

EHS NEWSLETTER

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November 2018

Delighting in Our Children

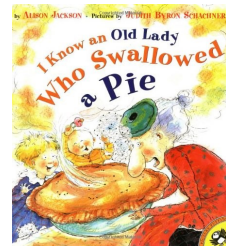
Delighting in another is experiencing happiness, pleasure and enjoyment in the things they do, the things they say, and the emotions they express. Showing delight in others lets them know they are loved, valued, and appreciated.

Most of us would admit that when we feel more secure, happy, and enthusiastic when others let us know we are appreciated. The same is true for children! When we show our delight in our children they feel more secure, more trusting, and self-confident. Since their little self-concepts are developing children are vulnerable to criticism and unrealistic expectations. Delighting is the opposite of shaming. Delight is a form of joy that motivates, encourages independence and supports a child's willingness to learn and try new things.

Think about the things that your child does that delight you! Don't hesitate to share those things that with others – let them know how much you value your child's sweet smiles, their cute little feet, the messy kisses, and big hugs. Of course there are times when parenting feels challenging and there are behaviors that need to be redirected. All parents have times when we need people we can talk with about the tougher parts of parenthood. Having those supports in place helps give us the energy we need to be able to let others know just how delighted we are with our kids!

Talking to our children, reading with them, and playing with them are all ways of showing delight. The more we can focus on the things about our children that delight us and share our delight with others, the more energy and support we have to cope with the times when parenting feels challenging.

Heather Zimmerman, LCSW
Early Childhood Specialist



November READ!

Book of the Month

Kid Approved!

In This Issue

- Delight Page 1
- Parenting....one of the most important jobs you'll ever have.
- Staying on Track
- Policy Council Page 3
- Calendar Page 4



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

Excerpt from "Teaching our Youngest."

My usual 2 questions:

Have you hugged your child today? And.....What have you done for yourself?

Brenda

Staying on Track

Who struggles with eating healthy on vacations, and/or weekends? Days off from your regular routines are probably the hardest part of staying on track when trying to become more healthy. There are so many yummy temptations especially as we enter the holiday season.

Mindset is probably the most important step to help you to become successful. If you are not mentally ready, more than likely you will not see results and eating healthy and being active will be more of a chore rather than feeling like you are making progress.

Health enthusiasts are always finding ways to help us stay on track. One thing that is most common in health articles is planning. Planning physical activities, meal prep and having ready to eat healthy food prepped for snacks all takes time and energy planning.

Pinterest, podcasts, google and apps are great resources to help get the ball rolling. Family and friends can be good supports and can help you stay accountable. Everyone gets motivated in different ways making sure you want to make a lifestyle change will help you make this new journey a successful one.

Let us know if you would like help with resources.

~Sadie

Policy Council News

On Oct 18, 2018 the Policy Council meeting was called to order by our Chair, Tanya White, at the Family Center, where minutes were approved from the meeting in September and new business presented. Financials for the month were not available due to the new hiring of our Chief Financial Officer, Jeff Corron, who was approved by Policy Council by all. Also, Stephanie Bailey and Kaylee Koonce have been approved for the front desk and child care. The board report was also not available. We also discussed the committee sign-up sheet with a description of the committee's for parents to sign up for. I will also be bringing the sign-up sheet to socializations and the infant and toddler rooms. The committee's that are available are Education, Health Advisory, Safety Checks and Grievance. These particular committees are a great way for you to get involved in your Early Head Start program. **You do not need to be on Policy Council to be on these committees, you just need to have the desire to put your great ideas to use! Just let your Home Visitor/Teacher know if one of these interests you.**

Education	This meeting occurs quarterly or more frequently as requested by the group. In the past this group has worked on socialization, playgrounds, new and updated toy van equipment, parent handbook and many more projects have been done by this group
Health Advisory	This meeting occurs quarterly and is at 8:00 a.m. in the morning. Breakfast and childcare are provided, it is a great opportunity to help develop and update health procedures/policies and share your ideas.
Health and Safety	This committee helps inspect our sites to make sure we are meeting health and safety guidelines. It can be arranged around your schedule!

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.” Anatole France

What is your Dream? Working together we can achieve your goal. If there is anything that I can do to help you achieve your goal please let me know my number is 275-0550 @ 238.

Sherrie Walker FCRC



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Read a book to your child!	2 Read a book to your child!	3 Make apple cider together!
4 Make Broccoli casserole for dinner * Ask your home visitor for the recipe	5 Read a book to your child!	6 Socialization 11:00am Family Center	7 Read a book to your child!	8 Read a book to your child!	9 Read a book to your child!	10 Make flashlight animals on the wall.
11 Look for different fall leaves	12 Read a book to your child!	13 Thanksgiving Socialization 11:00am Event Center 523 Main St.	14 Read a book to your child!	15 Read a book to your child!	16 Read a book to your child!	17 Rake leaves and jump in them!
18 Dance with your child!	19 Policy Council 5:30pm	20 Read a book to your child!	21 Read a book to your child!	22 Thanksgiving Family Center is closed.	23 Read a book to your child!	24 Relax and watch movies together!
25 Go for a walk together	26 Read a book to your child!	27 Read a book to your child!	28 Read a book to your child!	29 Read a book to your child!	30 Read a book to your child!	