

**CAC of Pike
County Early
Childhood
Program**

Early Childhood Parent Newsletter

Issue 3

March-April 2010

INSIDE THIS ISSUE:

| | |
|--|----------|
| From Preschool to Kindergarten | 2 |
| 24/7 Dads | 2 |
| Taking Care of the Earth | 2 |
| Controlling Stress and Anger | 3 |
| Power Struggles with Your Child | 3 |
| Petland Visits Classrooms | 3 |
| Parent Activities | 4 |



Reading is Important

Reading books with your child is one of the most rewarding experiences that you can have. You share time together and are teaching them the concept of words.

It is never too early to share books with your child. Even infants and toddlers gain knowledge through them. As your child grows older, he/she will begin to understand the difference between

pictures and words. He/she will recognize that written words are symbols for spoken words and thoughts, and will discover that stories follow a sequence of events from beginning to end.

As you read, use your finger to point to the words and follow the sentences. This helps your child learn how words form sentences and how we read from

left to right and top to bottom. Be sure to read age appropriate books that won't make children have to sit for a long time. Infants and toddlers should be provided with picture and board books. Many preschool children enjoy books with rhymes or repetition so they know what is coming next.



Welcome New Staff

The Early Childhood Program would like to welcome all the new employees.

Stephanie Schneider and Brenda Ross-Early Head Start Home Visitors

Julie Dunham-Early Head Start Center Teacher

Deanie Ballew-Early Head Start Assistant Teacher

Paula Amburgey and Nikki Havens-Center Aides

Joetta Fielder-Head Start

Full Day/Full Year Center Teacher

Meal Time Aide-Tiffany Dewitt

The following staff have moved to new positions. Tina McMahan-EHS Staff-Mentor. Kristi Montgomery, Christy Rolfe, and LeeAnne Jenkins-EHS Teachers.

Cindy Gillespie and Tammy Wills-Center Aides.

Erin Tackett-Health Clerk

Donna Carson-Idaho Office Clerk.

New Early Head Start centers located at the Early Childhood and Family Center behind the Pike County CTC and the Idaho Early Childhood site. There are also two additional Early Head Start home-based units. If you have a child 0-5 years old or are expecting a baby, please call us for an application at 289-2371.

From Preschool to Kindergarten



Going to Kindergarten is a new and exciting experience for children and parents to look forward to. In some ways, Kindergarten will be different from your child's preschool and some will be the same.

Some of the changes your child will face may include a new school building, teachers, classroom, students, and routine. He/she may have new transportation, a longer day, more structure, fewer choices, greater academic expectations, and less individual attention.

Make the transition from

preschool to Kindergarten easier by being well prepared ahead of time. Work on Kindergarten skills with your child during the summer and start a bedtime routine before school starts.

You can help get your child ready for Kindergarten by visiting the school together, meeting the teachers, touring the classroom, talking about eating at school, riding the bus, and following new rules. This will help your child feel confident and less fearful about starting Kindergarten.

Parents should make sure to schedule a time to register your child for Kindergarten and screening appointments. Make sure you have all your child's immunizations up to date and provide a copy of the record for the school. Also provide the school with all emergency contact information, birth certificate, health issues, custody agreements, and any special needs documentation.

After school starts, ask your child about their day and review any paperwork he/she has. Display work on the wall or fridge to encourage positive skills all year long.

24/7 Dads

There are five traits of an ideal father based on the 24/7 Dads Program.

Self-Awareness-A man who is aware of how important he is to his family.

Cares for Himself-He goes to regular check ups, eats the right food, exercises, and learns new things about the world he lives in.

Fathering Skills-A man's unique ability to contribute to the positive health and well being of his children and family.

Parenting Skills-Parenting is the knowledge and skills that dads and moms need to raise healthy, happy children.



Relationship Skills-A man who builds and maintains healthy relationships with his children, wife or child's mother, family, friends, and community.

If you are a man who would like to learn more about how to become an ideal father, register to attend the 24/7 Dads workshops in March. Call Stephanie Remy, Parent Involvement Coordinator at 289-2371.

Taking Care of the Earth



April is the month for appreciating our environment and teaching children how to take care of it. Children are fascinated with the world around them.

Take a walk together outdoors to explore it. Discuss the sounds you hear and the things you see.

Collect items while you are out-

doors for your child to sort, count, and touch such as shells, rocks, leaves, and sticks.

Pick up trash you see on your walk and explain to your child why you are doing so.

Sort and recycle glass, plastic, paper, and cans and take to a recycling center.

Save old containers, paper, toilet paper rolls, boxes, etc. for your child to use for creative projects on days they need something to do.

Share and recycle old clothing.

Teach your child to be respectful of all living things.

Controlling Stress and Anger

Stress can lead to abuse. Most of us are brought to our boiling point through an accumulation of stresses such as: running late, a child not cooperating, unpaid bills, not being able to get out of the house often, etc. Children can become a lightning rod for our stress and frustration.

You're more inclined to lose your temper when you're overworked, tired, or stressed. We all know that screaming, yelling, and hitting does not accomplish anything positive and has a very negative impact. It instills fear, low-self

esteem and teaches children the wrong way to handle problems.

It is important to discipline children in a consistent, loving, and positive manner starting in early childhood. An adult is less likely to be abusive when he/she is relaxed and in control.

Studies show that children who are abused or who grow up in an abusive household, grow up to be abusers themselves.

If you are stressed, being abusive or a victim of abuse, it's time to get help. Contact the following numbers and always remember to take a time out for

yourself when needed before things get out of control.

Scioto Paint Valley Mental Health Center 947-7783 Crisis Line 947-2147

Waverly Family Health Center. 947-7726

National Child Abuse hotline is 800-422-4453

Parents Anonymous 800-422-4453

Partnership Against Domestic Violence 947-1611



Power Struggles With Your Child

Many behavior problems that you experience with your child are power struggles between what you want your child to do and what he/she is willing to do. This is a win/lose situation. To avoid getting into these battles, try choosing words that get cooperation and won't cause resistance. Put downs, threats, demands and criticism create fighting words.

Instead try using clear statements, explanations, and choices to get your child to cooperate with you. Always remember to stay consistent and follow through on a daily basis so your child understands what is expected of him/her.

Examples of giving a child a choice would be:



"Would you like to wear your blue shirt or brown shirt?"

A clear statement would be: "When you put your toys away you may play with Mary."

Fighting statements sound like this:

"How many times have I told you?" and "Do it because I said so."

Petland Visits Piketon Classrooms

Children at the Piketon site enjoyed a visit with some fun little creatures from Petland on February 25.

Children saw and touched a tree frog, a cockatoo, a Pekinese puppy, a ferret, and a guinea pig.

Children love animals. If you have pets at home, let your children



help with them if they are kid friendly. Children can help brush them, feed, and water them. Children learn how to be responsible when they help take care of pets. If you don't have pets in your home, take them to a farm, pet store, or a petting zoo to let them experience different kinds of animals.

UPCOMING ACTIVITIES



Piketon 289-2371
Idaho-493-3385

Eastern-226-6402
Early Childhood & Family Center
289-1681

**CAC OF PIKE COUNTY EARLY
CHILDHOOD PROGRAM**

www.pikecac.org

**April is Stress
Awareness Month
and Child Abuse
Prevention Month**



Family Reading Night-Thursday, March 4-5:30-7:30 pm at the Piketon and Idaho sites. Wear your pajamas and enjoy book themed activities in all the classrooms. Piketon Full Day Centers B, C, and E will be doing their reading activities during the day.

Early Head Start and Head Start Home-Based Socializations-Friday, March 5, 19, and Friday, April 2, 16 from 10:00-12:00 for Early Head Start and 9:00-12:30 for Head Start. A short parent meeting will be held on April 2 at 12:00 for home-based parents.

24/7 Dad Workshops for fathers and father figures with a child enrolled in the program. These workshops will teach fathers how to be a better role model for their children. Tuesdays, March 9, 16, 23, and 30 from 6:00-8:00 pm at Community Action. Must be registered ahead of time.

Policy Council Meeting-Friday, March 12, and Friday, April 16 at 12:00 noon at Community Action. There are slots available for parents. Please come to a meeting if you are interested in serving as a member. Parents receive lunch and a \$10.00 gas card for each meeting they attend. Child Care is also available.

Parent Committee Meeting at Piketon Thursday, April 1 at 9:30 for morning parents and 2:30 for afternoon parents. Parents in the full day centers can choose to attend either time.

Parent Committee Meeting at Idaho-Friday, April 2 at 1:30 for all Idaho parents.

Kindergarten Transition Workshop for parents of children who will be attending Kindergarten in the fall will be held on Thursday, April 22 from 5:30-7:30 pm at Community Action.

Daddy and Me Fishing Outing-Tuesday, May 4 from 5:30-7:30 pm at the OSU Research Center on Shyville Road, Piketon. Weather Permitting.

The Idaho and Piketon Head Start classrooms will be having classes April 5-8, 2010 to make up for school closings during the bad weather. Eastern children will make up their school days with the Eastern School District.

Dental cleanings for children who had exams in September are scheduled for Tuesday, April 20 at Piketon and Wednesday, April 21 at Idaho from 9:30-11:00 am and from 12:30-1:30 pm.

Watch in May for a special parent event to use all those yellow volunteer coupons you have been saving. Lost coupons will not be replaced.