

Sparta Head Start  
616-454-8874  
Week of May 6, 2024

### Dates to Remember

\*May 15<sup>th</sup> \*

Family Engagement Event  
Build a Birdhouse 2:45-3:45

\*May 24 – May 27<sup>th</sup>

**No School**

\*May 30<sup>th</sup>

Last Day for Students



The School Year is winding down.  
Last Home Visits will  
begin May 13<sup>th</sup>.

This is a Federal Mandate that  
Head Start for Kent County  
must complete. Your Child's  
teacher will be contacting you to  
schedule this appointment.

Week 3 of the caterpillar cycle:  
Where did the caterpillars go?  
What will happen next?  
Ask your child what these are doing?



<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**  
Connecting Families and Community Resources

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

# Help Your Child Succeed in Preschool and Kindergarten

## Build the Habit of Good Attendance

### DID YOU KNOW...

Showing up on time every day is important to your child's success and learning from preschool forward.

### WHAT YOU CAN DO

Share ideas with other parents for getting to school on time.

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

## How to Handle Swearing

### Why do kids swear:

- Exploring language
- Mimicking it from others (adults, TV, YouTube, etc.)
- Looking for attention, know they'll get it if they use a "bad word"
- Makes them feel powerful

### Do's

- Ignore unless its repetitive
- Explain why we don't use those words "those words can upset and hurt people"
- Think of alternatives words together, model these words yourself

### Don'ts

- Laugh or overreact
- Only tell them "it's a bad word"



**Family Collaborations:** These monthly activities help Head Start for Kent County parents advocate for and promote successful kindergarten transitions for their children.

May



#### Preschool Activities

Ask if an end of the year celebration is planned. Could you help? How could your family show appreciation to the educators?

#### Family Activities

Help your child continue to learn anytime and anywhere. Play "help me find the number" or "look for the letter A" at the grocery store. You can do this throughout the summer.

#### Kindergarten Activities

Visit the new school with your child. Share ideas about what will happen in kindergarten. What might be the same as preschool, or different?





# Laugh & Learn

FAMILY - FUN - RESOURCES

Sponsored by:



FREDERIK MEIJER  
Gardens & Sculpture Park

Families in Kent ISD early childhood programs are invited to this FREE event.



Wednesday, May 15, 2024 | 5pm - 8pm  
Frederik Meijer Gardens & Sculpture Park  
1000 East Beltline Avenue NE, Grand Rapids

Rain or shine,  
the fun will  
go on!

- Explore the beautiful gardens and trails at Meijer Gardens
  - Play in the interactive Lena Meijer Children's Garden
  - Listen to Storytime with Kent District Library in English and Spanish
  - Visit Wimee at the bookmobile
  - Dance along with percussion musician Josh Dunigan
  - Enjoy ice cream and snacks
  - Create art and have fun with messy play
  - Learn about programs supporting health and development of families
  - End the night with a fun concert from Miss Paula and the Candy Bandits
- Families of young children are encouraged to bring strollers.

Laugh & Learn is a collaboration between:



Questions? Please contact [karenlezan@kentisd.org](mailto:karenlezan@kentisd.org).

# 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.

