

News You Can Use...

Home Visiting - August 2021

Lids at the Library

Friday, August 6, 2021, 2:00–3:00 pm
Madison Square Branch: 1201 Madison SE

Join the Grand Rapids Griffins' "Put A Lid On It!" program and Safe Kids Greater Grand Rapids at GRPL's Madison Square Branch to learn more about bike safety. The first 100 attendees will receive a free bike helmet for kids ages 1-12 (while supplies last). A parent or guardian must be present to receive a helmet.

For more information, call 616-391-SAFE.

New and FREE S.H.O.E.S

In the Image's S.H.O.E.S provides K-5th grade elementary students with a new, FREE pair of back-to-school shoes!

Where: In the Image 4255 Kalamazoo, SE GR

When: August 9th-21st and August 26th

Various times and dates available

How: BY APPOINTMENT ONLY

Check eligibility and make your appointment at
www.intheimage.org/shoes



Importance of Bedtime Routines



Sleep Foundation

A OneCare Media Company

What Is a Bedtime Routine, and What Are the Benefits? Bedtime routines are a consistent, repetitive set of activities that are carried out before bed every night. They help prepare your child for sleep by having them relax and wind down. A predictable routine also gives your child a sense of security and teaches them how to fall asleep on their own.

Setting a bedtime routine right from the beginning with your baby makes it easier to keep up healthy habits as your child grows.

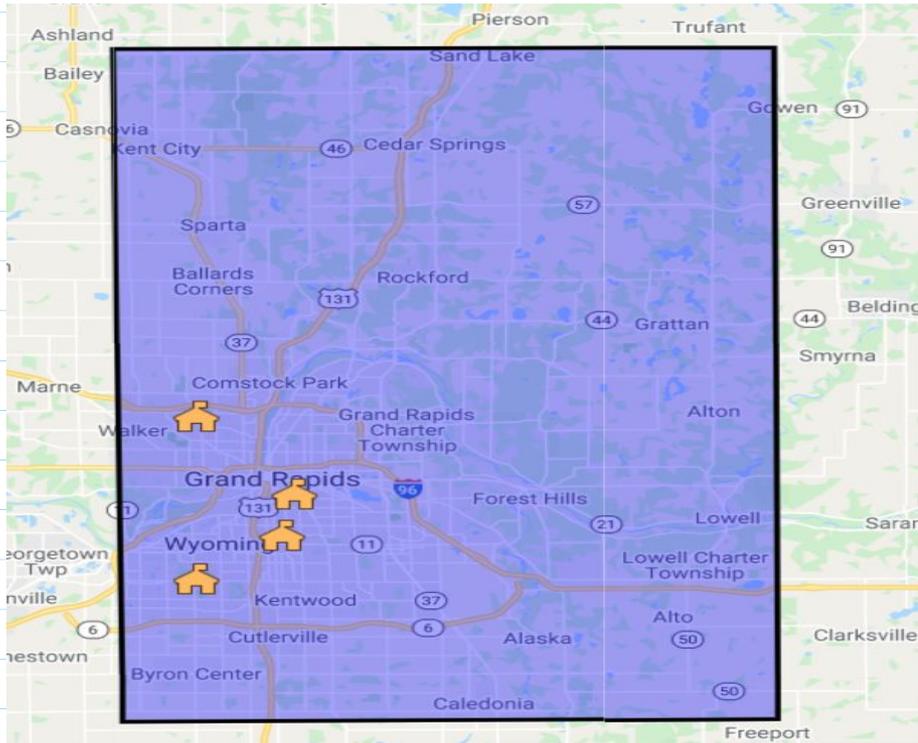
How To Build a Bedtime Routine for Kids: A bedtime routine for kids usually consists of three or four activities, for example, having a snack, brushing teeth, putting on pajamas, and reading a book. These should always be done in the same order. To make the routine even more effective, start winding down the household by dimming the lights and turning off screens before bedtime.

Typical bedtime activities that have been shown to have beneficial effects on sleep include: Nutritious snack or bottle/breastfeeding, bath or diaper change, brushing teeth and going to the bathroom, reading a book, lullaby or singing a song together, massage, cuddling, and rocking, talking about their day.

Set a consistent bedtime that leaves enough time for your child to sleep the recommended amount of hours for their age.



Expanded EHS Boundaries



Early Head Start serves all of Kent County!

What does this mean?

Our home visiting team will be able to serve more families in Kent County! If you know someone who might be interested in our program let your home visitor know. Or send them to our website to fill out an application!

<https://hs4kc.org/apply/>

August

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Socialization 2PM Shapes	5	6
9	10 Socialization 2PM Shapes	11	12	13
16	17	18	19 Socialization 10:30AM Shapes	20
In-home Snack will be delivered by your Home Visitor				
23	24	25 Socialization 12PM Shapes	26	27
30	31			

June Attendance Highlights!

Home Visiting Average Attendance: 83%

Top Classrooms: Ah Roi (100%), Kristy (93%), and Jessica (93%)

72 participants had perfect attendance!

See next page for other HS4KC family events this summer!

August 2021

Building Better Bridges

Join us virtually this summer as we bridge the gap between your families and our Head Start staff, community partners, and other Head Start families!

Deb
DConley@hs4kc.org

Questions?
Sayge
SHickok@hs4kc.org

David
DMsafiri@hs4kc.org

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 	4	5 "Social/Emotional Week" (Link) Engagement Event 3pm-4pm	6
9	10	11 	12 "STEAM Week" (Link) Engagement Event 3pm-4pm	13
16	17	18 "How To Not Break The Bank with Back to School" (Link) Parent Café 7pm-8pm	19	20

Weekly Theme Descriptions:

[Week #1: Bridge](#) - Strengthen your family's bridge to the future! Connect with teachers, community partners and other Head Start families as you navigate the upcoming year!

[Week #2: Movement](#) - Wiggle your way to a healthier summer! Learn some fun ways to get your bodies moving right from your own home!

[Week #3: Literacy](#) - Come and explore the letters and language in the world around us!

[Week #4: Dental/Health](#) - Smile! Healthy teeth for a healthy you! Take a virtual tour of a dentist office and see why going to the dentist is not a scary thing!

[Week #5: Nutrition](#) - Playing with your food! Join us for an interactive food experience and learn more about healthy foods for your body!

[Week #6: Social/Emotional](#) - Explore your bucket of feelings!

[Week #7: STEAM](#) - Full STEAM ahead! With Science, Technology, Engineering, Arts, and Math, there are so many ways to be clever and crafty!

Weekly Engagement Event

Zoom Details:

Thursdays from 3-4pm

[Meeting ID:](#) 872 9657 7100

[Passcode:](#) 823934

Parent Café Zoom Details:

June 23, July 21, August 18
from 7-8pm

[Meeting ID:](#) 856 0604 8514

[Passcode:](#) 654397



Scan to view this
calendar online