

News You Can Use

Week of January 14, 2019 NORTH KENT HEAD START (616) 696-3990

Dress for the Weather

We go outside everyday! Please make sure to have mittens, hats and warm coats!
If you need help getting warm clothing please talk to us, we can help!



Cold and Flu Season

Did you know cold weather does not cause colds or the flu. The viruses that cause colds and the flu tend to be more common in the winter months, when children are in school and are in closer contact with each other. Frequent hand washing and teaching your child to sneeze or cough into the bend of their elbow may help reduce the spread of colds and flu.



Perfect Attendance



North Kent had 14 students with perfect attendance for December. Good attendance habits start at an early age. Make sure your child goes to school regularly and on time. This helps them develop a positive view of school and the importance of attendance.

Positive Child/Parent Relationship Workshop

Join us on January 24st at 4:30 for our workshop on positive relationships with your child. This has been intentionally planned to support the needs and goals of the families. Please stop by the office if you have any questions. Hope to see you there!



Important Dates

Parent Meeting
January 16th @ 4:00

NO SCHOOL January 21st

Positive Relationship
Workshop
January 24th @ 4:30

Parent Engagement

Kent County Tax Credit Coalition

You may qualify for free tax services if your household income is \$55,000 or less. We can help you complete your income tax return and apply for the Federal Earned Income Tax Credit. U.S. citizenship is not required, but you must file a tax return to claim your credit.

Schedule your FREE tax prep appointment now by calling 2-1-1. If you made less than \$66,000 last year, you can [file online for free](#).

Nutrition

PLEASE VISIT WWW.HS4KC.ORG/NEWS-BLOG FOR JANUARY'S MENU! AVAILABLE IN BOTH ENGLISH & SPANISH.

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.

Tip of the Week

Benefits of Effective Co-Parenting

Lorraine Segal and David D. Stein, Liaise Divorce Solutions (5 of 5)

Co-parenting decreases conflict

"...when neither parent is threatened by the loss of his or her children, conflict goes down." – Edward Kruk, PhD. (*Psychology Today*, May 15, 2012)

Health

What is a PCP?

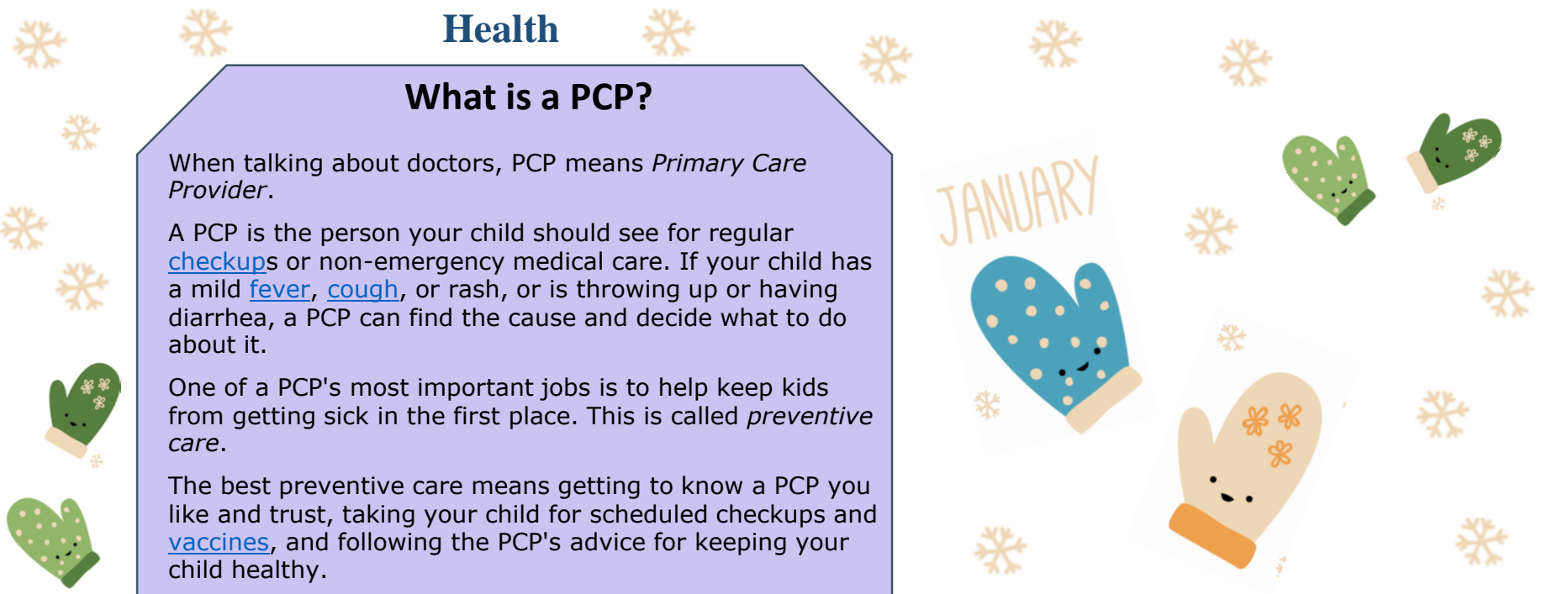
When talking about doctors, PCP means *Primary Care Provider*.

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.

JANUARY





Strengthening Families Program

The Strengthening Families Program (SFP) is an 8-week life skills training program specifically designed for families with children ages 3-5 years old. Parents and children participate in SFP, both separately and together. Sessions include:

- * Practical, take-home resources and tools for families
- * Engaging, interactive, and fun sessions
- * New and creative ways to connect with your child

When: Monday nights, January 28 – March 25, 2019, 5:15-7:45pm

Where: Henry Head Start
551 Henry Ave. SE
Grand Rapids, MI 49503

Free dinner and mileage reimbursement will be provided.

For more information or to register, please contact

Matt Haviland at (616) 453-4145 ext. 2321 or mhaviland@hs4kc.org.



Space is limited,
Register today!