

News You Can Use

January 2019

Head Start Home Visiting

Attendance

Must Be Present to Win!!

Every Day Matters for Success in School and Life

- Overall Home Visit Attendance: **87.5%**
- Top classroom: Liz's at **100%**; Tanya and Kristyn's rooms tied at **97%**
- **69** children received perfect attendance in November



Tip of the Month

Winter means that it's cold and flu season!  Wash your hands (and your children's hands) regularly to GREATLY reduce the spread of  germs and viruses for yourself and your family.



FLIP IT

Are you struggling with challenging behaviors with your young children? Talk to your Home Visitor about FLIP IT!- a strategy which offers 4 supportive steps to help young children learn about their feelings, gain self-control and reduce challenging behavior. You can also get more information at:

www.MoreFLIPIT.org

We will be offering a workshop on this in the new year as well so we will let you know when that is scheduled!

Parent Café

First Parent Café = Success!

Thank you to those families who joined us for our first Parent Café in December! We really enjoyed spending time with you and supporting you as a parent. Our goal is to have Parent Cafes on a regular basis so please be sure to attend one in the future! We will announce dates and times as soon as we can.



Important Dates

Socialization:

Located at Sylvan Preschool
1875 Rosewood Ave. SE

- Tuesday, January 8th at 9:30 am.
- Monday, January 28th at 9:30 am

Holiday:

- Monday, January 21st Head Start will be closed in honor of Martin Luther King Jr. Day.

Parent Meeting:

Located at Sylvan Preschool
1875 Rosewood Ave. SE

- Wednesday, January 16th at 10:00 am



Parent Engagement

Responsible Parent Program

An Employment Assistance Program designed to assist parents who are court ordered to pay child support and are unable to afford the full monthly obligations.

Kent County Friend of the Court
82 Ionia Ave NW, 2nd Floor
Grand Rapids, MI 49503

Walk-in hours Tuesdays 8:00-11:30 am
Thursdays 1:00-4:00 pm
Or by appointment call 616-632-6825

JANUARY



Nutrition

Its Family Fit Lifestyle Month!

Combine FUN, FAMILY & FITNESS with these ideas!

GET MOVING OUTDOORS...

- **Bundle up for snow play.** Create angels. Climb a snow mountain. Make paths through the snow.
- **Take a nature hike.** Look for animal tracks in the snow, wild flowers and buds in early spring or colorful leaves in fall.

GET MOVING INDOORS...

- **Act out a story.** Read a book together; move to give it action.
- **Create an obstacle course.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.

Health

What is a PCP?

When talking about doctors, PCP means *Primary Care Provider*.

A PCP is the person your child should see for regular [checkups](#) or non-emergency medical care. If your child has a mild [fever](#), [cough](#), or rash, or is throwing up or having diarrhea, a PCP can find the cause and decide what to do about it.

One of a PCP's most important jobs is to help keep kids from getting sick in the first place. This is called *preventive care*.

The best preventive care means getting to know a PCP you like and trust, taking your child for scheduled checkups and [vaccines](#), and following the PCP's advice for keeping your child healthy.

Education

5 Parenting Tips to Help You Raise Happy Children

1. **Play with your child.** When parents play with their children, it helps their self-esteem.
2. **Allow your child to do things for themselves.** This gives children a sense of independence and teaches them that making mistakes is alright.
3. **Set limits for your child.** This teaches children responsibility. Make sure they know what is expected and that you set a schedule.
4. **Read to your child.** Make it part of their daily routine. They will look forward to this time and you will, too. This will help them learn and to create a bond between you and your child.
5. **Make time for yourself.** Spend time doing things that you find fun and fulfilling. This will help make you happy and what children need most are happy parents. 😊

Menu Reviewed by:
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Head Start for Kent County
HV Snack Menu
January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8 Socialization: Sylvan 9:30-11:30 am Steamed Sweet Potatoes, Club Crackers	9	10	11
14	15	16 Parent Meeting: Sylvan 10:00 am – 12:00 pm	17	18
21 Head Start closed in honor of Martin Luther King Jr. Day	22	23	24	25
In-Home Snack Week – Tortilla Roll Up (WG tortilla-no honey, banana, cream cheese)				
28 Socialization: Sylvan 9:30-11:30 am Steamed Sugar Snap Peas, Steamed Rice	29	30	31	

In-Home Snack Portions:
See Rebus Cards

Formula & Baby Food Available at Socialization
Whole & Skim Milk Available When Served

The Great Start Parent Coalition has partnered with the Great Start Collaborative's workgroup, Early Learning Partners, to gain information about the needs of parents in Kent County. The survey asks a few simple questions about what zip code you live in, the amount of children you have under age five, and what areas of early childhood you feel are most important to your family. This will help us see what the most important areas are to you and what areas we need to focus our efforts on moving forward. We appreciate your help and input with this. Our goal is to make sure all children are receiving the necessities they need to grow up healthy and successful.

Below is the link to fill out the parent advocacy survey:

<https://www.surveymonkey.com/r/V661U18>

You can also see the questions below



Early Learning Partners Workgroup Parent Advocacy Needs in Kent County

The Early Learning Partners is a community work group that focuses on identifying critical barriers and challenges families face every day when finding and accessing the programs and services they need for their young children (ages 0-5). We feel it is important to ask families directly what these challenges are in order to advocate for changes and bring about an awareness of these issues. If you could please take a few short minutes to fill out the following survey, it would be greatly appreciated! Thank you.

1. Please enter your home zip code: _____
2. How many children age five and younger live in your home? _____
3. Please rank issues in order of importance from 1-6. One being the most important, six being the least.
 - _____ Family support services/special services (speech, occupational therapy, special needs)
_____ The affordability of before and after care or wrap-around care: Childcare for children before and after school or non-school days
_____ Transportation: the need for a better public transportation system that accommodates families' needs.
_____ Affordability of quality care: the cost of childcare in Kent County averages about \$8000/year, per child.
_____ Three-year-old preschool: There is currently no state funding for three-year-old preschool, which gives young children the opportunity to attend for free and better prepares them for kindergarten and beyond.
_____ Diaper need can be more stressful to families than providing food but isn't covered by WIC and SNAP assistance and costs minimum \$75/month per child.

4. Are there other areas that you feel are important that were not mentioned above but should be considered for advocacy efforts?

5. How are you currently meeting your in-routine childcare? Select all that apply.

- Family, friend, or neighbor or other unlicensed home-based provider
- Licensed home-based provider
- Tuition-based or childcare center
- Before/after school/program care on site
- Not applicable - don't have routine childcare needs
- Other _____

6. How are you currently meeting your needs for unscheduled childcare (last minute due to snow days, called in to work, etc.)? Select all that apply.

- Family, friend, neighbor, or other unlicensed home-based provider
- Wraparound care provided onsite
- Drop-in care/babysitter
- Stay home/miss work

7. How are you currently meeting your needs for transportation? Select all that apply.

- Public Transportation
- Carpool
- Uber/taxi services
- Family or Friend
- Personal Vehicle
- Walk/bike
- School Transportation