

EHS Newsletter

February 2018

How to Help Your Child Feel Safe in a Chaotic Time.....and Your Own World is Turned Upside Down

From the "Circle of Trust" in the Circle of Security curriculum the suggestions are:

To help you realize:

All of the chaos is too big for the child and sometimes they feel OK. But sometimes they don't.

When they feel sad or scared they might cling or get real quiet or act out of control.

At those times they are telling you that they don't know what to do with how they are feeling.

At these times they are really saying "please help me". "I'm often still scared and confused."

"You may not realize how much you help me just by being with me."

They need you:

Talk to other adults and let them help you trust in the future.

Be In Charge

Be Kind

Give children predictable daily routines

Sit down with the child often, offer soothing reassurance, and let them know it's still OK to be afraid.

The Circle of Trust applies to children of all ages See: www.circleofsecurity.org

Early Head Start Home Visitors are trained in the Circle of Security parenting curriculum and are able to use it directly in your home during your visit.

If you are interested, please ask them about the 8 chapter DVD series.

Early Head Start also offers a parenting group called "Heart to Heart" which also uses the Circle of Security curriculum and meets 10 weeks at the Fremont County Family Center located at the SPIN site. The next "Heart to Heart" class begins soon. If interested please talk to your Home Visitor or Paige Stewart.

Back to 2 important questions:

Have you hugged your child today? (Children need daily hugs)

What have you done for yourself? (Without caring for yourself...you cannot care for others.)

Have a great day.....Brenda

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Hi All. It's February!



A perfect time for thinking about the relationships in your life, and especially with your children.

A big area of focus for your child's social emotional development is building secure attachment for your child.

Have you ever heard of the Circle of Security?

The Circle of Security is based on decades of research, and provides an easy road map to understanding exactly what your child needs to build secure attachment.

Building secure attachment for your child will benefit them throughout their entire life. It's like building a strong foundation on which to build the rest of the house.

If you are interested in learning more about the Circle of Security, I would like to invite you to join Katherine Bair and myself to "Heart to Heart" our parenting group based on the Circle of Security principals. Childcare and snacks are provided. If you are interested please give me a call at 275-0550, or talk to your Home Visitor.

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

Paige

Heart Month!

February is heart month. It is important we take care of our hearts no matter the age. Being active and choosing the right foods are important to maintain a healthy heart.

Here is a list of foods to maintain a healthy heart.

Heart Healthy Foods

Oatmeal
Brown or Wild Rice
Salmon
Sardines
Tuna
Walnuts
Almonds
Flax Seeds
Berries
Olive Oil
Broccoli
Carrots
Sweet Potatoes

Red Bell Peppers
Black Beans
Kidney Beans
Spinach
Green Tea
Red Wine
Cantaloupe
Papaya
Acorn Squash
Tomatoes
Oranges
Asparagus
Avocados

strengthandsunshine.wordpress.com

Fun ways to be active with your kids to keep those hearts healthy!

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster

Family Dinners and Meals

It seems parents are always busy running kids around, getting laundry kept up, helping with homework, sneaking in some playtime and trying to find something to make for dinner. Parents exhausted from work and kids exhausted from school equals a disaster for even thinking about cooking dinner. Even though cooking dinner sometimes seems like a chore, it can have a big impact on your family.

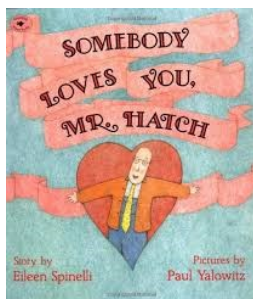
Family dinners are a healthy habit we do not want to break. Dinner is a time when kids and parents can discuss their day, share their “wins” and talk about experiences in a safe, loving environment. Carleton Kendrick, a family therapist in Millis, Mass. says it best, “Regular family meals are probably the best psychological ‘daily vitamin’ parents can give their children”. Studies show having regular family meals boosts self-esteem, increases grade point averages, lowers risks of teen pregnancy and builds strong, healthy, family relationships.

Dinners do not have to be difficult or extremely time consuming. Resources like Pinterest and allrecipes.com offer quick and inexpensive dinners ideas. It is also a lot of fun to create non picky eaters. Picking seasonal foods is always a great way to experience something new at a low cost. Parents have to be good sports and role model trying new foods too! Having a child that likes a variety of food will make all the other mealtimes less stressful. Being intentional of your family during dinner by turning off phones, televisions and other distractions can help make a big difference in your family structure. Call me if you would like some resources or help planning easy healthy dinners and other meals!

Valentine’s Day is a great way to get kids excited about meals! Incorporate the theme throughout your meals– heart shaped pancakes, heart shaped sandwiches with heart strawberries and homemade heart pizza!

Fun Fact: Our classrooms also practice family style mealtimes, teachers are encouraged to sit with children and enjoy meals together!

MUST READS!



Great read for kids and adults! You can check out at your local library or pull up on your phone or computer and listen to the story with your child– follow the link!

<http://www.storylineonline.net/books/somebody-loves-you-mr-hatch/>

February

The Month of Grand Gestures

Sun

Mon




Tue

Wed

Thu

Fri

Sat

				<p>1</p> <p>Playgroup 10am-11am Red Room</p> <p>Up to 5 years of age</p>	<p>2</p> 	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p> <p>Socialization 11am-1pm Family Center Lunch: Sloppy Joe's , beets and pears</p>	<p>7</p>	<p>8</p> <p>Playgroup 10am-11am Red Room</p> <p>Up to 5 years of age</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>Policy Council</p> <p>Chicken bacon ranch penne pasta Mixed veggies and apricots</p>	<p>13</p>	<p>14</p> 	<p>15</p> <p>Playgroup 10am-11am Red Room</p> <p>Up to 5 years of age</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>Family Center Closed</p> 	<p>20</p> <p>Socialization 11am-1pm Family Center Lunch: Beef tacos with lettuce, corn and peaches</p>	<p>21</p>	<p>22</p> <p>Playgroup 10am-11am Red Room</p> <p>Up to 5 years of age</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p> 