

# Early Childhood News

CAC of Pike County



Issue 2 November/December

## Positive Discipline

Babies and toddlers are naturally curious, so it is advised to get rid of temptations around the house. When your baby starts crawling toward an unacceptable object, calmly say “No” and remove your baby or the object from the area. Give your baby something to distract him that he enjoys.

Timeouts are effective discipline for toddlers and preschoolers. Children should be told why their behavior is unacceptable and taken to a timeout area for each minute

of their age. If your child does not stay in timeout for the time indicated, it is important to take him back to the timeout area even if it takes several times. After your child has finished his timeout, be sure to ask him why he was in timeout and give him a hug.

Parents should make rules and explain them to children so they know what is expected of them before they are disciplined. For older children who misbehave, taking away a favorite item, can be an

appropriate punishment.

Parents must be consistent with their discipline throughout their child’s growing years for it to be effective.

Don’t forget to reward good behaviors as well. It is important not to spank, hit, or slap your child of any age. Children are always watching adults. Make sure you are being a positive role model for little eyes.



### Inside this issue:

<i>Recovery Council</i>	2
<i>Leaf Rubbings</i>	2
<i>Monthly Drawings</i>	2
<i>Policy Council Members</i>	3
<i>Parent Events</i>	3
<i>Daddy and Me Time</i>	3
<i>Menu</i>	4

## Emergency Home Energy Assistance Program

Customers who need assistance with winter heating bills whose income is at or below of 200% of the federal poverty guidelines may apply for the Emergency HEAP Winter Crisis Program at the Community Action Agency at 941 Market Street, Pike-ton. Appointments can be made from November 1, 2011 through March 31, 2012 by calling 289-2371

starting October 18. Walk-ins start November 1 starting at 8:00 am Monday, Tuesday, Wednesday, and Friday. 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 that day, or your household is completely out of fuel, wood, or propane. CAC can only

accept 17 walk-in appointments each day and you must have all the needed documentation with you.

For more information about eligibility and documentation, call the Social Service Department at 289-2371.



## A Message from the Recovery Council

The Recovery Council offers individual treatment plans and provides encouragement for people addicted to drugs and/or alcohol. The Recovery Council is known for understanding how to help you battle the challenges one may face with addiction.

Substance abuse can negatively affect every aspect of one's life. The decision to seek help is a difficult one, but by doing so you are taking the first important step to improving your health and well-being.

Answer the following questions to see how if you have an addiction problem.

1. Have you abused prescription drugs or alcohol?
2. Do you abuse more than one drug at a time?
3. Do you abuse drugs or alcohol on a consistent basis?
4. Can you get through the week without using?
5. Are you always able to stop using when you want to?

Give yourself 1 point for each yes for the first 3 questions and 1 point for each no on the last 2 questions. If you scored 2 or higher, this may indicate a substance abuse problem.

Hours of Operation

Monday-Friday 8:00 am-4:30 pm

219 West Emmitt Ave., Waverly

740-947-7581



## 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.

Always hang your child's artwork up around your home and praise them for their hard work.

## Monthly Door Prize Drawings

Parents, did you remember that every time you attend a program activity, volunteer at least 3 hours a day, ride the bus one hour each way to and from school, and each month your child has perfect attendance, that you get a ticket put in for the monthly door prize drawing?

Each month when sign in sheets are turned into the Parent Involvement Coordinator, she fills out a ticket for you. Drawings are held by the 10th of the month. If your name is drawn, your teacher will contact you.

Congrats to Stephanie Schuyler for being the September winner.



## New Policy Council Representatives Needed

The first Policy Council meeting was held on Friday, October 14, 2011. All parents are encouraged to attend the Policy Council meetings throughout the year, however there are several voting parent membership slots still available.

Parents are needed to make approvals for program decisions such as: policies, hiring staff, and grant applications. Without enough parent members, program business can not

be made and could delay program operations. Members receive monthly budget and program reports and learn about program operations. Parent members receive a \$10.00 gas card, free lunch, and babysitting is provided by staff on site for all your children when you attend meetings if requested.



Parent meetings are another way for you to work with other parents to make suggestions for improvements and plan parent activities.

If you would like more information about how you can get more involved in program decisions, call Stephanie Remy, Parent Involvement/Human Resource Coordinator at 289-2371.

## Upcoming Parent Events

Tuesday, November 15-Bring Your Dad to School Day at Idaho and Picketon from 8:30-10:30 am and 12:00-2:00 pm.

Wednesday, November 16-Bring Your Mom to School Day at Idaho and Picketon from 8:30-10:30 am and 12:00-2:00 pm.

Thursday, November 17-Bring Your Grandparent to School Day at Idaho and Picketon from 8:30-10:30 am and 12:00-2:00 pm.

Friday, November 4 –Picketon/ Eastern Parent Committee Meeting at Community Action from 12:30-1:30 pm.

Friday, December 2-Idaho Parent Committee Meeting at Idaho from 11:00-12:00 noon.

Agency Closed-No school on Friday, November 11, November 24, and Friday, November 25 and at noon on Friday, December 9.

Winter Break for Head Start students

will be December 19-January 2, 2012. Child Care will be open on all days except December 24, 25 and January 2. Classes resume January 3, 2012.

Early Head Start Home-Based Socializations are held every Thursday from 12:00-2:00 at the Idaho site.

Head Start Home-Based Socializations are scheduled for Friday, November 4 & 18 and December 2 & 16 from 9:30 -12:30 at CAC.

## Daddy and Me Time

Dads, did you know that your child is learning every day and you can be a part of this process by just doing things around your house with them? Children mimic words and actions they see around them. Use your interests or your daily routine to include your child, such as tinkering with tools, cooking, gardening, reading, etc. Ask your child open ended

questions to help build language skills. Children who have a father or a strong father influence that spends time with them, will show fewer behavior problems, do better in school, and develop a positive self-esteem.

So don't be embarrassed to act silly when reading a book or playing games with your child. You are developing a

healthy relationship with your child and your family that will last a lifetime.





We're on the Web  
[www.pikecac.org](http://www.pikecac.org)

The Early Childhood Program is having the following fundraisers to raise money for the CAC food pantry.

- ◆ Yard Sale-Saturday, November 5 from 9-4 at the Lion's Club on Victory Drive in Waverly.
- ◆ Eat at Wendy's on Thursday, November 17 from 5-8 pm and 10% of all proceeds will be donated to the food pantry.
- ◆ Sealed bids are being taken on 16-18 small wooden preschool chairs and 10 wooden shelf units due by 12:00 noon Monday, November 7. The highest bidder has first choice and can take as many as they want, then on the next bidder.
- ◆ Bake Sale-Saturday, December 3 at the Corner Market by Morgan Fork Rd. in Idaho.

The Pike CTC ABLE Center has extended its hours as of October 17, 2011.

Monday-Thursdays-8:00 am-5:30 pm

Fridays-8:00 am-3:00 pm

Orientations will still be held on Mondays at 8:00 am.

For more information about Adult Education classes call 289-2282 and are located at 175 Beaver Creek Rd. Picketon beside the Pike County CTC.



## Picketon, Idaho, and Early Head Start Lunch Menu

### Monday, November 7

Bkft-Milk, Juice, French Toast

Lunch-Milk, Chicken Tenders, Bread, Vegetables, Fruit Medley

Snack-Milk, Graham Crackers, Yogurt

### Tuesday, November 8

Bkft-Milk, Juice, Cheerios Cereal

Lunch-Milk, Spaghetti, Roll, Salad, Jell-O

Snack-Juice, Egg Salad Sandwich

### Wednesday, November 9

Bkft-Milk, Juice, Hash Brown Patty, Toast

Lunch-Milk, Bread, Ham Slice, Potato Salad, Pears

Snack-Juice, Soft Bean Taco

### Thursday, November 10

Bkft-Milk, Mixed Fruit, Toast

Lunch-Milk, Pulled Pork on Bun, Baked Beans, Applesauce

Snack-Juice, English Muffin Pizza Snack

### Friday, November 11-No School or Child Care-Agency Closed Holiday

### Monday, November 14

Bkft-Milk, Juice, Wheaties Cereal

Lunch-Milk, Fish, Bread, Au Gratin Potatoes, Mandarin Orange Slices

Snack-Milk, Pears, Yogurt

### Tuesday, November 15

Bkft-Milk, Juice, Waffles

Lunch-Milk, Turkey w/Gravy, Bread, Mashed Potatoes, Bananas

Snack-Very Berry-licious Smoothies, Crackers

### Wednesday, November 16

Bkft-Milk, Fruit Cup, Golden Graham Cereal

Lunch-Milk, Chicken Drumsticks, Bread, Corn, Mixed Fruit

Snack-Milk, Tortilla Fruit Roll-Ups

### Thursday, November 17

Bkft-Milk, Juice, Boiled Egg, Toast

Lunch-Milk, Chili, Crackers, Salad, Pineapples

Snack-Milk, Cheerios Cereal

### Friday, November 18

Bkft-Milk, Juice, Toast w/Apple Butter

Lunch-Milk, Meatloaf, Bread, Mashed Potatoes, Pears

Snack-Juice, Turkey & Cream Cheese Roll-Ups

### Monday, November 21

Bkft-Milk, Juice, Oatmeal, Toast

Lunch-Milk, Pot Roast, Roll, Peaches, Cooked Potatoes, Carrots, and Celery

Snack-Milk, Waffles

### Tuesday, November 22

Bkft-Milk, Juice, Cornflakes Cereal

Lunch-Milk, Chicken Leg, Bread, Green Beans, Pears

Snack-Milk, Pears, Cottage Cheese

### Wednesday, November 23 Child Care Open-No Head Start Classes

Bkft-Milk, Peaches, English Muffins

Lunch-Milk, Pork Tenderloin, Biscuit, Scaloped Potatoes, Tropical Fruit Mix

Snack-Milk, Whole Grain Muffins

### Thursday, Nov. 24 & Friday, Nov.25-Agency Closed-No School or Child Care-Holiday

### Monday, November 28-Child Care Open-No Head Start Classes

Bkft-Milk, Juice, Rice Chex Cereal

Lunch-Milk, Turkey w/Gravy, Bread, Mashed Potatoes, Peaches

Snack-Juice, Crackers, Cheese

### Tuesday, November 29

Bkft-Milk, Juice, Cheese Omelet, Toast

Lunch-Milk, Fish, Bread, Potatoes, Fruit

Snack-Milk, Applesauce, Oatmeal Cookie