



EHS NEWSLETTER

OCTOBER 2018

October 2018

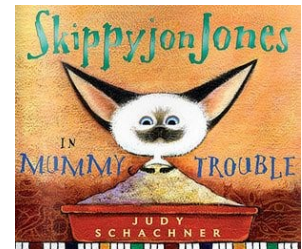
Scary!

Have you seen the scary Halloween costumes in stores yet! It's that time of year when costumes are out and folks are decorating. Some of this can be scary to Infants and Toddlers. While it may be tempting to scare your child to get something funny on video, scaring your infant or toddler intentionally is not the best idea.

For Infants and Toddlers they really depend on their caregivers to keep them safe and help them regulate their emotions. When they act afraid, they depend on us to assure them that we will keep them safe. We also want to assure them that it is ok to cry and be afraid, and we will check things out for them. You don't want to belittle their emotions and say "Don't Be Scared". Instead say "I can see that that costume is scaring you. I will keep you safe and check it out." If you then want to show them that it's just a costume and they stop fussing, move them closer and ask them "do you want to touch it?" If they continue to act afraid, move them away while telling them "we won't go over by that because it scares you."

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October READ!

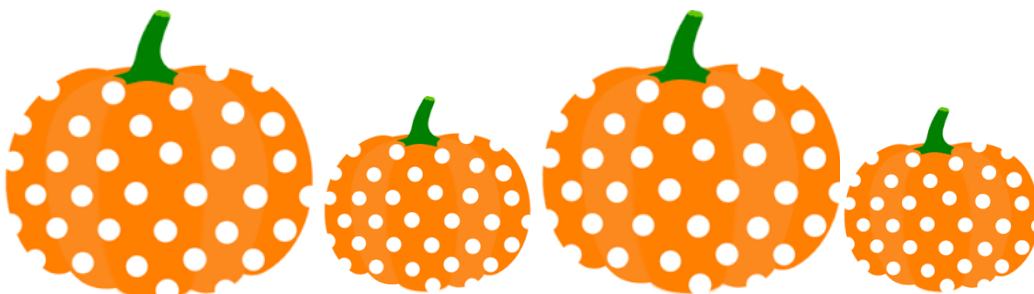


Book of the Month

Kid Approved!

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When a young child is afraid but can't tell you about it, give them the words to use, even if they can't yet use the words. You might say "That big gorilla mask is scary! I'm going to walk over here so you aren't too close to it." For young children you don't need to convince them to not be afraid, instead, just show them that you will keep them safe.

If you are taking young ones out where there will be children in costumes that might be scary, plan on adjusting your schedule to meet the needs of the youngest child. You may need to go in a group with more than one adult so that older children can be out longer and younger children can go home.

Young children can be especially afraid of seeing their parents in a mask or makeup, even if it's something you don't usually think of as scary. Sometimes it helps if they see you put the makeup on, but even then it can be confusing and scary to young children. If you have a young one who is sensitive, this might be the year to just wear a funny hat instead of a full costume.

The Starpoint Fall Festival on October 25th encourages fun child friendly costumes. We look forward to seeing you there!



Jody Berg, MA, ECSE

Early Childhood Specialist

Policy Council News!

We are proud to announce our officers for the new year! Chair-Tanya White, Vice Chair-Rhonda Philips, and Secretary-Amber VonBernuth. We are excited to have them as officers, all three are knowledgeable and passionate about Early Head Start. We will continue with orientation and training on Policy Councils rights and responsibilities. The next Policy Council meeting is on October 18th at 5:30pm.





Your family is enthusiastically invited to attend

Starpoint Children's Services

Annual Fall Festival

Thursday, October 25, 2018

5:00 p.m. – 7:00 p.m.

Holy Cross Abbey Fieldhouse

Hwy 50 East, Cañon City

Fun and games, prizes, treats, and so much more

Please note: This is an Early Childhood Event

Presented by:

Early Head Start

Fremont County Family Center

Starpoint Children's



Family Resource
Center Association



**Early
Head Start**

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Children at 12 months should start seeing a dentist. Call us for more info	2 Read a book!	3 Read a book!	4 Read a book!	5 Read a book!	6 Find fallen leaves!
7 Make a yummy soup together!	8 Are you children up-to-date on well child checks???	9 The Great Pumpkin Patch Socialization 11:00am at the Family Center 	10 Read a book!	11 Read a book!	12 Read a book!	13 Make a tent out of Blankets and tell stories!
14 Drink apple cider together!	15 It is recommended Children at 12 months have a lead screening call us for more info!	16 Read a book!	17 Read a book!	18 Policy Council at 5:30pm	19 Read a book!	20 Make old fashion popcorn and play memory!!!
21 Dance with you child!	22 Read a book!	23 Read a book!	24 Read a book!	25 Fall Festival 5-7pm at the Abbey Field House 	26 Read a book!	27 Snuggle with your child and tell them all the things you love about them!
28 Watch the sunset together!	29 Read a book!	30 Read a book!	31 Make pumpkins soup Ask your Home Visitor the recipe			