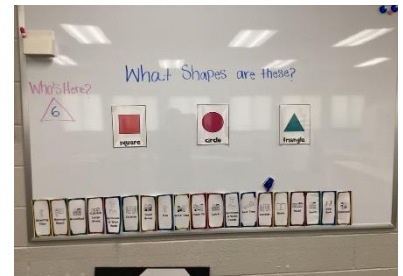


# NEWS YOU CAN USE

**Week of  
February 3, 2025**

**Alger Head Start  
616-735-5318**

Our classrooms provide hands on experiences such as setting the tables for meals. As well one Thursday a month, the children are provided with a food experience that gives them the opportunity to learn about different foods. They are provided with family style eating with adult role modeling - healthy habits.



**Parents - - it is important** that you try your best to have your students at school on time EVERYDAY, so they will not miss out on important learning activities that happen early in the day. Arriving on time also allows your child time to greet their friends, teachers and reduces the possibility of disruptions in the classroom.

**Please call if you will be late.**

**Parent – Teacher  
Conferences start the month  
of February. Your Teachers  
will be contacting you to  
schedule a time**



**SCHOOL  
CLOSED  
Monday  
February 17<sup>th</sup> -  
Presidents Day**

<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

# Medication Safety

We want to encourage our children to explore and discover their world, and at the same time keep them safe. Medicines are the leading cause of child poisoning.

Here are a few tips on how to keep children safe around medicine:

**Keep medicine up and away**, out of the reach and sight of children, even medicine you take every day. Put all medicines at or above counter height where children can't reach or see them.

**Consider places where children get into medicine.** Children often find medicine in purses or on counters or nightstands.

**Remember products you might not think about as medicine.** Products such as vitamins, diaper rash cream and even eye drops can be harmful if children get into them. Keep these items out of reach and sight of children.

**Save the Poison Help number** on your phone and post it where it's visible at home (on the refrigerator is a good place): 1-800-222-1222.

## 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!

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

## February



### Preschool Activities

Think about ways your family could be involved at school. The educators might suggest helping in the garden, or cutting out letters, or making a bulletin board for parents.

Could you share a family tradition with the class?

### Family Activities

Add to your child's word "bank." Use and explain new words. Play word games, sing songs, and make up silly rhymes like giggle, wiggle, jiggle.

Help your child label emotions when different feelings arise (happy, sad, mad, disappointed).

### Kindergarten Activities

Complete the kindergarten registration forms at home or school (where your educator can offer you support). Do you have questions about the kindergarten program? Call the new school for information or check out their website.

# CAR SEAT SAFETY

**BIRTH – 12 MONTHS:** Your child should always ride in a rear-facing seat. Children typically outgrow the infant-only seat before their first birthday. We recommend purchasing a convertible car seat (can be installed both rear-facing and forward-facing) or an all-in-one car seat (transitions from rear-facing, to forward-facing, to a booster) to help your child stay rear-facing as long as possible!

**1 – 3 YEARS OLD:** Your child should ride rear-facing as long as possible, and at least until the age of 2. We recommend using a convertible or all-in-one seat to help your child stay rear-facing as long as possible. Once your child outgrows the height and weight limits for rear-facing set by your car seat manufacturer, your child should ride in a forward-facing seat with a harness and tether.

**4 – 7 YEARS OLD:** Your child should ride in a forward-facing seat with a harness and tether until they reach the top height and weight limit set by your car seat manufacturer. Once your child outgrows the forward-facing car seat with a harness, it is time to transition to a booster seat. When in a booster seat, your child should always ride in the back seat of the vehicle.

**HARNESS FIT TIPS:** The chest buckle should sit at armpit level. The shoulder straps should be tight – you should NOT be able to pinch together the strap on the child's shoulders.

**SEATBELT FIT TIPS:** The shoulder belt should lie snugly across the shoulder and chest, NOT the neck or face. The lap belt should lie snugly across the upper thighs or hips, NOT the stomach.