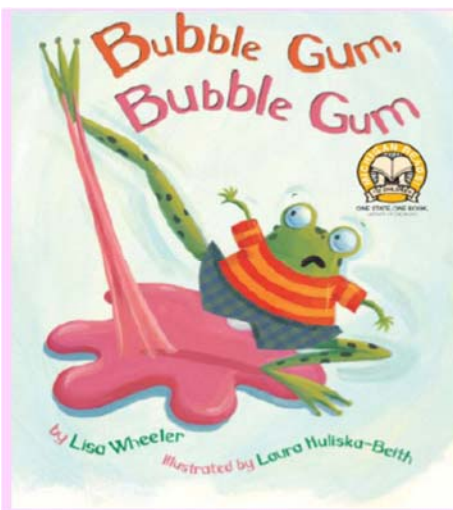
- Limit snacks in between meals. This will reduce the number of "acid attacks" on teeth and will give teeth a chance to repair themselves.
- Save candy, cookies, soda, and other sugary drinks for special occasions.
- Limit fruit juice.
- Make sure your child doesn't eat or drink anything with sugar in it after bedtime tooth brushing.



This children in the Leslie classroom got a visit from Mr. Samper, the Oral Health Specialist. Gabby (right) is learning how to floss teeth!



Staff and children in Jenison 3 and 4 enjoying the snow in January!

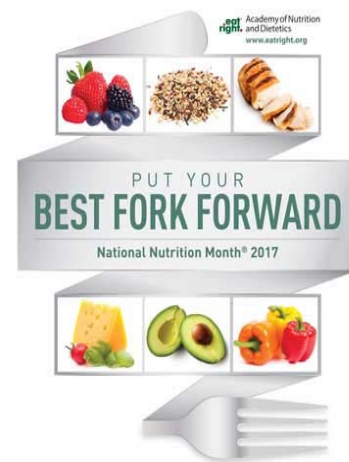


## Visit with Author Lisa Wheeler!

Delta Township District Library  
Monday, March 6  
10:30 a.m.

Join us for a special visit with Lisa Wheeler, author of *Bubble Gum, Bubble Gum*, the 2017 *Michigan Reads!* book. Enjoy an interactive storytime for ages 2-7 and hear what it's like to be an author. Books will be available for sale, courtesy of Barnes & Noble, and signing.

Support for *Michigan Reads!* program is by the Federal Library Services and Technology Act (LSTA) via the Institute of Museum and Library Services through the Library of Michigan, part of the Michigan Department of Education. Additional support provided by Consumers Energy and the Library of Michigan Foundation, recognizing the link between libraries and children and families in providing quality books, programs, and services.



# SUGARY DRINKS... DRINK WATER!

## Put limits on juice!

- Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. Sometimes, the only difference between these “juices” and soda is that they have added Vitamin C.
- Always try to choose whole fruits over juice.
- Suggest a glass of water or milk instead of juice.
- If you choose to serve juice:
  - Buy 100% juice.
  - Each day, juice should be limited to:
    - 4-6 ounces for children 1-6 years old.
    - 8-12 ounces for children 7-18 years old.
    - No juice for children 6 months and under.

### Did you know?

Soda has no nutritional value and is high in sugar. Just 9 ounces of soda has up to 150 empty calories. Many sodas also contain caffeine, which kids don't need.



## Water!

### Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

### Liven It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

### Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

### Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water— it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!



# Need Help With Food? CACS Offers the Following Programs

## [The Emergency Food Assistance Program](#)

**The Emergency Food Assistance Program (TEFAP)** is for income-qualifying families, individuals, and seniors. It provides eligible participants with a nutritious box of food four times a year to help stretch food dollars.

**Eligibility:** TEFAP is offered to households at or below 200% of the Federal Poverty Guidelines.

**TEFAP food boxes are distributed four times per year.** CACS distributes TEFAP food during the months of **February, May, August and November.** Contents in each box will have fruits, grains, vegetables, protein and dairy when available.

## [Commodity Supplemental Food Program](#)

**The Commodity Supplemental Food Program (CSFP)** is for income-qualifying seniors. It provides a monthly food box tailored for older adults age 60 or above that can help stretch food dollars and add nutritious foods to their diet for good health.

**Eligibility:** CSFP is for income-qualifying persons 60 years of age and older with an income at or below 130% of the Federal Poverty Guidelines.

**CSFP food boxes are distributed each month.** The food selections provide a good source of nutrients that are often lacking in diets of the eligible population. In addition to providing food, the CSFP program provides dietary education and referral service.



**Please Call your local Service ACCESS Center in your area for more information:**

City of Lansing: (517) 393-1722

Eaton County: (517) 543-5465

Clinton County: (989) 224-6702

Rural Ingham County: (517) 676-1065

Shiawassee County: (989) 723-311

## Cómo facilitar la transición de su niño(a) del preescolar a kindergarten

**Según el proyecto de aprendizaje temprano de Illinois**, si su hijo está por empezar Kindergarten en el otoño 2017, ayude a que sea una buena experiencia haciendo lo siguiente:

### [Hable acerca del Kindergarten antes del primer día de escuela](#)

Platíque con su hijo sobre el kindergarten antes de que llegue el gran día. Averigüe como piensa su hijo que será la escuela. Este preparado a responder a sus preguntas: ¿Cómo será el comienzo del día? ¿Cómo será el fin del día? ¿Dónde almorzaré y jugaré?

### [Visite el aula del kindergarten en la primavera](#)

Si es posible, visite el salón de clases durante el semestre previo a la fecha de entrada de su hijo. Hable con el maestro y camine por los corredores de la escuela. Visite el patio de recreo, la sala de almorzar y los baños. Al ver estos lugares y estas personas puede ayudar a aliviar algunas de las preocupaciones que tenga su hijo(a).

### [Comuníquese a su hijo que está bien sentirse ansioso](#)

Si su hijo se siente inseguro acerca de comenzar el kindergarten, comuníquese que usted (o un hermano o hermana mayor o amigo) se sentía igual. Asegúrele que se acostumbrara a todo en poco tiempo.

### [Asegure que su hijo descansa bien y esté bien alimentado](#)

El kindergarten normalmente cansa más a los niños que preescolar. Su hijo(a) estará mejor preparado para estar a la altura de las demandas del kindergarten si ha descansado y desayunado bien.

### [Ayude a su hijo\(a\) a desarrollar un sentido de responsabilidad](#)

Durante los años de la escuela, usted querrá que su hijo(a) empiece a llevar la responsabilidad de llegar a la escuela a tiempo junto con sus pertenencias. Deseará que complete su tarea escolar y quehaceres del aula. También querrá que le de las cartas importantes del maestro que lleva a casa. Tanto como sea posible, deje que su hijo(a) lleve a cabo estas tareas importantes por sí mismo, empezando en el kindergarten. Al hacerlo, le ayudara a sentirse capaz y a aprender sobre la responsabilidad.



**Es muy importante mantener en mente que la responsabilidad educativa en los Estados Unidos es considerada mutua entre la escuela y la familia. Es decir, es su responsabilidad como padre comunicarse con la escuela y preguntar como se está desempeñando su hijo en la escuela, y que ayuda puede proporcionar usted para asegurar que siga adelante.**