



# Early Childhood Parent Newsletter

## Welcome To Our Program

Our Early Childhood Program is a star rated Step Up to Quality Program that offers a variety of comprehensive services for your entire family provided by dedicated and caring staff.

Parents are encouraged to read the parent handbook that was given to you during your child's enrollment and ask staff questions if you need clarification about any of our services.

Parents are an important part of the Early Childhood Program. We encourage all parents to volunteer, visit, or plan a special activity for the children throughout the year. Parents are welcome anytime to come into their-

child's classroom. Parents who want to ride the bus or volunteer in the classroom should schedule with the child's bus driver or teacher. There are so many other ways parents can participate in the program: offer ideas, suggestions, join the parent committees or Policy Council, attend family night, donate items to use in the classrooms, attend parent trainings and meetings, help supervise on field trips, organize the children's books, or help in the office area. All of these activities can be fun and educational.

Parents who volunteer on a continual basis will be asked to get a physical

exam, and do a background check to ensure the safety of all the children in the program.

Any way your schedule allows you to get more involved in your child's education will impact your child's self-esteem and help him/her become a better student.

Please contact Stephanie Remy, Parent Involvement Coordinator at 289-2371 if you have any questions about parent involvement activities.

### CAC of Pike County Early Childhood Program

Issue 1  
September October 2009



## Program Changes

There are few changes in the parent handbook since your child has enrolled.

Please note that there is no longer a classroom at the Early Childhood and Family Center. You can contact Laura Dobbins, Disabilities and Mental Health Coordinator at the Community

Action Agency at 289-2371 ext. 142.

Diana Myers, Family Service Coordinator can be contacted at 289-2371 ext. 156, and Rhonda Taylor, Early Head Start Supervisor can be contacted at 289-2371 ext. 138.

The Early Learning Initiative program option has been eliminated, however child care is still available for ages 0-5 years old with limited slots for parents working or going to school. Please contact Heather Penwell at 289-2371 ext. 148 for any questions about this program.

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## Policy Council Elections

If you are a parent who wants to be more involved in your child's education and help make program decisions, consider becoming a member of the 2009-10 Head Start and Early Head Start Policy Council.

Members of the Policy Council meet on the second Friday of the month and have access to program reports, procedures, budget reports, and approve grant applications. Members also serve on committees with staff and help with interviews for new employees.

Parents who are elected as Policy

Council members receive lunch, a \$10.00 gas card, and babysitting for their children for those who need it each time they attend the meetings.

All parents are welcome to attend the Policy Council meetings, but only parent members who are elected have voting rights.

If you are interested in being nominated to be a Policy Council member, you must attend one of the parent meetings that will be held on Friday, October 2 or send in a letter asking to be nominated by this date.

Parents may attend from 10:00-12:00 noon at the Idaho site or the Piketon

Community Action site from 1:00-3:00 pm. Please let your child's bus driver or teacher know if you plan to attend so babysitting can be arranged. Parents may also call Stephanie Remy, Parent Involvement Coordinator at 289-2371 by October 1. Parent meetings are for all parents of enrolled children and are held 4 times year. We hope we can count on you to be a part of the parent involvement program this year.



## Parenting Classes

The Incredible Years Preschool Parenting Classes are being offered on a continuous basis every Monday from 10:00 am-12:00 noon at the Pike County Government Center. Parents who are interested in attending should call Toni Develin at 947-1611 or Stephanie Remy at 289-2371 to register. Classes are free. Friends or family may attend with you.



## Fatherhood Program

The Early Childhood Program offers many opportunities for fathers or father figures of enrolled children to participate in the program.

The program has special father and child events, fatherhood meetings, 24/7 Dads workshops, and volunteer opportunities.

If you would like more information about being a part of the Fatherhood Program, call Stephanie Remy at 289-2371.

## Nutrition News

Keep portable snacks handy and hold your food budget down by buying items in bulk and making your own single size servings. Check portion sizes on the nutrition labels of cereal, crackers, etc and fill zipper bags with one serving each. Then your child can grab a portion controlled nutritious snack quickly.

Family meals are becoming a thing of the past due to the fast paced

lives families are living. Open up communication and family relationships by spending quality time at the dinner table. Keep the conversation light by asking family members about their day, plans they have for the week, food they are eating, and expressing praise for behavior exhibited.

Parents should allow children to help prepare simple meals, set the table, wash dishes, and measure ingredients

while in the kitchen. Allowing your children to help in the kitchen will teach your child responsibility, self-help skills, math skills, and will encourage him/her to eat a variety of foods.



# Goop, Glop, and Goo

## BAGS OF GOO

### What You Need

1/4 cup water, 4 tablespoons cornstarch, 1/4 cup oil, food coloring, plastic zip lock baggies, duct tape

### What You Do

Put the water and the cornstarch in the plastic bag, close and squeeze until blended.

Add oil and 2-3 drops of food coloring of two different colors. (try blue & red, yellow & red, green & yellow, or green & blue)

Close the bag and see what happens when the contents blend together and separate.

## OOZY GUNK

### What to Do

Add 1 cup water to 1 cup of cornstarch.

Mix with your hands until an even consistency.

Add a few drops of food coloring.

Squeeze, squish, and let it rest to see how it changes.

## WHIPPED GLOP

2 cups of laundry soap flakes (non-detergent), 1-2 cups water, food coloring.

Whip up ingredients in a blender or mixer until fluffy and thick. Mound on wax paper and shape. Let dry.

## FINGERPAINT GOOP

### What You Need

2 tablespoons sugar, 1/3 cup cornstarch, 2 cups of cold water, 1/4 cup dishwashing soap, food coloring.

### What to Do

Combine sugar and cornstarch in a saucepan. Slowly add cold water and cook on low heat, stirring constantly, until mixture is a clear, thick, and smooth gel. Remove from heat and cool. When cool, slowly stir in dishwashing liquid. Pour into plastic containers and stir in a few drops of different food colorings to each.

# Parent Events

- Friday, September 11-Policy Council Meeting at the Idaho site at 12:00 noon with lunch being served at 11:30. (for last year's members. New parents may come to observe).
- Thursday, September 17-Help Me Grow Kiddie Carnival at the Early Childhood & Family Center from 11:00 am-1:00 pm.
- Friday, September 18, October 2, & October 16-Early Head Start Home-Based Socialization at the Community Action Agency from 10:00 am-12:00 noon.
- Tuesday, September 29 & October 13-On site Dental Screenings at Piketon and Wednesday, September 30 & October 14 at Idaho from 10:00-2:00 pm.
- Friday, October 2-Parent Meeting at Idaho from 10:00-12:00 and at Piketon 1:00-3:00. Policy Council member elections, Volunteer Training, and Bus & Pedestrian Safety Training will be conducted at these meetings. Babysitting will be available for all children. Please call ahead of time to let a staff person know if you plan to attend.
- Friday, October 2 & October 30-Head Start Home-Based Socialization at CAC 9:00-12:00 noon.
- Tuesday, October 6-Open House at Piketon and Idaho sites 5:30-7:00 pm.
- Monday, October 12-No Head Start or ECE classes-Child Care Open.
- Friday, October 23-New Policy Council Member Training from 9:30-11:30 am at the Community Action Agency. Policy Council Meeting at 12:00 noon with lunch being served at 11:30.
- Incredible Years Preschool Parenting Classes-Every Monday from 10:00-12:00 at the Government Building in Waverly.

Parents are asked to please let your child's teacher or bus driver know ahead of time if you plan to attend any of the activities. Parents may also call Stephanie Remy, Parent Involvement Coordinator at 740-289-2371. Letting us know ahead of time that you plan to attend helps us arrange food and materials. babysitting, purchase enough



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