

# spring EHS NEWSLETTER

## APRIL 2019



April 2019

### April is Child Abuse Prevention Month

Children are our greatest gift and should be loved! Life can get stressful and chaotic but below are strategies to help YOU as a PARENT RENEW AND REENERGIZE !

- Take quiet time to reenergize: Take a bath, write, sing, laugh, play, drink a cup of tea.
- Do some physical exercise: Walk, stretch, do yoga, lift weights, dance to your favorite song.
- Share your feelings with someone you trust.
- Surround yourself with people who support you and make you feel good about yourself.
- Participate in neighborhood activities such as potluck dinners, street fairs, picnics or block parties.
- Join a playgroup, or online support group of parents with children at similar ages.
- Find a church, temple, or mosque that welcomes and supports parents.
- Make a list of people or places to call for support.
- Ask the director of your child's school, or Home Visitor to host a Community Resource Night, so you and other parents can see what help your community offers.
- Provide regular routines, especially for your young children. Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, and bedtime.
- Talk with your children about how important feelings are.
- Teach and encourage children to solve problems in age-appropriate ways.
- Come to socialization and join with other parents of young children.

If you need help please call someone who can help you ! Our community has a lot of resources to help parents. Please ask you Home Visitor for a Resource list so you can have this list handy. Otherwise here a few numbers to call: **Solvista Health 275-2351 or 9-1-1**

*Brenda*

### *APRIL READ!*

<https://www.youtube.com/watch?v=nddF6trBk3Q>



### *Book of the Month*

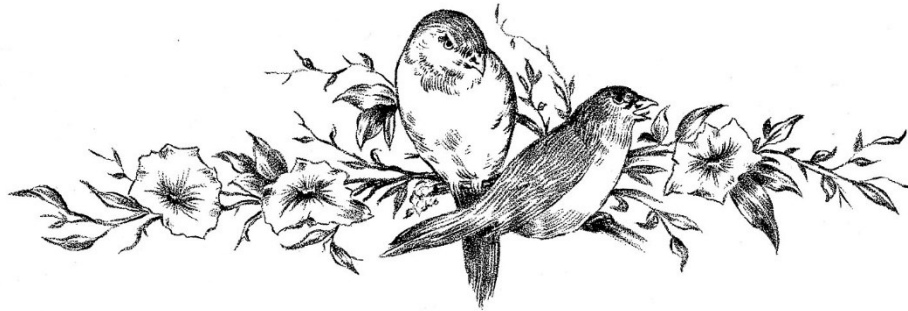
*Kid Approved!*

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Hello all, it's April!



We're excited to have our Spring Heart to Heart class underway.

In Heart to Heart we explore the Circle of Security.

The Circle of Security is a simple way to understand your child's attachment needs, and

Gives you a road map to meeting those needs.

Our children need us to support their exploration as they discover their world,

Then they need us to

Welcome them coming in to us for connection and comfort.

Children always need us to be Bigger, Stronger, Wiser & Kind.

Whenever possible they need us to follow their needs, and

Whenever necessary they need us to take charge.

Check out this great video on Youtube!

Circle of Security Animation

<https://www.youtube.com/watch?v=1wpz8m0BFM8>

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

Paige

**starpoint**

partnering with  
individuals, families and the community  
enriching lives.....realizing dreams



## Children's Services

# 14th ANNUAL FAIRY TALE NIGHT

## The Wonder of Learning Through Books

To be held at The Fremont County Family Center and

SPIN Early Childhood Education Center

1339 Elm Avenue, Cañon City

Thursday, April 4, 2019 6:00 to 7:00 p.m.

**FREE to all Families!**

Come, interact, and enjoy while we explore the wonder of reading. Experience books and stories through fun projects and imagination building activities. Take home snacks will be provided.

Wear a fun, non-scary costume if you like! Guests from your local community will be on hand to read and entertain! Come and go as you please. For more information call 275-0550.



First Steps  
Parents As Teachers



Family Resource  
Center Association

First Steps Early  
Head Start



# HAPPY April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Read a book to your child	2 Read a book to your child	3 Make a delicious dinner and sit together as a family!	4 <b>Socialization</b> Fairytale Night 6-7pm	5 Read a book to your child	6 Plant a garden
7 Build a blanket fort!	8 Read a book to your child	9 Read a book to your child	10 Read a book to your child	11 Read a book to your child	12 Plan a family movie night  Popcorn, drinks blankets and a good movie	13 Go for a nature walk!
14 Complete a puzzle with your child	15 Read a book to your child	16 <b>Socialization</b> Safety Town 10am-12pm	17 Read a book to your child	18 Read a book to your child	19 Read a book to your child	20 Have a tea party outside!
21 	22 Read a book to your child	23 Read a book to your child	24 Read a book to your child	25 Read a book to your child	26 Read a book to your child	27 Make a homemade dinner item
28 Read a book to your child	29 Enjoy breakfast for dinner!	30 Play memory!				