



# CONNECTIONS

Connecting home, school and community

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## DIRECTOR'S CORNER

The days are getting shorter and the weather is getting colder. There is no need to stay indoors - everyone needs fresh air! At Head Start, the children will go outdoors every day unless the weather is inclement or the wind chill/temperature is at or below 20 degrees.

Fall is a great time for family walks. They provide lots of opportunities for conversation:

"Which tree do you think will be the last to lose all of its leaves?"

"What colors do you see?"

"What are the squirrels doing?"



Try taking along a bag to collect leaves, pinecones, rocks, sticks, and other treasures your child finds along the way. Listen for crunching leaves or flocks of geese. What did you see, hear or smell? When you get home, have your child tell a story about the things he/she saw and collected. Family conversations expand children's vocabulary and bring families closer together. You could write down the story about your walk to read over and over. We would also love to have your child share his/her story at school.

As you talk to your child about the world around them, try to add new and 'fancy' words to your conversation. Talk about 'autumn' instead of 'fall', 'golden' leaves instead of 'yellow' leaves or 'chilly' instead of 'cold'. Play around with different words, but most of all, have fun!

~Lucy McClintic

# VOTE! VOTE!

The privilege of being able to vote is one that none of us should take lightly. By voting, you play a role in choosing our leaders and changing our laws. Every vote, including yours, does count!

**BE SURE YOU VOTE ON TUESDAY,  
NOVEMBER 8TH. CAST YOUR  
VOTE AND MAKE A DIFFERENCE!**



## DO YOU NEED HELP WITH DELIVERABLE FUEL?

**Propane, Fuel Oil, Wood, Coal or Pellets?**



Are you a Clinton, Eaton, Ingham or  
Shiawassee County resident?

**Capital Area Community Services, Inc.**

Clinton County - 1001 S. Oakland St., St. Johns  
989-224-6702



Eaton County - 1370 N. Clinton Trail, Charlotte  
517-543-5465

Rural Ingham - 218 E. Maple St., Mason 517-676-1065



City of Lansing - 1301 Rensen St., Lansing  
517-393-7077

Shiawassee County - 1845 Corunna Ave., Owosso  
989-723-3115

## ANTIBIOTICS AREN'T ALWAYS THE ANSWER

### The Facts:

- **Antibiotics can cause reactions and side effects**

Harmful effects from antibiotics, such as side effects and allergic reactions, cause 1 out of 5 emergency department visits for adverse drug events and lead to **50,000 emergency department visits** in children each year.

- **Antibiotics can only cure infections caused by bacteria, not viruses.**

- **Antibiotics can be overused and misused.**

It is estimated that more than half of antibiotics are unnecessarily prescribed to children in doctor office settings for cough and cold illnesses, most of which are caused by viruses.

- **Antibiotic resistance is growing.**

An estimated **2 million illnesses** and **23,000 deaths** occur each year in the United States due to antibiotic-resistant infections. Overuse and misuse of antibiotics are main drivers of resistance.

Illness	Usual Care		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	√		<b>NO</b>
Bronchitis/Chest Cold (In otherwise healthy children or adults)	√		<b>NO</b>
Whooping Cough		√	Yes
Flu	√		<b>NO</b>
Strep Throat		√	Yes
Sore Throat (except strep)	√		<b>NO</b>
Fluid in the Middle Ear (Otitis Media with effusion)	√		<b>NO</b>
Urinary Tract Infection		√	Yes

Text adapted from Get Smart, [www.cdc.gov/GETSMART](http://www.cdc.gov/GETSMART)

**32<sup>nd</sup> ANNUAL Silver Bells in the City**

- 5-8:30 p.m. (Children's Area, 1st Floor) **Face Painting & Balloon Animals**
- 5-8:30 p.m. (Teen Area, 1st Floor) **Create Your Own Button**
- 6:30-8:30 p.m. (Adult Fiction, 1st Floor) **Family Photo Booth**
- 7:30-8 p.m. (Basement Auditorium) & repeated at 8:15-8:45 p.m. **Entertainer Joel Tacey** Comedy & magic
- 7:30-8 p.m. (Front Lobby) **Singer Taylor Taylor** Enjoy a special performance

**Friday, Nov. 18**

The library will remain open until 9 p.m. for this special event.

Once again we are a proud participant in the Giving Tree Program coordinated by St. Vincent Catholic Charities. A tree in our front lobby will be decorated with angel tags which specify the name and age of a child and/or adult and the item they are asking for. Tags are organized in price groups ranging from \$1-\$40. Tags are removed from our tree, the requested item purchased, and returned to the CADL Downtown Lansing (or any Giving Tree location) with the angel tag taped to the unwrapped item. Tags will be on our tree beginning Nov. 18, and all gifts must be returned by Thursday, Dec. 15.

**DOWNTOWN LANSING BRANCH**  
401 S. Capitol Avenue, Lansing  
517-367-6363

Capital Area District Libraries  
*Everything...right here.*  
cadl.org

### FREE Events

**CADL**

401 S. Capitol Ave., Lansing

**Lego Club** - 11/12, 2-4pm

**Delta Township Library**

5130 Davenport Dr., Lansing

**Family Storytime** -

11/17; 6:00pm

**Paws for Reading**

11/12 11am-12pm;

11/14, 4-5pm;

11/15, 11am-12pm,

Also weekly on Thursdays

**Family Movie Matinee:**

11/26; 1:00pm

**Fenner Nature Center**

2020 E. Mt. Hope, Lansing

**Nature Story Hour**, 11/5, 1-2pm

**Eli and Edythe Broad Art Museum**

East Circle Drive, East Lansing

**Free Family Day**, 11/5, 12-4pm

Hands on projects

**Preuss Pets - Old Town**

**Storytime**, 11/6, 4-5pm

**32nd Annual Silver Bells in the City**

11/18, downtown Lansing

# NOVEMBER 1st IS NATIONAL BRUSH DAY!

To emphasize the importance of brushing for two minutes, twice a day, every day, the Kids' Healthy Mouths campaign is celebrating National Brush Day Nov. 1, the day after Halloween.



Tooth decay is the single most common chronic childhood disease in the U.S. Despite the high rates of oral disease in children, surveys reveal that parents perceive their children's dental health as a low priority compared to other issues such as school safety and nutrition. Severe dental decay may prevent a child from reaching their full potential both at home and in the academic setting. Dental decay impacts school success due to lack of concentration, pain, and even poor nutritional habits. For that reason, Head Start requires all parents to take their child to the dentist. If this is a problem for you due to no transportation, no insurance, no dentist, etc., please contact us so we can help!

Please call Kory Stamper, Oral Health Specialist 517-482-1504 ext. 132 or email him at: [kory.stamper@cacsheadstart.org](mailto:kory.stamper@cacsheadstart.org)

## Eat Together!

*Is your family too busy with work or school to eat together? Life can be busy! Children never outgrow the need for family meals. Take time to eat with your family and make family meals a priority.*

**Family meals help to create strong family bonds.** Families feel more connected to each other when they eat together. Family meals help children feel more secure in today's world.

**Family meals help children do better in school and have fewer behavior problems.**

**Families who eat together tend to eat healthier meals.** Eating together can also save money. Share food and love with your family.

**Family meals help children learn to like new foods.** When children see adults eating a variety of foods, they assume that someday, they will eat those foods too. Children eat better when they eat with others.

### Get your family to the table:

- ◆ **Keep it simple!** Meals do not have to be fancy. Sandwiches, soups and salads make quick and easy meals. When you cook, make enough to have leftovers on the next day.
- ◆ **Start slowly!** If your family is not used to eating together, start by planning 1 to 2 family meals per week. Gradually increase until you have at least 1 family meal every day.
- ◆ **Ignore family protests.** Ask everyone in your family to eat together. They will learn to enjoy family meals.
- ◆ **Ask everyone to help prepare the meal.** Cooking will be quick and children like to eat what they help cook.
- ◆ **Start family meals when your children are young.** It will become a habit for them. Family meals will make those later teenage years easier. Your teenager will be used to eating together and sharing life stories.

### Need more ideas and recipes? Join the free, online "Family Dinner Project"!

This program, *Food, Fun and Conversation: 4 Weeks to Better Family Dinners*, will help you make family dinners a household routine. You'll be planning more meals, cooking healthier food and enjoying more quality time with your family.

The free guide includes healthy recipes, dinner activities and conversation starters. You can even sign-up to receive weekly emails with more helpful tips and reminders.

Go to: <http://thefamilydinnerproject.org/>



Connect with your family... one meal at a time

Join The Family Dinner Project »

# SPECIAL NEEDS OFFICE

## What Is Language? What Is Speech?

### Language is different from speech.

Think of **Language** as a system of words and symbols. Language deals with meaning.

- What words mean = "star" can be a bright object in the sky or a famous person
- How to make new words = friend, friendly, unfriendly
- How we put words together = "John walked to the new store" rather than "John walk store new"

**Receptive Language** = understanding language – following directions, understanding questions, or following a simple conversation

**Expressive Language** = expressing thoughts, ideas, wants, and needs

**Speech** is our way of communicating. Some examples:

- **Articulation** = how speech sounds are made – "rabbit" vs "wabbit"
- **Voice** = hoarseness, nasally, or scratchy voice
- **Fluency** = rhythm of speech, stuttering

**If you have any questions about your child's speech & language development, contact your child's teacher or feel free to call the Special Needs Office at 517.482.1504.**

## Cómo aprenden los niños

(Desarrollado por McKesson Provider Technologies)

**Los niños aprenden repitiendo.** Lleva práctica que los niños gateen, beban de un vasito, aprendan nuevas palabras o crucen la calle sin peligro. Su hijo no se aburre cuando repite cosas nuevas. Sea paciente y esté preparado para repetir las cosas varias veces hasta que su hijo aprenda la lección.

**Cuando este enseñando a su hijo, dele motivos cuando le pida que haga algo.** Diga, por ejemplo, "saca tu camión de las escaleras para que nadie se tropiece y se caiga", en lugar de sácalo porque te digo que lo hagas".

**Cuando su hijo haga algo malo, critique la conducta, no al niño.** En lugar de decir "eres un niño malo", dígame, "te quiero mucho, pero no está bien que dibujes en las paredes. Me enoja cuando haces eso". Eso ayuda a su hijo a aprender que no está bien hacer ciertas cosas, sin que tenga miedo de que usted no lo ame más.

**Sorprenda a su hijo haciendo algo bien.** Alabe a su hijo por haber hecho un buen trabajo. Las sonrisas y el estímulo por lo general funcionan mejor que los castigos.

**Deje que su hijo haga cosas solo.** Es necesario vigilar mucho a los niños pequeños. Sin embargo, aprenden a tomar decisiones y adquieren confianza en sí mismos vistiéndose solos y guardando sus juguetes.

**Lea a su hijo en voz alta todos los días.** Hasta a los bebés de solo 6 semanas les gusta que les lean. Leer juntos da a su hijo la oportunidad de aprender sobre el lenguaje y de disfrutar el sonido de su voz.

**Jugar es otra manera en que los niños aprenden.** Jugar ayuda a los niños a resolver problemas, tales como poner los juguetes derechos si se caen. Cuando apilan bloques, los niños aprenden sobre colores, números, geometría, formas y equilibrio. Jugar con otros ayuda a los niños a aprender a compartir a y no salirse siempre con la suya. De a sus hijos muchas oportunidades para jugar.

**Lleve a su hijo a hacer y ver cosas nuevas.** Salgan a caminar por su barrio o vayan a lugares en autobús. Vayan a museos, bibliotecas, zoológicos y otros lugares de interés. Si viven en la ciudad, pasen un día en el campo. Si viven en el campo, pasen un día en la ciudad. Deje que su hijo toque música, baile y pinte.

