

spring EHS NEWSLETTER

APRIL 2021

April 2021

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

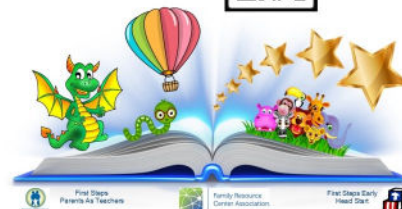


Children's Services
15th ANNUAL FAIRY TALE NIGHTS
Exploring Fremont County

Coming Thursday Evenings April 2021 on



Scan for our YouTube Channel



EARLY HEAD START SOCIALIZATION LINE-UP!

Lunch will be served

April 20- 11:30am at Canon City Library front lawn

May 4- 11am Mother's Day Flower Planting at SPIN outside

May 18-11am Field Day Outside at SPIN

June 1- 11am Splash pad at Duck Park!!! Outdoor water play at SPIN

June 15- 11am Pathfinder Park Ball Play

*Times and location subject to change

HAPPY april

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