



EHS NEWSLETTER OCTOBER 2020

October 2020

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 same 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."

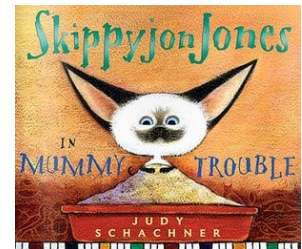
When a young child is afraid but can't tell you about it, give them the words to use, even if they can't yet use the words. You might say "That big gorilla mask is scary! I'm going to walk over here so you aren't too close to it." For young children you don't need to convince them to not be afraid, instead,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

Jody Berg, MA, ECSE
Early Childhood Specialist

October READ!



Book of the Month

Kid Approved!



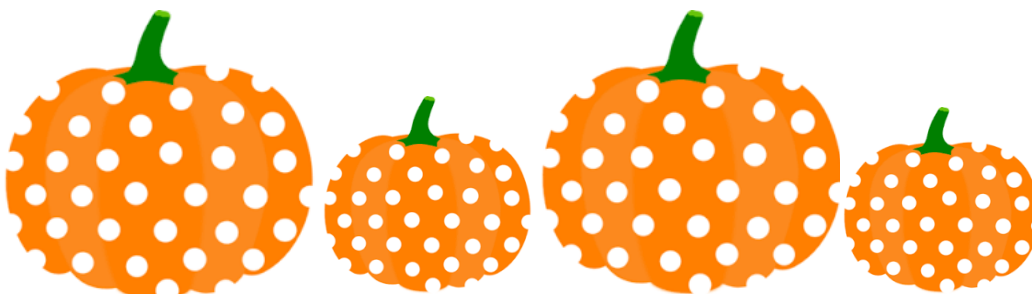
Join us at Happy Apple Farms at 10:00 AM on Thursday October 8th, 2020 for the Early Head Start Home Visitation Program Socialization.

- Each EHS child will get one pumpkin
- Gas vouchers are available
- A snack will be offered

Come Along For The Ride



STARPOINT
Enriching Lives Realizing Dreams



Early Head Start 1339 Elm Ave. Canon City, CO 81212

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OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Read a book!	2 Read a book!	3 Find fallen leaves!
4 Make a yummy soup together!	5 Are you children up-to-date on well child checks???	6 Read a book!	7 Read a book!	8 Pumpkin Patch Happy Apple Farm - 1190 1st St. Penrose, CO 10:00am 	9 Read a book!	10 Make a tent out of Blankets and tell stories!
11 Drink apple cider together!	12 It is recommended Children at 12 months have a lead screening call us for more info!	13 Read a book!	14 Read a book!	15 Read a Book	16 Read a book!	17 Make old fashion popcorn and play memory!!!
18 Dance with you child!	19 Read a book!	20 Read a book!	21 Read a book!	22 Children at 12 months should start seeing a dentist.	23 Read a book!	24 Snuggle with your child and tell them all the things you love about them!
25 Watch the sunset together!	26 Read a book!	27 Read a book!	28 Make a Monster Mash Mudslide Ask your Home Visitor for the recipe	29 Read a book!	30 Read a book!	31 