

Early Childhood Newsletter

Community Action Committee of Pike County



10 BUDGETING TIPS FOR FAMILIES

1. Avoid eating out and plan meals ahead of time. Use your food budget when buying groceries to make family meals at home.
2. Drink water instead of buying fruit juices and soda which is more expensive and less healthy.
3. Buy bulk items that have a long shelf life such as rice, beans, dry pasta, laundry detergent, toilet paper, soaps, toothpaste, shampoo, etc.
4. Shop with coupons to stretch out your grocery budget. Benefits are better if you use the coupons when the stores have sales on the items you need.
5. Buy second hand clothing from thrift stores when possible. Kids out-grow their clothes so fast that buying new clothes all the time can strain your budget.
6. Purchase used furniture from thrift stores, yard sales, and flea markets when you can't afford new furniture at the time.
7. Avoid buying disposable plates and paper towels. A family can go through several rolls of paper towels and plates each week which is simply throwing money away.
8. Do not rent or buy DVD movies. Instead go to your public library and check them out for free.
9. Don't play the lottery. Stop focusing on getting rich quick. Take that money and save it back for something else your family needs or for unexpected emergencies. It will add up quick.
10. Pay yourself first by having a portion of your paycheck directly deposited into a savings account. Even \$25.00 per month will add up to hundreds over time.

Maintaining a budget will make life easier if your family is living on a fixed income and teach your children the value of money.



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LEARNING TO WRITE

Scribbling and drawing are ways that children learn to write. They are developing the muscle strength and coordination needed to control pencil movements needed later to form letters. Give your child plenty of opportunities to experiment and practice writing. Every child develops at his/her own individual pace. Make a box of writing supplies for your child to use such as: paper, junk mail, greeting cards, note cards, note pads, pencils, pens, markers, envelopes, stamps, and crayons to encourage more writing skills.



STEP UP TO QUALITY STAR RATED PROGRAM



Congratulations!!

Your child is enrolled, or you may be considering enrolling your child, in a learning and development program with a level of quality that exceeds Ohio's child care licensing standards.

High-quality learning and development programs are important because early experiences last a lifetime. Your child has approximately 1,892 days from the time he or she is born until kindergarten. What happens on this journey lays the foundation for success in school and life.

A Step Up To Quality **Five-Star** rating means your child is in a program that has demonstrated the highest level of quality. Below are some of the ways a program can provide increased quality at the five star level.

- * **There are more staff members per child.** Teachers have more time to support your child's individual development and learning. This is important because 90 percent of brain development occurs by the time your child is 6 years old.
- * **The administrator and teachers have higher educational qualifications.** The administrator and teachers have a associate, bachelor's or master's degree and assistant teachers have a Child Development Associate Credential (CDA) as well as many years' experience working with young children. These qualifications benefit your child's development and learning.
- * **The administrator and teachers complete more than 25 hours of specialized training every two years.** The administrator and teaching staff are committed to expanding their education and skills to better support your child's development and learning.
- * **Teachers develop lesson plans that support each child's growth.** Teachers plan intentional and purposeful activities and experiences that meet the needs, interests and abilities of children. These activities and experiences support them and their development.
- * **Program staff complete assessments to evaluate and improve the learning experience.** Assessments with your child help keep track of his or her growth over time. This lets teachers adjust how they offer experiences to your child daily.
- * **Families and the community are valued.** Programs work with families and neighborhood organizations to provide more opportunities for children.
- * **The program provides at least three of the following benefits to staff:** health insurance, paid leave, tuition reimbursement, discount on child care, paid professional development, retirement, flexible spending account, one hour of paid planning time weekly, paid holidays or life insurance.

To stay current with information regarding early learning and development programs in your area and statewide, visit www.earlychildhoodohio.org.



UPCOMING PARENT EVENTS

January will be Mommy/Mommy Figure Volunteer Month. Schedule a day to visit with your child's teacher.

Policy Council Meetings- Friday, January 9 and February 13 at 12:30 p.m. at the Community Action Agency. All parents are invited. Babysitting and lunch are provided if you call Stephanie Remy, Parent Involvement Coordinator, at 289-2371.

The Early Childhood Program will be having a book drive in February so children in the program can receive free books during Family Reading Night.

Books in good condition may be donated to the program throughout the month. Contact Stephanie Remy, Parent Involvement Coordinator, if you would like to donate any books.

Agency Closed-No School or Child Care on Monday, January 19 or Monday, February 16.

Head Start Home-Based Socializations will be held on Friday, January 9 & 23 and February 6 & 13 from 11:00-2:00. Early Head Start Home-Based Socializations will also be held on Friday, January 9 & 23 and February 6 & 20 from 10:00-12:00 at the Community Action Agency on Pike Hill.

Thanks to all the parents who attended the Parent Committee Meetings in December. Family Reading Night will be scheduled in February or March.

Your new Policy Council Members are: Chairperson-Tracy Hay, Vice-Chairperson-Natasha Block, Secretary-Joanna McGaughey. Members are: Eugene Block, Megan Dutches, Kayla Alley, Rebecca Tackett, Kim Harris, Sara Wolford, Wilma Fletcher, Ashlie Tenney, Krista Conley, Beth Alexander, Randy Lucas, Nikki Lapp & Brenda Williams.



FIRE SAFETY

Home fires are more likely to happen during the months of December, January, and February. Here are some heating and fire safety tips to keep your family safe this winter.

- ◆ Keep anything that can burn at least 3 feet away from wood stoves, heating equipment, fireplaces, and space heaters. Have a 3 feet kid free zone around open fires and space heaters.
- ◆ Remember to turn off any portable heaters when leaving the room or home, and before going to bed.
- ◆ Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- ◆ Test smoke alarms monthly and replace batteries twice a year when daylight savings time changes.
- ◆ Have chimneys and wood stoves cleaned out and furnaces inspected. Wood stoves should be vented to the outside to avoid carbon monoxide poisoning.
- ◆ Make sure electrical cords are in good condition and are not overloaded with cords from appliances or lights.
- ◆ Make sure your clothes dryer has a clean vent and filter with no lint build up.
- ◆ Make sure an adult is always in the kitchen when cooking.
- ◆ Never leave candles or cigarettes burning unattended.
- ◆ Always double check before leaving your home that countertop and hair appliances are turned off and unplugged before leaving home.
- ◆ Have an escape route for your family in case of a fire and practice it often. Make sure your escape route is free of clutter and easily accessible. Teach your family members never to run back into a burning building.



MENU FOR PIKETON AND ECFC SITES

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PIKECAC.ORG

Monday, January 12

Breakfast-Juice, Milk, Wheaties Cereal

Lunch-Milk, Chicken Nuggets, Bread, Baby Baker Potatoes, Fruit Cocktail

Snack-Water, Peaches, Vanilla Yogurt

Tuesday, January 13

Breakfast-Juice, Milk, Pancakes

Lunch-Milk, Roast Beef, Roll, Sour Cream Potatoes, Applesauce

Snack-Juice, Meat & Cheese Roll Up

Wednesday, January 14

Breakfast-Milk, Juice, Cheese Omelet, Toast

Lunch-Milk, Turkey & Gravy, Biscuit, Green Beans, Banana, Oatmeal Cookie

Snack-Milk, Cinnamon Toast

Thursday, January 15

Breakfast-Juice, Milk, Cheerios

Lunch-Milk, Salisbury Steak, Roll, Mashed Potatoes, Mixed Pears & Peaches

Snack-Juice, Cheese & Crackers

Friday, January 16

Breakfast-Juice, Milk, Boiled Eggs, Toast

Lunch-Milk, Ham Mac & Cheese Bake, Blueberry Muffin, Steamed Broccoli, Hot Apple Slices

Snack-Milk, Waffles

Monday, January 19-No School or Child Care-Holiday

Tuesday, January 20

Breakfast-Juice, Milk, Corn Chex Cereal

Lunch-Milk, Deli Sliced Chicken on Bun, Baked Beans, Potato Salad, Mandarin Orange Slices

Snack-Milk & Fig Bars

Wednesday, January 21

Breakfast-Juice, Milk, Cheese Omelet, Toast

Lunch-Milk, Ham Mac & Cheese Bake, Bread, Broccoli, Pears

Snack-Juice, Goldfish Crackers

Thursday, January 22

Breakfast-Juice, Milk, Cheerios

Lunch-Milk, Beef Taco, Applesauce, Buttered Corn, Oatmeal Cookie

Snack-Milk, Waffles

Friday, January 23

Breakfast-Milk, Banana, Oatmeal, Toast

Lunch-Milk, Chicken Tenders, Roll, Steak Fries, Mixed Fruit

Snack-Juice, Meat & Cheese Roll Up

Monday, January 26

Breakfast-Juice, Milk, Raisin Bran Cereal

Lunch-Milk, Brunswick Stew, Roll, Cole Slaw, Apricots

Snack-Juice, English Muffin Pizza Snack

Tuesday, January 27

Breakfast-Juice, Milk, Cheese Omelet, Toast

Lunch-Milk, Pizza Casserole, Bread, Salad, Peaches, Pudding

Snack-Water, Mixed Fruit, Vanilla Yogurt

Wednesday, January 28

Breakfast-Juice, Milk, Pancakes

Lunch-Milk, Cheeseburger on Bun, Corn, Mixed Fruit

Snack-Juice, Ritz Crackers, Cheese Wedge

Thursday, January 29

Breakfast-Juice, Milk, Boiled Eggs, Toast

Lunch-Milk, Chicken Nuggets, Bread, Mashed Potatoes, Gravy, Strawberry Applesauce

Snack-Milk, Life Cereal

Friday, January 30

Breakfast-Juice, Milk, Oatmeal, Toast

Lunch-Milk, Ham Sandwich, Scalloped Potatoes, Cherry Gelatin w/Sliced Bananas

Snack-Juice, Turkey & Cheese

