



Emergency Home Energy Assistance Program

Customers who need assistance with winter heating bills and are under the 175 % of the federal poverty guidelines, may apply for the Emergency HEAP Winter Crisis Program at the Community Action Agency between November 1, 2014 and March 31, 2015. Regular appointments are scheduled beginning October 20 and each weekday after that through March 31, 2015 starting at 8:00 am by

calling the HEAP hotline at 740-289-4525 or 888-328-9634. CAC will only accept the first 7 walk-ins daily starting November 3 March 31 at 8:00 am Monday-Friday and Thursdays only at the Senior Center for senior citizens, who meet the walk-in emergency criteria. Walk-ins are only seen on a first-come first-serve basis and can only be seen if your electric or natural gas is disconnected or will be disconnected with-

in the next 24 hours, or your household is completely out of fuel, wood, or propane.

Clients must have all the needed documentation or will be turned away.

For more information about eligibility view on the website at www.pikecac.org.



Coach Dads

The Coach Dads Fatherhood Program had a successful turn-out for sign up night on September 16. There were 40 adults and about 50 children that enjoyed hot dogs, seeing the race

cars, go-carts, dirt bikes, and playing on the playground. There are 17 fathers and father figures signed up for the Coach Dads Program. If you are

interested in participating, please talk to your child's teacher about how you can get registered so you can start earning points and attending fun events with your child.

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The Early Childhood Program will be collecting new and gently used children's books if anyone would like to donate or do as a group project. Books will be given to our children in March during Family Reading Night.



Dental Care in Children and Babies

Many parents think it is not important to take care of a child's teeth and gums because they eventually lose their baby teeth. It is important to teach good dental habits early in your child's life to protect them from cavities, gum disease, and baby bottle tooth decay.

After feeding your baby, gently wipe your baby's gums with a damp wash cloth to remove plaque and bacteria.

Never put your baby to sleep with a bottle.

Avoid giving your child too many sticky and sugary foods and drinks.

Create healthy meals with fruits, vegetables, and low-fat milk.

Teach your child to brush his teeth every day after meals and before bedtime. Children younger than 3 years old need adults to help them brush their teeth.

Use toothpaste with fluoride when your child is 3 years old and older.



Role model with your child how to properly brush their teeth. Brushing teeth should be short strokes and a gentle back and forth or circular motions.

Schedule your child for a dental exam and cleaning annually starting at 3 years old. Adults should visit a dentist 1-2 times a year.

Children will not be frightened of going to dentist if adults prepare them ahead of time of what to expect. Adults may take their child with them when they go to the dentist.

Leaf Rubbings

Children can learn about nature and the changes in seasons by discovering their world around them. Parents can take their child on walks and gather different kinds of leaves and discuss the textures and colors of the leaves.

Once you and your child have gathered the leaves, give your child a piece of plain paper and different colors of crayons with the paper removed. Put the leaf under the paper and show your child how to lay the crayon on its side to color back and forth. The leaf rubbing will show through the front of the paper.

Sorting leaves and nuts can teach your child about matching and colors.

Conscious Discipline

Conscious Discipline offers a relationship-based community model of classroom management. The key is a sense of community. The "school family" is the core of the program. The school family is held together through communication skills. These skills are taught during conflict moments in the classroom and through active learning lessons. The goal of the school family is to create problem solvers.

Love, expressed through safety, cooperation and respect, is the tool used to instill the system with power. Both teachers and students are empowered to control themselves and to relate to others. The system is built on three major premises:

- ◇ Controlling and changing ourselves is possible and has profound impact on others.
- ◇ Connectedness governs behavior.
- ◇ Conflict is an opportunity to teach.

Your teacher will share homework lesson plans, wishing well songs, calming rituals and how you can help your child take pride in their school family successes. Ask your child and your teacher about 'Hello and Goodbye Greetings'.

Want to know more, please call: Laura Dobbins, Disabilities/Mental Health Coordinator at 289-2371, ext. 7052.

Policy Council Members Still Needed

Parents are still needed to be voting members of the 2014-2015 Early Childhood Policy Council to make approvals for program decisions such as: policies, hiring staff, and grant applications. Without enough parent members, program business cannot be conducted and could delay important program decisions.

Members receive monthly budget and program reports and learn about program operations. Parent members receive a \$10.00 gas card, free lunch, and babysitting.

If you are interested in being a member of the Policy Council, please call Stephanie Remy, Parent Involvement/Human Resource Coordinator, at 289-2371 or email her at stremy@pikecac.org by November 5. Parents can be elected in at the November 7th meeting.

All parents are invited to attend the meetings whether you are a voting member or not. Meetings are held on the second Friday of the month at

12:30 pm at the Community Action Agency in Piketon.

The next Policy Council meetings will be held on Friday, November 7 and Friday, December 12 at the Community Action Agency on Pike Hill. Lunch will be served at noon.



Upcoming Parent Events

- Monday, November 10 -No Head Start or ECE Classes. Child Care Open-Staff Training Day
- Tuesday, November 11-No School or Child Care-Agency Closed-Holiday
- Wednesday, November 26-Monday, December 1, 2014-No Head Start/ECE classes. Child Care classrooms will be open on November 26 and December 1. Agency Closed-Holiday-November 27 & 28.
- Tuesday, December 2-Head Start & ECE classes resume.
- December 22, 2014-January 2, 2015-Winter Break. No Head Start/ECE classes.
- Child care classrooms will be open on all days except December 24, 25 and January 1, 2015.
- Monday, January 5, 2015-Head Start/ECE classes resume.
- Friday, November 7 and 21 and Friday, December 12 and 19 -Early Head Start Home-Based Socializations from 10:00 am to 12:00 noon at CAC.
- Friday, November 14 and 21 and December 12-Head Start Home-Based Socializations from 11:00 am-2:00 pm at CAC.
- Friday, December 5-CAC of Pike County sites-Closing at 11:30 am.
- **November** will be Daddy/Male Volunteer Month. **December** will be Mommy/Mother Figure Volunteer Month. You are invited to spend at least one day with their child at school. Plus you get crazy dollar points or Coach Dads points for your time. Talk to your child's bus driver or teacher about scheduling a day. You can read a book, play an instrument, help with the classroom, sing a song, or share a hobby.
- Your child's teacher should be scheduling a parent group meeting for your classroom in December. Come share your ideas for classroom activities.



Parents should follow the lunch menus of Jasper, Western and Eastern if your child attends one of these schools in our Early Childhood Program. Ask your teacher for a copy of the menu.

Piketon and ECFC Menu for November

Monday, November 3

Bkft-Milk, Juice, French Toast
Lunch-Milk, Ham Slice, Biscuit, Hash Brown Patty, Hot Apples
Snack-Juice, Ritz Crackers

Tuesday, November 4

Bkft-Milk, Juice, Cheerios Cereal
Lunch-Milk, Roast Beef & Gravy, Roll, Baby Baker Potatoes, Mandarin Oranges
Snack-Milk, Applesauce, Pumpkin Cookie

Wednesday, November 5

Bkft-Milk, Juice, Hash Brown Patty, Toast
Lunch-Milk, Lasagna, Garlic Bread, Salad, Peaches
Snack-Juice, Bean Dip, Tortilla Chips

Thursday, November 6

Bkft-Milk, Raisin Bran, Banana
Lunch-Milk, Turkey & Gravy, Mac & Cheese, California Blend Vegetables, Pears
Snack-Juice, English Muffin Pizza
Snack

Friday, November 7

Bkft-Milk, Juice, Toast, Egg Patty
Lunch-Milk, Roast Pork & Gravy, Bread, Mashed Potatoes, Mix Fruit
Snack-Juice, Goldfish Crackers

Monday, November 10- No School/ Child Care Open

Bkft-Milk, Juice, Wheaties Cereal
Lunch-Milk, Chicken & Noodles, Buttered Carrots, Mix Fruit
Snack-Milk, Juice, Hash Brown Patty, Toast

Tuesday, November 11-Holiday- Agency Closed-No School

Wednesday, November 12

Bkft-Milk, Juice, Cheerios Cereal
Lunch-Milk, Pork Loin, Roll, Mixed Vegetables, Orange Applesauce
Snack-Juice, Cheese & Crackers

Thursday, November 13

Bkft-Milk, Juice, Cheese Omelet, Toast
Lunch-Milk, Johnny Marzetti, Bread, Spinach, Banana
Snack-Banana Pumpkin Smoothie

Friday, November 14

Bkft-Milk, Juice, Fruity Applesauce, Toast
Lunch-Milk, Chicken Tenders, Bread, Broccoli, Orange Wedges
Snack-Milk, Cereal

Monday, November 17

Bkft-Milk, Juice, Oatmeal, Toast
Lunch-Milk, Roast Beef & Gravy, Roll, Mashed Potatoes & Gravy, Pineapples
Snack-Milk, Corn Chex Cereal

Tuesday, November 18

Bkft-Milk, Juice, Hash Brown Patty, Toast
Lunch-Milk, Mac Ham & Cheese, Bread, Peas, Mandarin Oranges
Snack-Juice, Crackers, Deviled Eggs

Wednesday, November 19

Bkft-Milk, Peaches, Toast, Egg Patty
Lunch-Milk, Turkey & Gravy, Roll, Green Beans, Mashed Potatoes, Pumpkin Pie
Snack-Milk, Cottage Cheese, Mixed Fruit

Thursday, November 20

Bkft-Milk, Juice, Cheese Omelet, Toast
Lunch-Milk, Pot Roast, Bread, Vegetables, Apple Slices
Snack-Milk, Cereal

Friday, November 21

Bkft-Milk, Juice, French Toast
Lunch-Milk, Chicken Nuggets, Pumpkin Muffin, Potatoes, Banana
Snack-Milk, Ham & Cheese Roll Ups

Monday, November 24

Bkft-Milk, Juice, Wheat Chex
Lunch-Milk, White Fricassee of Chicken, Biscuit, Whipped Potatoes, Gelatin with Fruit
Snack-Milk, Waffles

Tuesday, November 25

Bkft-Milk, Juice, Egg & Cheese McMuffin
Lunch-Milk, Ham Slice, Bread, Potato Salad, Apricots, Tapioca Pudding
Snack-Juice, Vegetable Pizza

Wednesday, November. 26-No School/Child Care Open

Bkft-Milk, Juice, Pancakes
Lunch-Milk, Cheeseburger on Bun, Baked Beans, Applesauce
Snack-Milk, Oatmeal Cookie, Peaches