

HEADS UP



Lake Geauga United Head Start's Monthly News Bulletin

Volume VI Issue VI

February 2019

Dates to Remember...

Geauga Center

Parent Meetings

April 2nd @ 5:30pm

Painesville Center

Parent Meetings

April 3rd @ 5:30pm

West Center

Parent Meetings

April 4th @ 5:30pm

PARENT CAFÉ

Parents, caregivers,
grandparents!

Join us for fun, food & friends!

**FEBRUARY 13, 20 & March
6**

**Painesville Center
350 Cedarbrook Drive**

**Share ideas* make friends*
have fun!**

FREE Childcare

Head Start Closings

President's Day– February 18

Spring Break

Painesville Center

March 18– 22

Geauga Center & West Center

March 25-29

Last day of school-May 23rd

Curriculum Corner

GET READY FOR KINDERGARTEN!

Try these activities to make strong connections between your family and your child's school as you prepare for kindergarten.

PRESCHOOL ACTIVITIES

Think about ways your family could be involved at school. Ask your child's teacher for ways you might be able to volunteer in the classroom. Volunteer to cut out letters or decorate a bulletin board. Could you share a family tradition with the class?

FAMILY ACTIVITIES

Add to your child's word "bank." Use and explain new words, Play word games, sing songs and make up silly rhymes like giggle, wiggle, jiggle.

Help your child label emotions when different feelings arise (happy, sad, mad, disappointment).

KINDERGARTEN ACTIVITIES

Complete kindergarten registration forms at home or school (where your teacher can offer you support). Do you have questions about the kindergarten program? Call the new school for information or check out their website.



gg62071742 www.gograph.com

Build Healthy Mealtime Habits

By: Wendy Kirby RD LD

Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods and your preferences. Take a break from the tv or phone and build healthy mealtime habits together.

1. Make meals enjoyable

Eat meals with your children whenever possible. Let them help you prepare the meal. Make conversation about something that made them laugh. Keep mealtime upbeat and stress free.

2. Try to get two food groups in a snack

Pair sliced tomato with low-fat cheese or add nut butter to a whole wheat mini bagel

3. Keep things positive

Talk about the color, feel or flavor of foods so they sound appealing to your preschooler. Discourage others from making negative comments about foods during meals.

4. Develop taste buds

When preschoolers develop a taste for many foods, it's easier to plan meals. Keep in mind that it may take a dozen tries for a child to accept a new food.

5. Visit the market

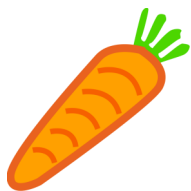
Shopping can teach your preschooler about food and healthy eating-talk about where foods come from and how they grow.

6. Help them know when they are full

Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

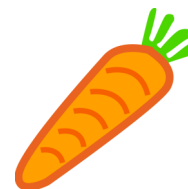
7. Reward with attention, not treats

Rewarding children with sweet desserts or snacks may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.

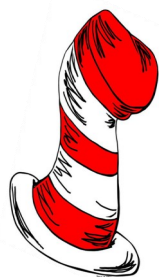


Orange Glazed Carrots

1 pound baby carrots	2 TBS butter
¼ cup orange juice	1 pinch of salt
3 TBS. brown sugar	



- Place carrots in a shallow saucepan, and cover with water. Boil until tender. Drain, and return carrots to pan.
- Pour orange juice over carrots, and mix well. Simmer over medium heat for about 5 minutes. Stir in brown sugar, butter, and salt. Heat until butter and sugar melt.



TUESDAY, MARCH 5TH

In celebration of Dr. Seuss' birthday, parents are invited to join their child for a fun activity!

More information will be sent home

February is National Children's Dental Health Month

Here are a few tips to help parents ensure their child has a healthy smile...

Brush 2min2x

Help your kids brush their teeth 2min2x -- 2 minutes each time, twice a day -- for healthier teeth, good breath, fewer cavities, and to avoid painful dental problems. The Partnership for Healthy Mouths, Healthy Lives recommends that you help or watch over your kids' brushing until they're 8. Once your child's teeth start to come into the mouth, brush using a children's toothbrush and fluoride toothpaste in an amount no more than the size of a grain of rice.

Tooth To-Dos

- Encourage your kids to brush with a fluoride toothpaste
- Use a pea sized dab of fluoride toothpaste for kids ages 3-6 and use slightly more when they're older
- Teach them to spit out the toothpaste when they're done so they don't swallow it
- For kids under 3, as soon as your child's teeth start to come into the mouth, brush using a children's toothbrush and fluoride toothpaste in an amount no more than the size of a grain of rice.
- Help your kids place the toothbrush at an angle against their gums
- Make sure they move the brush back and forth, gently, in short strokes
- Help them brush the front, back and top of teeth
- Teach them to brush their tongue to remove germs and freshen breath

The Right Toothbrush



- Kids should use a soft toothbrush. The size and shape of the brush should allow them to reach all areas of their mouth.
- Replace toothbrushes every three to four months, sooner if the bristles are worn out or if your children have been sick.

#2min2x

REMEMBER TO BRUSH

HEALTHY TEETH =
HEALTHY KIDS



American Dental Association

PARENT CHILD DAYS

Tentative Schedule

Parent Child Days are activities designed to promote parent involvement. Studies show that when parents are involved in their child's learning, at school and at home, the child is far more likely to succeed academically. During Parent Child Days you will engage in fun activities with your child in the classroom. In addition to spending time with your child you will also learn how easy it is to create fun and inexpensive activities for you and your child to participate in at home.

February 14th- Valentine's Day

March 5th- Dr. Seuss

March 14th- DIY with Dad evening activity

April 18th- Egg Hunt

May 9th- Muffins with Mom

May 16th- Art Show with Ice Cream Social

More information will be sent home as dates approach

THE TRANSITION TO KINDERGARTEN:

A meeting for parents of children starting Kindergarten in the fall

- Learn about your child's move to Kindergarten
- Get valuable resources, support and information
- Each Head Start child going to Kindergarten will receive a backpack when you attend this meeting
- Prizes

Geauga Center- February 26th at 5:30pm

Painesville Center- February 27th at 5:30pm

HEAD START ATTENDANCE

Head Start requires children to have 85% attendance. That means in a typical month a child can miss 3-4 days of school at most. If your child's attendance is below 90% you will receive an attendance letter. This is just a reminder of the importance regular attendance plays in the preschool experience and preparing for elementary school. We complete attendance agreements with families who are experiencing chronic attendance problems. Please let the center know any time your child will be absent. Daily phone calls are made for students who have an unexcused absence.

CALLING FOR HELP?

9-1-1
For Emergencies Only

**Call
2-1-1**

**For Referrals for Health
& Human Services**

**Check out our website
for information on
upcoming events and
helpful resources!**

www.lguhs.org



Like us on
Facebook

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TEXT MESSAGES

We are excited to have a new form of communication this year... text messages! Now parents can get important information from Head Start instantly. Get reminders for Parent Child Days (fun events for parents to enjoy with their child), Parent Trainings and Parent Meetings. Also, get alerts on closings and cancellations. If you haven't signed up to receive these messages call your Family Advocate today!

TEXT MESSAGE TIPS

Parent Child Days are monthly events that include a fun activity for you to enjoy with your child.

Parent Trainings/Workshops are trainings held for parents with useful information on parenting skills. Often referred to as Triple P or Parenting Café.

Parent Meetings are held every other month and are for parents to learn important information about their child's center and help plan events. These are not parent teacher conferences.

LAKE-GAUGA UNITED HEAD START, INC.

Home/Family Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Your home/family tag line here.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to

list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.