

EHS NEWSLETTER

JUNE 2018

June 2018

Parenting...one of the most important jobs you'll ever have

In our busy world of today it is especially easy to overlook many of the simple things we can do to help motivate our children to learn. Our busy schedules, lead us to believe that getting everything done is more important than taking time with our children and each other. It doesn't have to be hours it can be mere moments that let our children know that they are the most important people in our lives! They look to our example to know everything about their world and how to manage in it. That's exactly why parenting is so important, it is what we do not what always what we say that lets them know "they are loved". Every one of us needs to know that we belong, we matter, and yes we are loved! We are born hardwired for relationships and that's how we find our way in the busy world. So please take a moment and let your child know how important they are to you. Here are 7 simple things you can do to start.

7 Super Things Parents & Caregivers Can Do

Talk often with your children from the day they are born.

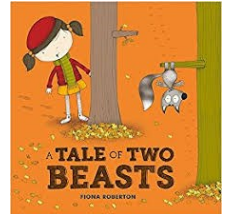
- 1.Hug them, hold them, and respond to their needs and interests.
- 2.Listen carefully as your children communicate with you
- 3.Read aloud to your children every day, even when they are babies. Plan and sing with them often.
- 4.Say "yes" and " I love you" as much as you say "no" and "don't".
- 5.Ensure a safe, orderly, and predictable environment, wherever they are.
- 6.Set limits on their behavior and discipline them calmly, not harshly.

Excerpt from " Teaching our Youngest."

Have you hugged your child today?

What have you done for yourself?

Brenda



JUNE READ!

[http://www.storylineonline.net/](http://www.storylineonline.net/books/tale-of-two-beasts/)

[books/tale-of-two-beasts/](http://www.storylineonline.net/books/tale-of-two-beasts/)

Book of the Month

Kid Approved!

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People Games

The Hanen Centre develops programs and curriculums to help children with language development. While the program supports children with language delays, many of their ideas support all children as they learn and develop language. One of the ideas the program support is to play “People Games” with your child. A people game is an activity that you do with your child that does NOT involve toys. These People Games encourage language and learning in a fun interactive way. Check out some of the ideas that the Hanen.org website gives for playing with your child.

What is a people game?



People games are social games played with people, not toys. Here are some examples of familiar people games:

- Tickles
- Peekaboo
- Horsy Rides
- “Ring Around the Rosie”
- Games played on the hands and feet like “This Little Piggy”, “Pat-a-cake”, or “Round and Round the Garden”
- Chase
- Hide and Seek

People games have many advantages when it comes helping children with delayed language development:

- **It’s easier for your child to focus on you** – For some children, having to constantly switch their attention back and forth between their parent and a toy is very difficult, and attention that could be spent learning from the parent ends up being focused on the toy. But during people games, your child only has to focus on you, and this makes it easier for him to pay attention to the actions, sounds, and words that you use during the game.

It’s easier for you to focus on your child – Because it’s just you and your child, it’s easier to notice and respond to his subtle ways of communicating.

A recent study found that parents of children with severe communication delays tend to follow their child’s lead and be more responsive during social play than while playing with a toy [2].

- **People games are played the same way each time** – This repetition allows you to use the same actions and words over and over again. Because of this, it’s easier for your child to learn these words and actions, and to know how and when to participate in the game.



- **Children with delayed language can participate in people games** – There are many nonverbal opportunities for your child to participate because people games usually involve actions or movements. If your child uses words, he can participate by saying something when you pause and wait during a predictable moment during the game.
- **You can make up your own people game** – Sometimes the best people games are the ones parents create for their child based on his interests. For example, for a child who loves jumping, making up a game or song while the child jumps on the bed or a trampoline can be very motivating. When you make up your own game, you can tailor it to your child’s language goals. You can use simple, repetitive words and phrases that are at your child’s language level.

People games are fun! – These games often revolve around a song your child enjoys or an action your child loves to do (like running or jumping). This makes them a fun context for learning to communicate.

~ Jody Berg, Childrens Service Director

Policy Council News

On May 21, 2018 the Policy Council meeting was called to order by our Chair, Kanita Pirraglia. The meeting was held at the Family Center at Spin. Minutes were approved from the meeting in April and new business presented. Financials were given by Jana Butler for the months of March and April, financials were approved by all. Next on the agenda was the Early Head Start year one baseline application for the next five years. The application was reviewed and approved by Policy council. Policy Council also reviewed the Cost of Living Allowance which was also approved.

The next Workshop will be held in June 13, 2018 hope to see you there.

Our next Policy Council Meeting will be held on June 18, 2018 at 1 p.m.



Bucket List

Summer is always an exciting time for little ones! Make this summer memorable by creating a "Summer Bucket List"! Summer bucket lists are simple activities of family fun that could fit anyone's budget!

On the back of this page are some fun ideas to help you get started. Most are little to no cost! Little activities like the ones on the calendar are memory makers for your kiddos. Creating activities and interacting (without the distraction of phones or electronic devices) with your children help aid social, emotional and academic enrichment. Check out Pinterest for fun ideas for your summer!



Farmers Market



The Farmers Market will open June 4th and every Tuesday after at Veterans Park! Our farmers market is family friendly with a lot of activities for the kids! Our farmers market offers local produce and products. Try something new this summer! They accept CASH, SNAP/DUFB and debit/credit cards for your convenience.



hello JUNE

dinhnguyen.info

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fill out a Summer Bucket list with your child!	2 Safety Jam!!!
3 Lay out and look at the stars!	4 Read!!!	5 Socialization Harrison Park 11:30 Pizza, salad, fruit Milk and water	6 Make pictures with the clouds	7 Go to the Re-Store to find bug cage supplies!	8 Go to a Garage Sale	9 Run through the sprinklers
10 build a bug cage! https://newsfromthefront.wordpress.com/2012/05/07/bug-box-how-to-amp/	11 Make dinner together	12 Go to the farmers market	13 Read a story outside have children close their eyes while you read	14 Make scrambled eggs!	15 Blow bubbles	16 Catch friendly bugs!
17 Eat ice cream outside	18 Policy Council 1:00pm	19 Socialization Pathfinder Park 11:30am Chicken salad sandwiches w/ cranberries, oranges, cucumbers and milk	20 Workshop 1:00pm Parents Advocating for children	21 Catch June Bugs	22 Kid car wash- Wash bikes and trikes out side with soapy water	23 Have a watermelon seed spitting contest!
24 go on a picnic	25 Pop Popcorn!	26 READ!!!	27 Draw with sidewalk chalk	28 READ!!!	29 Go to the park!	30 Dip your toes in water!