



# EHS Newsletter

## May 2017

### May is Mental Health Awareness Month .....

**Mental Health is very important to all of us! For children birth to 5, mental health is the developing capacity to: experience regulate, and express emotion; form close, secure relationships; and explore the environment and learn. This all occurs within the cultural context of family and community. It is affected by the child's biological disposition and the continuity of nurturing relationships. The environment also plays a part, including access to adequate food, clothing and safe shelter. So**

**bottom line is....**

**WHAT YOU SAY AND DO WITH YOUR CHILD MATTERS  
EVERY DAY!**

**The stress in our everyday lives has more than doubled for lots of reasons. Being a parent is one of the hardest jobs you'll ever have and it is necessary to take care of yourself in order to take care of your families. Taking good care of ourselves is usually the last thing on our list. It includes spiritual, physical, cognitive and social emotional aspects of our everyday life!**

**~Brenda**



Hello all, it's May!



Mother's Day is just around the corner on May 14<sup>th</sup>, and what a great time to celebrate all of our amazing Early Head Start Moms!

Being a mom is one of the most challenging and most important jobs that there is, and it is easy to get caught up in the daily grind, and forget to take care of ourselves!

As a parent we are often so focused on the needs of our child, our family and our friends that it is easy to overlook our own needs, or make ourselves feel guilty for taking the time for ourselves. However, you are better able to meet the needs of others when your own needs have been met.

This year for Mother's Day I challenge you to make your self-care a priority, not just for Mother's Day but year round!

I realize that life is busy and it is often hard to find time, but here are a few ideas for self-care that are quick and inexpensive:

1. Spend time outside
2. Get sleep
3. Take a bath
4. Take a walk or exercise
5. Do something creative
6. Listen to your favorite music
7. Paint your nails  
or
8. Write a daily gratitude list

These are just a few ideas, only you know what will be best for you!

And don't forget... You are your child's first and most important teacher!

Paige

## Policy Council News

On April 20, 2017 the Policy Council meeting was called to order by our Chair, Ali Woods, at the Family Center, where minutes were approved from the meeting in March and new business presented. Financials were given by Brenda Aguirre for the month of February and March we are at 55.27 percent spent, financials were approved by all. The Board Report for March was given by Sherrie Walker, we are fully enrolled in Early Head Start. We discussed all the credit card purchases and they looked good. Both socialization were held at the Family Center and the food was provided by Spin. If anyone has any ideas on how we can get more people involved in socializations and workshops please let your home visitor know.

Early Head Start has received our Funding Guidance Letter for the next program year. So we are now preparing for the grant.

Our next Policy Council Meeting will be held on May 11 at 5:15 to prepare for site visit and the regular meeting on May 18, 2017 at 5:30 p.m.

~Sherrie

## Health News

Recently the office of Early Head Start has adopted the American Academy of Pediatrics Recommendations for preventative pediatric health care. One of the changes for children is dental visits every 6 months.

Did you know we offer dental check-ups and fluoride treatments for Early Head Start children...

Call today to schedule your child for a in home screening with our Dental Hygienist Liza Reyes or help finding a dental home for your child.

~Sadie

719.275.0550 ext. 213

Knock Knock. Who's there? Boo. Boo Hoo? Don't cry little baby.

I love it when children start telling jokes. Did you know that understanding jokes is actually part of a child's cognitive, social, and language development. Think about it. In order to understand a joke you have to be able to understand a joke, you need to be socially interacting with others in order to tell the joke, and when you get old enough, you need to be able to talk in order to tell a joke.

A sense of humor starts at home. It starts with parents making funny faces at children, and the child giggles and giggles. Often it's funny sound, like a raspberry sound made by sticking out your tongue. An infant might see and hear this and to them it might be the funniest thing they have ever seen in their entire life.

Then, as they become toddlers, children might do something to make themselves laugh. This might be annoying to adults, because the things that make a toddler laugh often don't make a grown up laugh. Like jumping into a puddle, blowing milk out of the straw, throwing your crackers to the dog, or knocking all of the toys off the shelf. Children can do these things over and over and they laugh and laugh.

Soon, closer to preschool age, children figure out that they want to make adults laugh and smile. They might put on a funny hat, make a funny face, or try to tell a joke, and they will pause and look at a grown up, waiting for them to laugh. They are waiting for an adult's reaction; waiting for us to laugh so that they know we understand them. It might not be funny to an adult at all, but those hopeful 3 year old eyes are saying "you get me right! This is funny!"

There are a variety of ways to encourage a sense of humor in children. One is to simply delight in what they are doing. If your child is laughing, laugh along. Jumping in puddles may be messy, but it really is a lot of fun, and shoes and socks can be washed. In fact, maybe you could join them in the puddle jumping. Another great way to encourage a child's sense of humor is through books. There are so many books, for young and old that have funny pictures, sayings and jokes. Use caution though – remember to be laughing with your child, not at them. Children depend on us to keep them safe, and that includes keeping their emotions safe.

**Some "funny" books to read with children:**

Are You My Mother? by P.D. Eastman

Mr. Brown Can Moo. by Dr. Seuss

Barnyard Dance by Sandra Boynton

Monster at the End of the Book by Sesame Street

~ Jody Berg, Director of Children's Services



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. Family Center Playgroup 10:00-11:00am	2. Family Socialization 11:00-1:00 <u>Family Center</u>	3.	4. Family Center Playgroup 10:00-11:00am	5. 	6. Blossom!!!
7.	8. Family Center Playgroup 10:00-11:00am	9	10	11 Policy Council 5:30pm  Family Center Playgroup 10:00-11:00am	12	13
14  Mother's Day	15 Family Center Playgroup 10:00-11:00am	16 Family Socialization 11:00-1:00 <u>Family Center</u>	17	18  Policy Council Time TBD  Family Center Playgroup 10:00-11:00am	19	20
21	22 Family Center Playgroup 10:00-11:00am	23	24	25 Family Center Playgroup 10:00-11:00am	26	27  Canon City Balloon Classic at Holy Cross Abbey May 27,28 & 29 Free to the public For more info visit <a href="http://www.createcanoncity.org">www.createcanoncity.org</a>
28 Canon City Balloon Classic at Holy Cross Abbey May 27,28 & 29 Free to the public For more info visit <a href="http://www.createcanoncity.org">www.createcanoncity.org</a>	29 Memorial Day Family Center Closed Canon City Balloon Classic at Holy Cross Abbey May 27,28 & 29 Free to the public For more info visit <a href="http://www.createcanoncity.org">www.createcanoncity.org</a>	30		Penrose Library Story Hour on <u>Tuesday's</u> at 10am	Canon City Public Library 515 Macon St, 269-9020 Story Times Mon 10:30am- "Books" Tues/Thurs 10:30 a.m.	John C. Fremont Public Library 130 Church Ave, Florence 784-4649 Story & Craft Time Wednesday's-10:00 Call to confirm times