



# Early Childhood News

## Welcome to the Early Childhood Program

When your children start school, they already know how to walk, talk, and get things they need by asking for them. They learned this at home from you. Children naturally love to learn because they want to make sense of the world around them.

Remember when they started to walk? Those first steps were pretty wobbly, but you didn't say "No, don't do it that way, you'll fall." You smiled and applauded their accomplishment. Children learn best in a kind and supporting environment. They learn through discovery and play.

Parents often worry that their child's early school experience doesn't look structured enough if there aren't any workbooks, ditto sheets or coloring pages.

Our program encourages children to learn through play and their personal interests to develop age appropriate skills. Children follow a daily routine so they know what is going to happen next. They also have rules so they know what is expected of them. Teachers will share your child's developmental screenings and progress with you throughout the year so you can see how

your child is growing and learning.

Home-based children will also learn age appropriate skills with the help of the teacher and the parent working together for the child.

If you have questions about your child's classroom routine or educational experience, please contact Tina McMahan, **Education Service Manager at 289-2371.**



## Conscious Discipline

Conscious Discipline is a mindful approach to teaching discipline within children instead of adults enforcing discipline when misbehavior occurs. Adults learn how to help children progress from physical and verbal aggression to self-calming so they can make better choices. It also

teaches adults to stay in control of their emotions and actions so children do not see them as a threat, but as a caring and loving person who provides a safe environment.

Teachers in the classroom and home visitors will be using the techniques they learned this summer and

will share some of these techniques with parents throughout the year.

Parents are encouraged to view the Conscious Discipline information at [www.ConsciousDiscipline.com](http://www.ConsciousDiscipline.com) and attend the Parent Training Day on October 10 to get an overview of this great program.

CAC of Pike County  
Early Childhood Program

September/October 2014



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## Coach Dads Program

Biological fathers, legal custodial males such as; grandfathers, foster father, etc. or one appointed male from the custodial mother are invited to participate in the Coach Dads Fatherhood Program. Participants will do Coach Dads playbook activities at home, enjoy fun events with your child, and earn points by participating in other functions. All participants that sign up for the program will receive a Coach Dads Playbook, supplies for activities and will earn points to win fishing gear for you and your child. Call Stephanie Remy, Parent Involvement Coordinator at 289-2371 if you would like more information or to sign up for the program.

Father Volunteer Month in November, a Bowling Day in February and a Fishing Day in May.



## Home Base Socializations

Early Head Start Home-Based Socializations will be scheduled from 10:00 am-12:00 noon and Head Start Home-Based Socializations will be scheduled from 11:00 am to 2:00 pm. Both socializations will be scheduled two Fridays a month. Socializations will be held at the Piketon Community Action Agency classrooms. Parents are encouraged to attend socializations as this is a time for children to interact with other children.

Miss Gina and Sherry-Friday, September 19, Friday, October 10 and Friday, October 24 at CAC. All sessions are held from 11:00 am-2:00 pm.

Early Head Start Socializations-Friday, September 19 at Legacy Farms and Friday, October 3 & 17 from 10:00 am – 12:00 noon. Location to be announced.

## Upcoming Parent Events

- Policy Council Meeting-Friday, September 19 at 12:30 at CAC.
- Policy Council New Member Orientation-Friday, October 17 10:00-12:00 at CAC.
- Policy Council Meeting-Friday, October 17 at 12:30 pm with lunch starting at noon at CAC.
- Fall Parent Training Day-Friday, October 10 from 9:30 am –3:00 pm at CAC. Door prizes, food,

and babysitting will be offered. Topics include: Policy Council parent elections, Conscious Discipline, Home Safety, Budgeting Your Money on Food and Making Healthy Snacks.

All parents are invited to attend any activities, meetings, and events that are planned. It would be appreciated if you would let your child's teacher know ahead of time if you plan to attend so babysitting, food, and door

prizes can be arranged. Parents may also call Stephanie Remy, Parent Involvement Coordinator at the Community Action Agency at 289-2371 ext. 7054 or email her at [stremy@pikecac.org](mailto:stremy@pikecac.org).



## Policy Council & Parent Training Day



Policy Council members who are elected to serve will have voting rights on program decisions such as hiring and approving grant applications. Members also receive updated program information, lunch, mileage stipend, babysitting, and a chance to go to Columbus for training. Meetings are usually held on the second Friday of the month at 12:30 pm at the Community Action Agency.

If you are interested in becoming a parent representative on the Policy Council for the 2014-15 school year, please attend the Fall Parent Training Day on Friday, October 10 from 9:30 am -3:00 pm at the Community Action Agency on Pike Hill. Our program is required to have parents and guardians serve on the Policy Council annually so program decisions can be formally made. Newly elected parent members will start their service on October 17, 2014 through

October 2015.

All parents are invited to attend the Fall Parent Training Day. Topics: Policy Council, Parent's Role in the Program, Home Safety, Conscious Discipline, and How To Budget Your Money on Food. Please call Stephanie Remy, at 289-2371 by Friday, October 3 if you plan to attend the parent training day if you would like more information about Policy Council.

# Separation Anxiety

Many parents have experienced their child crying and clinging to them when they get them on the bus or drop them off at school. Saying good-bye is difficult for children as well as the parents.

Parents who have a child who cries when they leave should make the good-bye as short and sweet as possible and walk away. Don't sneak away. This causes children to mistrust parents and causes more anxiety. Children usually stop crying and start playing a few minutes after parents leave.

Parents can also try a good-bye ritual such as giving their child three kisses or hugs and telling them to keep them in his pocket for times he misses them. Pictures of family are also nice to give to your child so they can pull them out when they get lonely.

Parents who have children who dawdle in the morning or complains he/she doesn't want to go to school, should act excited and positive when talking about their day. Parents should never allow their child to stay home just because they don't want to go because it may cause problems later when they enter public school.

Parents should prepare their child for school the next day by allowing their child to pick out their own clothes and talk about what will be happening at school. Parents can also take the time to come to school with their child on occasion for support. Staying consistent is the key to having a happy and independent child that will benefit them all through their school years.



## Understanding Classroom Environments and Home Visits

Every Early Childhood Program has a different schedule, but most provide similar kinds of activities and materials that are designed to meet your child's interests and abilities. Our classrooms use the High/Scope Curriculum.

**Learning centers** are divided into several different areas of the classroom that focus on the skills that children are acquiring. They may include a dramatic play area, art area, block area, science and math area, book and writing area, and a puzzle area.

**Mealtimes** are a time for children and adults to socialize, learn manners, learn about nutrition and self-help skills.



**Small group time** is when children are divided into smaller groups with a teacher to do activities together or to have planning or recall time. Smaller groups give children more individual attention and a chance to interact with other children.

**Outside time** gives children the opportunity to use their bodies to run, climb, and jump, have more freedom to be loud and active, explore their natural environment, and develop gross motor skills.

**Circle time** is when all the children sit together in a circle to enjoy singing, stories, or a special activity.



The **home-based program** is when a home visitor comes to your home on a weekly basis to do activities with the parent and the child.

The activities planned each week are carried out with the parent and the child until the next home visit. Activities are based on the child's developmental level using a chosen home-based curriculum. Children in the home-based programs have the opportunity to attend two socialization experiences a month at school. Early Head Start socializations require the parent to attend.

Children who are in the center-based program will also have home visits throughout the year so teachers can assist families with goals and share educational information.

**CAC: 740-289-2371**  
**Jasper: 740-289-2425**  
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**CAC website:[www.pikecac.org](http://www.pikecac.org)**

We welcome any suggestions for the menu or articles for the newsletter. Send in your ideas with your child's teacher or bus driver by end of each month. Newsletters come out every other month.

If you are caring for a child of a friend or relative because they are unable to do so, please attend our Kinship Support Group Meetings. Call Diana Myers, Family Services Coordinator at 289-2371 ext. 7056.

## Notices

The Outreach Council Food Pantry in Waverly provides food to Pike County residents on an emergency basis once a week. The building has a new side entrance. There is no parking behind the building and visitors should park on the street. Call 947-7151 for more info.

Parents who bring their child into child care classrooms at Piketon should bring their child to the side entrance of the building during HEAP season, before 8:00 am and after 5:00 pm. Parents should not be parking in the bus compound to bring their child into child care or school during the hours of 8:00 am-5:00 pm.

The 2014-2015 Parent Handbooks are available now. If you have an old handbook, please ask your child's teacher for the new one so you will have the most current information about our program.

Parents are encouraged to keep up to date on job postings for the Community Action Committee of Pike County on [www.pikecac.org](http://www.pikecac.org) and [www.OhioMeansJobs.com](http://www.OhioMeansJobs.com). If you are interested in applying for a position, you must complete an application for each position. You also can view newsletters, agency department information, and events.

There is a lot of information for parents and about Head Start at [www.ecklc.ohs.acf.hhs.gov](http://www.ecklc.ohs.acf.hhs.gov).

## **The Importance of Sleep in Children**

Children need to have enough sleep for them to be healthy and be able to learn at school. Tired children do not learn well at school, have more behavior problems, are inattentive, moody, and not as social than children who have a regular bedtime routine and get plenty of rest. Here are some suggestions to help you develop healthy sleep habits in your child.

1. Create a consistent bedtime routine with the same time beginning every night. Always allow for transition time using reminders for the next step in the routine. Example: After dinner, allow for game time, then bath time, tooth brushing, pajamas, reading a book together, etc.. Children need to know what is expected of them and giving them a routine helps them feel secure.
2. Limit the amount of playful activities, video games, and watching television before your child goes to bed. Instead read stories or play calming music to help him/her relax.
3. Keep your child's room cool, dark, quiet, and comfortable. Maybe even let them sleep with their favorite toy. This will help your child sleep better throughout the night.
4. Make sure your child gets at least 60 minutes of physical exercise during the day. This helps them sleep better.
5. Make sure your child is not hungry or thirsty when going to bed. Limit the amount of drinks or caffeine before bed.
6. Lay out your child's clothes, book bag, and other items needed for school the night before so they can go to school without worrying about forgetting something, or be stressed about the morning.
7. Toddlers need naps, but try to avoid late afternoon or evening naps so children can go to sleep at the regular bedtime. Young children who do take naps, should also have a nap time schedule.
8. Always let your child know that you are close by if they get scared when going to bed. Check on them periodically until they are able to go to sleep on their own.

Following these tips and making your own bedtime routines will help your child do better academically better in school, be more social, and will also help you as a parent get the rest and time you need for yourself.

