

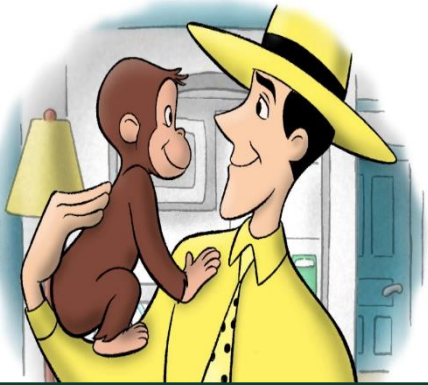
# NEWS YOU CAN USE

Week of  
March 25, 2024

Kentwood Head Start  
616-735-5345

## Site Happenings

## Calendar of Events



On March 28, we are having a special guest reader. The Man with the Yellow Hat from the Curious George Stories.



Don't forget to call the school each day when your child will be absent (616) 735-5318

Spring Break  
March 29<sup>th</sup>- April 7<sup>th</sup>  
NO School

Return April 8<sup>th</sup>

Family Engagement  
April 24<sup>th</sup>

May 27<sup>th</sup>  
Memory Day  
NO School

May 30<sup>th</sup>  
Last Day of School

<https://www.facebook.com/pg/hs4kc/events>  
[www.hs4kc.org](http://www.hs4kc.org)

These materials were developed under a grant awarded by the Michigan Department of Lifelong Education, Advancement, and Potential."

 **Head Start**  
for Kent County  
Connectir

 **Great Start**  
**Readiness Program**  
Michigan's Nationally Recognized Pre-K Program

## **March is Reading Month!**

### **10 Tips to Keep Reading Fun**

1. **Keep the Topics Interesting:** Let your child pick out the books they want to read.
2. **Read Aloud:** Listening to books read aloud helps children learn about fluency and expression.
3. **Set a Good Example:** Read for pleasure, talk to your children about how much you love to read, make it fun.
4. **Make a Special Spot for Reading:** Let infants and toddlers have access to their books, keeping them on a low shelf or in a basket that is accessible.
5. **Visit your Local Library:** Nothing beats a trip to the library! Many offer fun, interesting, and free events.
6. **Have a Read-In:** Leave on your pajamas, build a blanket fort, and snuggle up with a good book.
7. **Be Flexible:** Help your child find time to fit reading in that works well for your family. Avoid having hard and fast rules out reading as this is a time that should be fun and not a punishment.
8. **Reward Wisely:** Kids are smart, and they are paying attention, and the message we want to give them is that reading is its own reward.
9. **Reading is Reading:** Let your child select their own reading material, it's okay if that includes magazines or comic books!
10. **Books are Special Too:** Emphasize the special nature of books, let children know that books they receive as gifts are theirs and theirs alone.

## **Parent Engagement**

### **Help Your Child Succeed in Preschool and Kindergarten**

#### **Build the Habit of Good Attendance**

#### **DID YOU KNOW...**

Missing 10% of school (1 or 2 days every few weeks) can make it harder to develop good attendance habits.

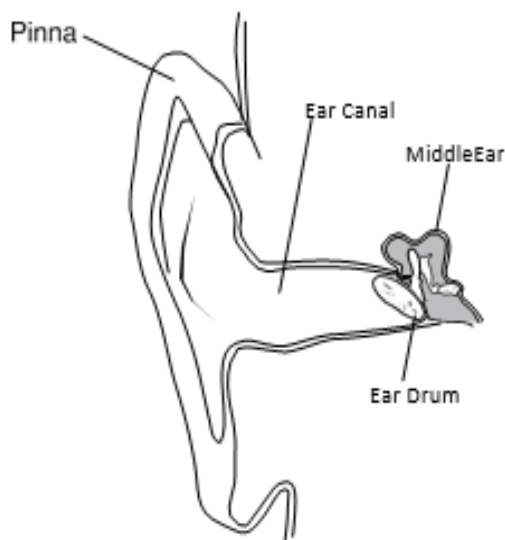
#### **WHAT YOU CAN DO**

If your child seems anxious about preschool or kindergarten, talk to the program director, teacher, your doctor or other parents for advice.

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!

# Middle Ear Infection in Children

Middle ear infection, also called otitis media, can be painful for children. This infection is caused when the fluid draining from your child's ear gets blocked. This may happen when your child has a cold, allergy, or the flu. The fluid build-up lets bacteria grow and puts pressure on your child's eardrum.



## Signs of a Middle Ear Infection

- Waking up at night crying
- Rubbing or pulling of the ear
- Trouble hearing
- Not wanting to breastfeed, suck a bottle or eat because it hurts
- Fever over 101 degrees F under the arm
- Vomiting
- Diarrhea

## Older children may complain of:

- Pain in the ear or jaw
- Ringing in the ear
- Feeling of motion or fullness in the ear
- Trouble hearing
- Dizziness

## Your Child's Care

Ear infections sometimes go away on their own, but it is best to see your child's doctor if signs last more than two days.

- Your doctor will look at your child's ears and ask about his or her signs.
- Antibiotic medicine may be ordered. Be sure to give **all** of the medicine, even if your child feels well.
- Your doctor may also suggest over the counter pain medicine, such as acetaminophen or ibuprofen to help with fever and pain.

Here are some ways to prevent an ear infection

- Hold your baby upright when feeding. Never prop up the bottle.
- Keep your children away from people who are smoking.
- Teach your children to wash their hands often and not to touch their eyes or runny nose.

**Talk to your child's doctor or nurse if you have any questions or concerns.**

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