



## Importance of Communication

Children learn about themselves by the way we communicate with them. When we are being fully present as parents and available to our children, it enables them to fully experience themselves in the moment. However, when we are preoccupied with the past or worried about the future, we are physically present with our children but are mentally absent. It is important to live in the present moment and be aware of our own thoughts and feelings, so we are open to those of our children. Children don't need us to be fully available all the time, but they do need our presence during connecting interactions. As a parent it is important to intentionally and purposefully choose our behavior with our child's emotional well being in mind. Children of all ages can readily detect our intention and thrive when there is a joyful interaction with their parents. It is within our children's emotional connections with us that they develop a deeper sense of themselves and a capacity for relating. Children need hugs/ kisses at transition times like goodbye, hello and pick-up times.

"Research shows that children who form strong social relationships with a few important people early in their lives are more likely to relate well to others as they grow up. They tend to be more curious and to do well in school. They are frequently better able to handle stress and are less likely to have behavior problems. They get along well with other children and tend to be happier people. Attachment to a few important people is what prepares a child for a lifetime of learning."

Our children are our future and it is has never been more important than now, that we invest our time and energy in them and have everyday fun. With the change in season it's always a trying time for all, so please take the time to communicate clearly and purposefully with your children, and your family. So....my usual two questions: "Have you hugged your child today?" and "What have you done for yourself?" Have a great day.....Brenda

\*Information provided from "Parenting from the Inside Out" by Daniel Siegel, M.D., and Mary Hartzell, M.Ed. and "Building your Baby's Brain" by Diane Trister Dodge and Cate Heroman



# Policy Council News

On June 22, 2017 the Policy Council meeting was called to order by our Chair, Ali Woods, at the Family Center. May minutes were approved and new business was presented. Financials for May were available and viewed by members, we are at 75% spent for the budget at this time, and financials were approved by all. The Board Report for May was given by Sherrie Walker, she reviewed credit card purchases and stated that Early Head Start is fully enrolled. The Board Report was approved by all. Brenda Aguirre went over the new Wage and Salary Scale to reflect the cost of living increase in wages. Both were approved by all.

Amber Vonbernuth has now been elected to be the secretary due to a parent member leaving. Thanks Amber.

Once again it is time for Policy Council re-election. Your home visitor will be bringing more information. If you are interested in Policy Council please give me a call and I will get you on the ballot for next year.

Our next Policy Council Meeting will be held during the week of July 20, 2016.

~Sherrie



## Well Child Checks

We have been working really hard to get everyone in Early Head Start up to date on well child checks. Every two months we will have a drawing to recognize children and families who are up to date.

Our current winner is Tammy W.!!!



# Recipe

Our new Dietitian Martha Rosenau provided this yummy recipe. Perfect for get-togethers or a healthy snack!

## Guacamole

3 medium ripe avocados, peeled and seeded  
2 small-medium tomatoes, finely chopped  
2 tbsls. red onion, minced  
1 garlic clove, minced  
1 jalapeno pepper, seeded and diced  
1.5 tbsls. fresh lemon juice  
2 tbsls. fresh cilantro, finely chopped  
Salt to taste



Mash avocado in a medium size mixing bowl until mostly smooth, leaving a few lumps. Add the next 6 ingredients and stir until all ingredients are mixed together. Salt to taste before serving. Serve with whole wheat pita chips or baked tortilla chips.

## Ticks

Quick Facts from the CSU Extension Office:

- In Colorado, Rocky Mountain wood tick and American dog tick are the most common ticks associated with people.
- Colorado tick fever is by far the most common tick transmitted disease of the region. Despite its name, Rocky Mountain spotted fever is quite rare here.
- No human cases of Lyme disease have originated in Colorado.
- DEET is the most effective tick repellent. Apply it to pants or other areas of the lower body.
- To remove a tick, grasp it with blunt tweezers, as close to the skin as possible.
- The Rocky Mountain wood tick is relatively easy to remove because it has fairly short mouthparts.

## Important

DEET can be an effective repellent for ticks as well as other biting arthropods, such as chiggers and mosquitoes. However, the following precautions are encouraged:

1. On children, do not use high concentration formulations (above 30 percent).
2. Apply the repellent to clothing, rather than to skin.
3. Do not apply DEET to hands or other areas that may come into contact with the mouth.
4. Do not apply to wounds or irritated skin.
5. After use, wash or bathe treated areas, particularly on children.

For more information go to: <http://extension.colostate.edu/docs/pubs/insect/05593.pdf>



## Intentional Math

Recently the Early Head Start staff reviewed Math at an in-service training. In June, a team from the Marsico Institute for Early Learning and Literacy from Denver University visited Starpoint (classroom, home visit, socialization) with a focus on Math for young children. Why the focus on math with children under three? What is “math” for children under three?

A big part of “math” is comparing things. In school age math you compare numbers; greater than, less than, if we put these two numbers are put together what bigger number do they equal? Children do this all of the time naturally in their daily routine. When you give language to things they are already comparing it helps them to understand the concept. For example, when your child is in their car seat in the car and a big truck is next to them they might stare and gasp if they are infants, or they might exclaim and point if they are toddlers. If you say “yeah, look at that big truck. His tires are bigger than our car tires. That truck is very heavy. He’s probably hauling a heavy load”, you are giving language to what your child’s brain is naturally doing – comparing. And that, is math.

Meal time is another great time for comparing. Children might do it naturally, but you are giving them the language to help them with what they are thinking. Having young children together with the family while everyone is eating gives them a learning opportunity. So when an older child asks for “more chicken please” and younger sister or brother sees you give them more chicken, that young child is learning about “more” before they can even use the word more. As they become an older infant and a toddler, they can use the word or sign for more. It works great to only give them a little bit of food at a time so that you can give them more and encourage the conversation. Instead of just saying “more”, you can be intentional and say “I’m giving you five more puffs”. Then count them out on the high chair tray “one, two, three, four, five”. When they are older toddlers, children naturally begin to compare, especially when they see that someone else gets more than they do. They will really notice if someone gets more treats than they do! One of the tools we use in Early Head Start is the Early Learning Outcomes Framework, or the ELOF. Below is an example of one of the math sections in the ELOF. You can see that for young infants, when they are little they reach for one toy, but when they start realizing they can reach for more than one thing, that is math! For older infants and young toddlers, using “more” and “all gone” is math. When they get older, it’s starting to use those number words. You can count various things throughout the day, like the number of items you put in the cart, the number of steps up to the house, the number of trucks lined up on the floor etc.

You might hear your home visitor begin to incorporate more math language into your visits. As a program we are being very intentional with Math. Even though some math happens naturally, or unintentionally, as adults we can be very intentional about using the language of math.

Below is an example of the ELOF. You can see how it breaks it out into sections by age. Just like TS GOLD, our on-going assessment does.

Happy counting and comparing!!

Jody Berg, MA, ECSE.

▲ **Goal IT-C 8.** Child develops sense of number and quantity

DEVELOPMENTAL PROGRESSION			INDICATORS
Birth to 9 Months	8 to 18 Months	16 to 36 Months	By 36 Months
Attends to quantity in play with objects, such as reaching or looking for more than one object.	Uses a few basic words to refer to change in the amount of objects, such as asking for “more” or saying “all gone” when a plate is empty.	Uses language to refer to quantity, such as using some number words or signs to identify small amounts, or using other words referring to quantity, such as a little, too much or a lot.	S <sup>2</sup> Counts small number of objects (2–3), sometimes counting the same object twice or using numbers out of order. S <sup>2</sup> Identifies “more” or “less” with a small number of items without needing to count them. S <sup>2</sup> Uses fingers to show how old they are.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Family Center Playgroup 10-11am	4 Family Center Closed 	5	6 Family Center Playgroup 10-11am	7	8
9	10 Family Center Playgroup 10-11am	11 Socialization 11am-1pm Pioneer Park  Turkey roll up with cheese, cucumber & tomato	12 	13 Family Center Playgroup 10-11am	14	15
16 	17 Family Center Playgroup 10-11am	18 Socialization Time TBD Canon City Library  Chicken Salad Sandwiches Cucumber & Apple Slices	19	20 Family Center Playgroup 10-11am  Policy Council 5:30pm Beef & Broccoli on brown rice with Pineapple	21	22 Check your First aid kits 
23	24 Family Center Playgroup 10-11am	25 	26	27 Family Center Playgroup 10-11am	28	29
30	31 Family Center Playgroup 10-11am					