

# News You Can Use

Week of February 4, 2019

Kentwood Headstart (616) 735-5345

## What's Happening?

Parent/Teachers Conferences starting February 8..... Please look in your child's backpack (daily) for your appointment times and/or you can expect a phone call from your student's teacher.

## Reminders

**Parent meeting- Thursday February 28**  
Parents please try to attend.  
The topic will be **Kindergarten Readiness** and we have invited guest speakers from different elementary schools to come and talk with you and answer any questions you may have concerning your child entering kindergarten next school year.

## Students that has 100% Daily Attendance in January

### Room 1am

Jason, Tristan, Alexandria, Ezekiel

### Room 1pm

Ester, Carmelo, Zobia, Lamont Jr, Dominick

Room2- Za'Riah, A'Myiah, Emmanuel, Miles, Dal, Adele, Ella, Kynsie

### Room3- Daren Jr, Daniel,

Analeticia, Nolan, Krelia, Hope, Olivia, Jade, Kemora

## Wear your pajamas to school!

Reading for Readiness- begins next Tuesday February 5.  
Your student can wear their pajamas, bring a blanket and/or a stuffed animal.  
Lets have fun reading!



## Important Dates

**Friday Feb 8- Parent /teacher conferences.**

**Monday Feb 18- No school**

**Thursday Feb 28- Parent Meeting**

## Parent Engagement

# TAX HELP

### 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 call 2-1-1.  
If you made less than \$66,000 last year, you can [file online for free](#).



## Nutrition

### COLOR DAYS:

#### A CELEBRATION OF FRUITS AND VEGETABLES

Emphasis on a variety of fruits and vegetables is important! Explore the colors of different fruits and vegetables through art by drawing pictures!



Purple



Orange



Blue



Green



Yellow



Red

## Success Starts Early

Five fun, easy, and powerful ways to help your child grow smarter.

Check out the website for more information: [successstartsearly.org](http://successstartsearly.org)



Babies and toddlers thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to help them see, hear, and feel your love. You will help them develop a sense of security and self-control.



Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect through eye contact and a loving tone of voice, while pointing to help them know what you are talking about.



Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. With infants, point at the pictures and speak with excitement. With toddlers, just make it fun.



# HEALTH LITERACY: A KEY TO UNDERSTANDING AND USING HEALTH INFORMATION

Tips for Families from the National Center on Early Childhood Health and Wellness

## Understanding What Your Doctor Tells You

Health literacy is how well you understand health information and make good choices about health and medical care.

### Why Is It Important?

Many people find it hard to understand the health information they need to take care of themselves and their families.

### When Parents and Caregivers

### Understand Health Information and

### How to Use it, Children Are More

### Likely to:

- Miss fewer days of school
- Make fewer trips to the pediatrician or the emergency room that are not needed

- Live healthier lives
- Get preventive care like flu shots
- Have a safe home where fewer accidents happen

### Learning Ways to Understand and Use Health Information Can Help With:

- Talking with your doctor
- Asking questions
- Following a doctor's directions
- Taking or giving medicine the right way
- Getting needed medical tests and care
- Knowing what to do when your child gets sick
- Preventing diseases like diabetes, asthma, cancer
- Making healthy choices for you and your family
- Asking for help

## Things You Can Do to Help Your Child

- ASK for help if you do not understand a health form or do not know how to fill it out.
- ASK for handouts in the language that is easiest for you to read.
- WRITE DOWN questions you have before you go on any health care visit.
- TELL YOUR DOCTOR if you do not understand what he or she is saying.
- Go to the library and ask how to find accurate information about your health concerns and medicines.



- Ask your Head Start or child care program for information on health issues that concern you.
- Go to health workshops at your child's Head Start program and in your community.

