



The Family Times



Wentzville Center

January 2008

Program Happenings

Note from the Center Manager

I wanted to take this opportunity to introduce our new Head Start teacher, Sally Martin. Sally and her family have recently moved to Wentzville from Mucie, Indiana. She was a Head Start teacher/home visitor for about 18 years in Indiana and we are very excited to add her to our team! Sally is looking forward to meeting all of you and getting to know your children.

Infant Classroom News

For the month of January we are going to be working on putting puzzles together, and talking about the different automobiles. We will also be talking about automobile safety and fire safety towards the end of January. Bubbles, balls, and senses will also be a topic we will discuss.

We are challenging all parents to help us meet our monthly in-kind match by turning in the take home activities sheets each week!

Two's Classroom News

We would like to welcome everyone back, and we hope everyone had a wonderful winter break! This month we will be working on Community Helps. We hope to give the children an idea of what our police officers, fire fighters, and other workers do to make our community a safe place.

Please remember to bring hats and gloves each day. We try to give the children a little bit of time outside each day. Our weather guidelines are posted by the sign in sheet if you have any questions.

Head Start News

We would like to remind everyone that the classroom schedule is now 8:00 a.m.-2:00 p.m. In order for your child to have optimal learning time they will need to arrive to school on time and picked up on time. Thank you in advance for picking up on time considering our room now closes at 2:00 we are required to fulfill other duties for the center at this time.

We have made some really exciting classroom plans and hope you will be able to volunteer in the classroom. Our theme for the month of January will include, winter and the different types of transportation (trains, planes, automobiles, etc)

Your children will no longer be taking a two hour "nap" period on cots. We will have a half hour "rest time" instead. If a child does fall a sleep they will be allowed to sleep. Primarily this "rest time" will be used to focus on literacy and on one on one time with your child. It may take the children a few weeks to adjust to this new "rest time". Please remember to adjust their schedules, bedtimes, naps etc at home so they are still getting the recommended amount of night time sleep.

We would also like to remind you that state licensing requires that we take the children outside daily, weather and temperature permitting. Please make sure your child is dressed appropriately for the weather, each child will need a coat, hat and gloves. We only have a limited supply of these items on hand.

Thank You

We send many thanks to Sts. J and A's Holiday Assistance Program!!!

If you would like to let Sts. Joachim and Ann know how much you appreciate their holiday assistance effort, you can send cards or notes to:

Sts. Joachim and Ann Care Service
4112 McClay Road
St. Charles, MO 63304



Important Dates

January 2: Return to classrooms and home visits begin!

January 8: Parent Committee Meeting. Wentzville Center. 6:00 p.m. Childcare and refreshments are provided. Transportation is available upon request.

January 9: Policy Council Meeting. 6:30 p.m. At Wentzville Center. Child care is provided. Transportation is available upon request.

January 18: Staff Development Day. Centers closed. No home visits.

January 21: Martin Luther King, Jr. Day. Centers Closed. No home visits.



Nutrition News

Toddlers at the Table: Avoiding Power Struggles

Toddlers are learning to navigate their world, communicate, and exert control over aspects of their lives. They don't actually have control over much, but eating is one of the first areas they will master. Parents can help them enjoy their limited power by giving them appropriate amounts of freedom when it comes to choosing foods and eating them.

That's not to say toddlers are deciding what to have for dinner. Parents have the important job of providing the kinds of foods that an active toddler needs. A parent's role is to present healthy foods and let the child decide which ones to eat - or whether to eat at all.

By anticipating problems and offering choices, you can teach your child which behaviors will yield positive results and which ones won't. Here are a few more health tips:

- **Serve right-sized portions.** Parents often overestimate how much food a child should eat. Especially with foods that aren't yet favorites, a couple of tablespoons is plenty to start with. Small portions are less overwhelming for a child, while bigger portions may encourage overeating.
- **Keep trying.** Your toddler doesn't like green beans the first time around? Don't stop serving them. Children are naturally slow to accept new tastes and textures, and parents may have to present a food 10 to 15 times before they'll finally give it a try.
- **Don't negotiate.** It's fine to encourage your child to "try one bite" but don't fall into the negotiating trap. Prepare and serve healthy meals and let your child decide what to eat.
- **Have family meals together.** Set your toddler's place at the family table - it's good for kids of this age to see their parents and siblings eating together and eating the right foods. Children eat a more nutritious diet, with more fruits and vegetables, when they regularly have family meals.
- **Create positive peer pressure.** Toddlers are more likely to eat fruits and vegetables if they see their peers eating them.



From the Directors

I hope everyone had a nice holiday season, and a Happy New Year to all!

As we begin a new year, it is common to take stock and consider goals we would like to achieve. I know that here at Youth in Need's Head Start/Early Head Start program, our goal will remain to provide the highest level of services to children and families. In order to do that, each year around this time we stop and truly take a good look at how we're doing—things we're doing well, and things we can improve. We will be conducting a comprehensive self-assessment, where staff, parents, board members and other members of the community weigh in and really help us get an honest handle on how things are going. Some of you may be contacted for your feedback, and you will be notified of self-assessment meetings you will be welcome to attend.

Of course many people establish individual goals for themselves as well, "New Year's resolutions," as they are sometimes termed. Sometimes these goals revolve around health, and even weight loss. January 20-26 is indeed Healthy Weight Week. Staff will be providing more information, and tips for healthier living.

Health and safety of course will always be our top priority. Toward that end, although we always strive to keep our doors open, when weather is severe, there may be times we need to close, in the interest of everybody's safety and well-being. During such weather, please tune in to KSDK for updates on school closings.

Thank you, and here's to a great 2008!

Daryl Rothman
VP Head Start
4-County Area
Youth In Need
636-946-5600 x 101

Linda Armstrong
VP Head Start
East
Youth In Need
314-353-5298 x 103

The Health Hub

Winter Clothing and Health Tips



Whether winter brings severe storms, light dustings or just cold temperatures, the American Academy of Pediatrics (AAP) has some valuable tips on how to keep your children safe and warm.

What to Wear

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Clothing for children should consist of thermal long johns, turtlenecks, one or two shirts, pants, sweater, coat, warm socks, boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- Blankets, quilts, pillows, sheepskins and other loose bedding may contribute to Sudden Infant Death Syndrome (SIDS) and should be kept out of an infant's sleeping environment. Sleep clothing like one-piece sleepers is preferred.
- If a blanket must be used to keep a sleeping infant warm, it should be tucked in around the crib mattress, reaching only as far as your baby's chest, so the infant's face is less likely to become covered by bedding.
- After a few minutes, dry and cover him with clothing or blankets. Give him something warm to drink.
- If the numbness continues for more than a few minutes, call your doctor.

Winter Health

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops may help keep tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.
- Cold weather does not cause colds or flu. But the viruses that cause colds and flu tend to be more common in the winter, 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 her elbow may help reduce the spread of colds and flu.

American Academy of Pediatrics, 11/07

Employment Resources

Earned Income Credit Information

It is that time of year again... time to file income taxes! Be sure to look into the Earned Income Credit (EIC). It is a refundable tax credit for persons who work even if they owe NO income tax, but you MUST file a tax return to receive. Married couples must file jointly.

Eligibility for the Federal EIC:

- Workers with 1 child and earning less than \$32,001 (\$34,001 if married)
- Workers with 2 or more children and earning less than \$36,348 (\$38,348 if married)
- Childless workers (ages 25-64) earning less than \$12,120 (\$14,120 if married)

Amounts:

- One child—up to \$2,747
- More than one child—up to \$4,536
- Childless workers—up to \$412

Free Help!

- **IRS 1-800-TAX-1040**
- **VITA:** (Volunteer Income Tax Assistance) Offers free tax help to low-to moderate-income (generally \$40,000 and below) people who cannot prepare their own tax returns. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Most locations also offer free electronic filing. To locate the nearest VITA site, call 1-800-829-1040. They will give you sites according to your zip code.

What do you need to bring to your tax preparer or VITA site to file your taxes?

Tax Forms and Statements:

- Copy of last year's return, if any.
- W-2 forms from all 2006 jobs
- All tax forms received in the mail including 1099-G (unemployment), 1099-INT (bank interest), 1099-MISC (miscellaneous income), and W-2G (gambling winnings)
- Record of any estimated tax payments made for 2006.

Male Involvement



Talking to Young Children

Researchers say that "the amount of language directed to a child is perhaps the strongest indicator of later intellectual and linguistic and social development."

Sounds great. But what about real life? Sometimes we dads can get pretty monosyllabic and ineffective. We say "Don't do that," "Pick up your toys," "What's the magic word?" We don't want to communicate, we just want cooperation. Let's look at some ways to increase the chances that your child hears you and responds.

First, **give information more than thoughts or feelings.** For example, instead of saying, "I've told you a hundred times not to jump on the couch!" try simply, "Couches are not for jumping on." Sometimes even a one-word statement, like, "Pajamas!" will get a better response than a drawn-out explanation about why it's time to start getting ready for bed.

Second, **children often need specifics.** Saying, "Clean up your mess" is vague. Let them know exactly what you expect.

Third, **mean what you say.** There are some common parenting pitfalls in this category. One of them sounds like this: "Can you please help clean up your room?" It's asking a question or offering a choice when there's really no other option. Or, then there's the classic scene that you see on a regular basis at the grocery store. A dad says, "No," to a misbehaving child, and then doesn't follow through. Does the child stop? No way. Idle threats only teach the child to continue disobeying. Or, worse, a dad keeps repeating the same command over and over, which, first of all, insults the child's intelligence, and teaches him to not obey until the fourth or fifth time.

Finally, **accentuate the positives.** Kids often just want our attention, and if they can get it for good behavior, they may not resort to bad behavior. And be specific with praise. A repeated phrase like, "Great job" is good, but over time it can lose its impact. Try, "Wow, did you put all your blocks away by yourself?" It's more satisfying, and it could lead to more conversation.

These ideas are pretty basic, but a few adjustments here and there could make a big difference for your child's behavior—and in the long run, for your relationship with him.

www.fathers.com

Community Resources

Call 2-1-1

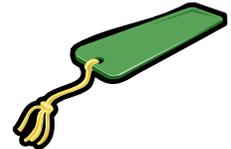
United Way has created a free and easy to remember phone number to put you in touch with resources in your community! 2-1-1 is available 24 hours a day/7 days a week. All information you provide is maintained strictly confidential. 2-1-1 can help you with:

Emergency Shelter, Disaster Recovery, Food Pantries, Day Care, Rent or Utility Assistance, Elderly Care, Mental Health Services, Employment, Volunteering, Health Resources, Educational/Vocational Training, Disabilities, Drug/Alcohol Rehabilitation, Domestic Abuse, Counseling and much more!

You can also visit www.211missouri.org



Just for Fun



Create Your Own Bookmark

MATERIALS: Sturdy paper or thin cardboard, materials for decorating (see suggestions), clear contact paper

To decorate a set of bookmarks, kids can choose their favorite medium from among these:

- * Tiny pressed flowers
- * Marbling (floating oil paint on water)
- * Crayons or marking pens
- * Picture cutouts from book clubs or book reviews
- * Stencils
- * Rubber stamps or stickers

If you have clear contact paper, let the children laminate their bookmarks between sheets of the contact paper after they finish decorating. Smooth out the contact on both sides, then cut out around each bookmark. If they like, the children can insert a tassel or piece of ribbon between the contact to hang down from the bookmark.

Social Emotional Review

Start the New Year Off Safely



Conscious Discipline states that children (and parents) function best when they are safe. It is a teacher/home visitor/parent's job to keep children safe and the child can help out keeping it that way. So I hope that everyone can start this year off and have a focus be on safety. Below are some ideas on how to implement safety.

Develop a "Safety" job description:

When you see your child doing something unsafe, let them know! Say "*Name*, it is not safe when you _____" "It is my job to keep you safe, and your job to stay safe" Tell the child what a safe activity would be, and if they are able, have them come up with something that is safe for them to do. Have your child say the safe idea out loud. It is very important for you to know what your child is doing to make sure that they are remaining safe. If you notice that they are doing something that is not safe you need to step in and redirect the child to a safe activity. You may need to step in many times and redirect them, however they will learn safe activities if you keep it up.

Develop a "Safe Place" in the home:

A "Safe Place" is just that –a safe place. A safe place is needed so that if a child (or parent) is not feeling safe or does not feel like they can be safe they have a place to relax. A safe place can be a bean bag, a space in their room, a blanket, a special chair- anything. Everyone can use a safe place at times, even parents. Ways to introduce the safe place are to talk about the safe place and times when it might need to be used. When the child becomes upset remind them that there is a safe place to relax. **The safe place is not a time out!** It is a place to relax.

-If your home is not a safe place due to violence, please get help. Talk to your teacher or home visitor, myself (see below for contact information) or call 1-800-273-TALK (8255).

Spend at least 5 minutes a day alone with each child:

Children at all ages need to feel like they have the support, love and assurance from an adult. Spending only five minutes a day with your child (playing a game, reading a book, snuggling, whatever) will make you child feel more safe. If children feel safe they will be more likely to practice safe behaviors.

If you would like to discuss more ways to create an environment of safety, or if you would like to discuss any other behavioral or emotional concerns that your family is experiencing, please feel free to contact me.

Stephanie Flake, Mental Health Director West
636-946-0101 ext 312



Parent Involvement

Youth In Need Head Start and Early Head Start believes in establishing a partnership with families. Parents are involved in decision making in all aspects of the program. Parents are offered the opportunity to have input in the curriculum, interview job applicants and approve personnel decisions; be a part of committees to review grant applications and to be a part of influencing the policies made at the national level. Monthly parent meetings and training are held at each center on topics ranging from budgeting and parenting skills to safety in the home. Parents are encouraged to volunteer in the program and to apply for job positions when they become available. Many past Head Start parents have become Head Start employees. Head Start successes begin with strong family partnerships. Contact your teacher, home visitor, or manager for more information on how you can be more actively involved in your Head Start or Early Head Start program!

Child Development/ Curriculum News



Ten "To Do's" for Discipline

1. Tell children what to do

Principle: What you focus on, you get more of.

Application: Instead of saying, "No pushing, you know better than to push your brother, pushing is not nice," say, "When you want your brother to move say, 'Move please.' Tell him now." Focus on what you want your children to do!

2. Give children useable information, especially when you are upset.

Principle: When you are upset you are always focused on what you don't want.

Application: Instead of saying, "Why isn't this homework done? Do you want to fail? How many times do we have to go over this?" you could say, "You can start with your math homework or reading. Which is best for you?"

3. Help children to be successful instead of attempting to make or get them to behave.

Principle: The only person you can make change is yourself.

Application: How often have we attempted to make a smoker quit smoking or growing child eat her peas? There is a better way. Instead of asking yourself, "How am I going to get my child to stay in bed," ask yourself, "How am I going to help my child be more likely to choose to stay in her bed?" The first question will give you manipulative, coercive answers. The second question will give you creative, cooperative solutions.

4. Use your children as resources to solve their own problems.

Principle: Two heads are better than one.

Application: Instead of you trying to figure out what needs to be done, ask your children for input. You could say, "What would help you finish your homework by 8:00 p.m.?" Help children solve their problems themselves.

5. Put your children on your "to do list" and spend time enjoying them.

Principle: The motivation to behave comes from being in relationship with one another.

Application: When a child says, "I don't care," she is really saying, "I don't feel cared for." Cooperation comes from connection. If your child chronically refuses to listen or tells you they don't care, then you must start by rebuilding your relationship and rekindling family rituals.

6. Encourage your children during wonderful times and tough times. Do not attempt to get children to feel bad in order to behave better.

Principle: Encouragement empowers.

Application: Be your children's cheerleader. Constantly tell them, "You did it," "Way to go," "Look at you," or "Good for you." When you children are struggling you might say, "I believe in you, you can do this."

7. Take back your power. You are in charge.

Principle: Whoever you believe to be in charge of your feelings, you have placed in charge of you.

Application: Instead of saying, "Don't make me have to pull this car over," say, "I'm going to pull this car over until the seatbelts are fastened and everyone is safe." Instead of saying, "You drive me nuts," say, "I'm going to take a few deep breaths and calm myself down. Then I will talk to you." When children refuse to do what you ask state, "I'm going to show you what I want you to do." Then help them be successful.

8. Become the person you want your children to be.

Principle: We must discipline ourselves first and our children second.

Application: Instead of screaming, "You better get control of yourself right now," take a deep breath and calm yourself down. Be a S.T.A.R. (Smile, Take a deep breath, And Relax). Become what you want your child to be. If you want calmness, demonstrate how to be calm.

9. Do not save your children from the consequences of their actions.

Principle: Psychological pain is a signal to make changes in your life.

Application: Help your child handle disappointing choices. Offer empathy instead of lectures after poor choices. Instead of saying, "I told you not to take that picture to school. It's your own fault it got torn in half. That is what you get for not listening to me," say, "How disappointing for you. I know how important that picture was to you." Empathy allows children to take responsibility for their actions, while lecturing allows them to blame you for their distress.

10. Teach children how to handle their conflicts instead of punishing them for not knowing how.

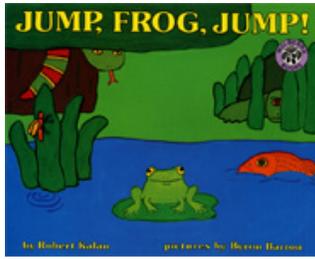
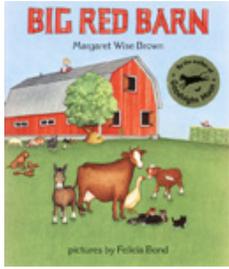
Principle: Conflict is an opportunity to teach.

Application: When one child comes to you tattling on the other, use these moments to teach life skills. When one sibling says, "He pushed me," you say, "Did you like it?" The child will likely say, "No!" At this point you can say, "Go tell your brother, 'I don't like it when you push me.'" Use these intrusive episodes as a way to teach assertiveness skills to your children.

Become conscious of the intent behind each of your interactions. Your intent is more powerful than any words. Most importantly, have fun! There is no right or wrong way - it is a journey.

Dr. Becky Bailey

Read With Me



Early Head Start:

Big Red Barn

By Margaret Wise Brown

This children's book uses rhythmic text to describe the cycle of a day on the farm. Children are taught colors, animal names, and animal sounds in this delightful easy to read book.

Head Start:

Jump, Frog, Jump

By Robert Kalan

"This is the turtle that slid into the pond and ate the snake that dropped from a branch and swallowed the fish that swam after the frog -- JUMP, FROG, JUMP!" This infectious cumulative tale will soon have your children jumping, chanting, and yelling "Jump, Frog, Jump" to save the life of one lucky amphibian.

Parent Committee Needs You!

Every parent with a child enrolled in the Head Start or Early Head Start Head Start program is automatically a member of their



Parent Committee. Parent Committee is a place where parents can share their opinions and ideas, shape the HS curriculum, become more involved in Head Start, communicate with staff, create projects for the program, find speakers to present on various educational topics (kindergarten readiness, stress management, owning your own home, etc.), manage a committee budget, bond with their children, and more! Look for your monthly Parent Committee flyer on Parent Information boards, and speak with staff for more information.

Family Literacy



Creating a Literacy Rich Home

What exactly is a literacy-rich home? This describes a home environment that encourages children to become lifelong readers. Families can support language learning by creating a home atmosphere in which reading, writing, and talking are a natural part of daily life.

Parents can do lots of things at home to encourage reading. Reading aloud to your children is only one of them. Another is setting aside regular time for family reading, even just 10 to 15 minutes a day. And setting a good example — letting your kids see *you* reading — is very helpful.

Creating a literacy-rich home requires a good supply of things to read. Newspapers, magazines, books, and other reading materials should be within easy reach of the whole family. It doesn't matter if reading materials are owned or borrowed, new or used — what's important is that they are in your home and a natural part of everyday life.

Family Language Development



Free English Language Learning Classes!

Free English as a Second Language (ESL) classes for non-native speakers are available for all proficiency levels from St. Charles Community College. These classes help beginning, intermediate, and advanced students improve English skills in reading, writing, speaking and understanding (listening). The classes are directed at improving English conversational skills for home and workplace literacy.

Classes are currently being held in Cottleville, St. Charles City, Wentzville, and Troy!

For more information about any of these classes, call 636-922-8411 or e-mail shumes@stchas.edu.

200 Trading Post Points

We want to thank you for taking the time to read "The Family Times" by rewarding you with 100 trading post points, and to celebrate the season we are giving you an additional 100 trading points! Please detach this coupon and give it to your teacher or home visitor to obtain your **200 trading post points**. Thank you!

Expires: February 1, 2007