

Week of
March 25, 2024

Plainfield Head Start
616-454-8874

Enjoy Spring Break: March 29th - April 7th

Important Dates:

- *April Family Engagement Event
- *May 13th Last Home Visits begin
- *May 24 – May 27th
No School
- *May 30th Last Day for Students

“Book” your ticket to
the Spring Break...

March 30th to April 6th

STAYCATION
...at Kent District Library

Mad Science Presents Fire and Ice

Maciek the Magician

Total Eclipse of the Sun

Hula Hoop Dancing

AND MUCH MORE!!

[Events](#) | [Kent District Library](#) | [BiblioCommons](#)

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

 **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.

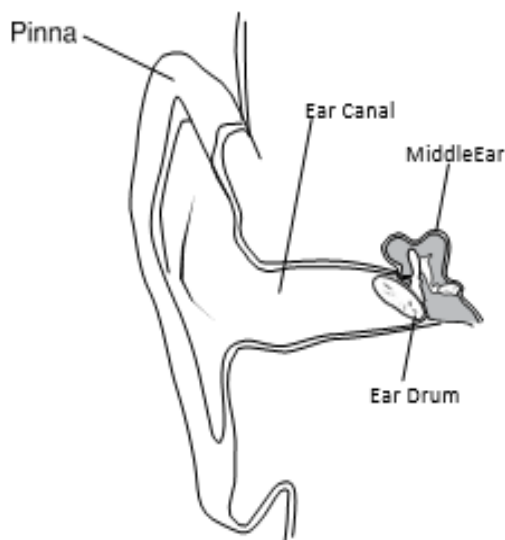
WHAT YOU CAN DO

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 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.

2007 - October 4, 2017, Health Information Translations.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, [chshealth.com](http://www.chshealth.com) and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.