

NEWS YOU CAN USE

Week of
May 16, 2022

North Kent Head Start
616-696-3990

What's Happening?

Due to a positive COVID case inside the building and exposure, school is closed until May 23rd.

RESCHEDULED

End of the Year Celebration
May 24th
4:15-5:15

RSVP to your teachers if your able to join us on the new date and time.

Dress for the Weather

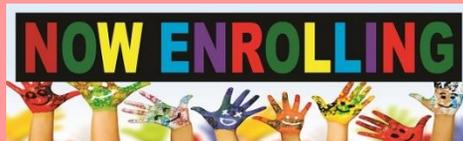
Please dress your child in layers. It can still be a little chilly in the morning when we go outside play. Also send them in tennis shoes so they can run, hop, skip, and play safely.



Calendar of Events

END OF THE YEAR
CELEBRATION
May 24th
4:15-5:15

LAST DAY OF SCHOOL
May 24th



We are enrolling for the fall 2022-2023 school year.

If you know of any families that have a child(ren) that will be 3 this fall please have them visit our website www.hs4kc.org or call 616.453.4145 to enroll now.

<https://www.facebook.com/pg/hs4kc/events>

www.hs4kc.org

Routines in Early Childhood

Routines help to provide two ingredients for learning: relationships & repetition.

Routines have many beneficial advantages. They help children learn self-control, bring you and your child closer together & reduce power struggles, help guide positive behavior, support & develop children's social skills, and cope with transitions.

Consistent routines and activities that happen at the same time provide comfort & a sense of safety for children and helps them learn to trust caring adults and really allows them to anticipate what will happen next. It gives them confidence and a sense of control and can even limit the amount of "no's" you may have to give throughout the day.

As children get more exposure to the outside world, routines help them develop social interactions such as those hello and goodbye routines. Routines can help with transitions throughout your day as well, such as bedtime. This time can be difficult for some children so creating a routine let's them know that it is time to wind down for that long stretch of sleep.

Daily routines offer the chance for many opportunities for your child's development and learning. So really enjoy these moments with your kiddos and it will benefit them in many ways.

Information adapted from <https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning> .

Nutrition



FRUITS & VEGGIES!



Ensuring your child eats healthy, including fruits and vegetables is important but can be challenging. Take advantage of this impressionable time in your preschooler's life to influence their eating habits!

- Serve cereal with sliced bananas, apples, or berries!
- Try raw veggies with dip!
- Add fruit to yogurt or dip fruit in yogurt!
- Shred carrots and lettuce on a turkey sandwich!
- Mix pureed red pepper, zucchini or pumpkin into spaghetti sauce!

Parent Engagement

Thrive by Five A Ted Talk

Have you ever wondered as parents what you can do at home to help your child's development? This is a link to a 6 and a half minute Ted Talk video given by a seven-year-old girl named Molly, who is an inspirational speaker about early childhood development! Molly may be young, but what she has to say is important, and is worth watching! This Ted Talk raises awareness around the importance of brain development in the early years of a child's life as well as the impact it has on their future. This Ted Talk also talks about the importance of lifelong learning, well-being, and motivating parents and caregivers to engage more meaningfully and often with children.

https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsread

Head Start Birthday (May 18)

This year we celebrate 57 years of Head Start! On Jan. 8, 1964, President Lyndon Johnson took up the cause of building a "Great Society" by signing into law the Economic Opportunity Act of 1964, and Project Head Start was born. Ever since, the Head Start program has served as the building block for comprehensive early childhood education and development for children from birth to 5 and their families.



**Happy Birthday
Head Start!**



57 Years of providing
High Quality Early
Childhood Education!



Follow us on Instagram!



@hs4kc



SAFETY AND INJURY PREVENTION



NATIONAL CENTER ON
Early Childhood Health and Wellness

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

Safety and Injury Prevention for Young Children Is:

- Making sure children have safe places to grow and learn
- Protecting children from danger
- Teaching children what to do to be safe

Why Is It Important?

Children Like to Explore But Need:

- Safe places to play
- Adults who watch and listen so they can prevent an injury before it happens
- Opportunities to practice new skills safely

When Children Are Safe, They Are More Likely To:

- Be injury-free
- Focus on learning
- Explore new situations with confidence



Things You Can Do to Help Your Child

- **At Home:**
 - Keep all medicine, cleaning and harmful products away from children.
 - Use cabinet locks and electrical socket covers.
 - Use safety gates on stairs.
 - Use cribs with fixed sides rather than drop sides.
 - Keep cribs away from windows and blind cords.
 - It is best to use cordless window coverings, if possible. If not, keep cords tied high out of children's reach.
 - Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers.
 - Keep children away from hot foods and liquids.
 - Turn pot handles to the back of the stove.
 - Set your water-heater thermostat to 120 degrees or less.
 - Keep children away from heaters or fires.
 - Have a smoke alarm on every floor. Replace batteries in the spring and fall.
 - Get a carbon monoxide detector, if you do not have one.
 - Check with your local fire station to see if they can help you find a smoke alarm or carbon monoxide detector.
 - Ask your pediatrician about foods and small objects that can cause choking.
 - Make and practice an escape plan.

Things You Can Do to Help Your Child

Continued from previous page

• Outside:

- Use sunscreen.
- Teach your child to stay out of the street.
- Look for playgrounds with soft surfaces instead of dirt or grass.
- Watch your child closely on the playground.
- Remove drawstrings from clothing.
- Keep shoelaces short and tied.

• Water Safety

- Know that a child can drown in any amount of water that covers his mouth and nose.
- Always stay within arm's reach of your child if he is in or near water.
- Learn to swim, and take your child to professionally supervised swim lessons.
- Use four-sided fences with self-latching gates around pools.
- Learn cardiopulmonary resuscitation (CPR).

• Car and Truck Safety

- Choose a car seat that is right for your child's age, height and weight.
- Choose a seat that fits in your car or truck and use it all the time.
- Ask your Head Start staff where you can go in your community to learn how to install your child's car seat safely.
- Be sure that children younger than 13 only sit in the back seat.
- Never leave your child in a car without an adult.
- Teach children that vehicles are never safe places to play. Even if the windows are open, young children can become dangerously overheated within the first 10 minutes.

