DIRECTOR’S CORNER

Hello, from Dr. Nolana Nobles! I wanted to take a moment to touch base with you about the re-opening plans for our early childhood centers and remind you of the many resources available within our organization to support you. We recognize that there is so much information and that everyday there are changes related to the COVID19 pandemic. We are strategically implementing re-opening plans with the safety of our children, staff and community at large as the guiding force. The efforts to re-open are collaborative; Intermediate School Districts, the medical community and federal and state legislators are all working to assure we are doing our very best to keep children safe.

As we go forward, you will receive communication on when or if your child’s center will reopen and all of the options that come along with the plan for that specific site. Please note, we are a diverse program, and each re-opening plan will vary in an effort to be considerate of the families served in the community of each site. We currently will maintain the option for children to continue to have remote learning experiences. If you have any questions about your child’s site, feel free to reach out to your Family Advocate. We welcome any input you may want to share with us as well.

During this time, we know that families are experiencing many challenges. I encourage you to utilize the resources within Capital Area Community Services. We offer help with weatherization, some support for utilities, rent, etc. and want to be a help to you, our community (www.cacs-inc.org). There is a national focus on addressing food insecurity during this crisis. Please speak with your family advocate/Home Visitor about anything you may need; they have access to many available resources, including food. You may also find information on these resources on our Head Start website (www.cacsheadstart.org).

~Nolana Nobles, PhD

Practice good self-care. Parents need to take time out for themselves, especially during this difficult historic time. Here are six suggestions for you to consider.

• Recognize that stress & burn out are bad for your health & try to minimize its impact on you
• Ditch Guilt: It is okay and not selfish to put yourself first
• Unplug-literally: Put your communication devices away and tune in to yourself. (Am I hungry, tired, thirsty, sleepy?)
• Focus on the joy found in each day, or strive to create a moment that brings you personal joy
• Relationships: Adulting is hard, but it is good to enjoy time with people you value
• Give yourself a time out: take a moment to excuse yourself from responsibility and tasks

Here is a short video:

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Capital Area Community Services
Walk For Warmth

Join us to raise funds to assist your friends and neighbors. 100% of all funds raised will directly assist those who may not be able to heat their homes.

Due to the COVID-19 Pandemic, our annual Walk for Warmth will be held virtually. For race details please visit:
https://runsingup.com/Race/Ml/Clinton/Shawnee/W4W2021

Or visit our website at www.cacs-inc.org
EARLY INTERVENTION SERVICES

STRESS impacts brain growth, development and behavior. Stress and challenging situations are a normal part of life for all families. Sometimes these experiences can feel overwhelming. Stressful situations also challenge the child’s ability to see the world as a safe place. Ask your child about Al, Ty, and Keisha! They are puppet friends who visit the classroom. They teach many skills including how to identify and name feelings, as well as how to cope in safe and healthy ways.

When I’m feeling overwhelmed or stressed:

i can’t hear you.
I can’t think clearly.
I can’t respond to you.
I need your help to calm me and feel safe.

Stress reduces the ability to respond, learn, or figure things out, which can result in problems in school.

Increases difficulty in making friends and maintaining relationships.

Increases stress hormones which affect the body’s ability to fight infection.

Interferes with coping, which can result in behaviors such as fighting, checking out or defiance.

Increases problems with learning and memory.

May cause lasting health problems.
El apetito de los niños
Información fue producida por Comida para niños

¿Qué pueden hacer los padres?

Sea consistente con lo siguiente:
1. Todos los días sirva 3 comidas y 2 o 3 bocadillos a la misma hora. A los niños más pequeños les gusta la rutina y comerán mejor cuando las comidas están planificadas.
2. Ofrezca variedad de comidas nutritivas: carnes no grasas con frijoles, frutas, verduras y granos integrales.

Sea un buen modelo a seguir:
1. Siéntese con su niño(a) a la hora de la comida y coma alimentos saludables en variedad.
2. No comente cuanto comen usted y otras personas, sea mucho o poco.
3. Disfrute de la comida. Coma lentamente con su niño(a).
4. Tome bocados pequeños.
5. Coma porciones normales y deje de comer cuando esté satisfecho.

Deje que su hijo decida cuanto comerá:
1. No sirva grandes porciones de comida para usted o para su niño(a). Comemos de mas cuando hay mucha comida en nuestro plato. Cuando sea posible deje que su niño(a) sirva su propia comida.
2. Pidale a su niño(a) que pruebe toda la comida. Tal vez necesite probar una comida nueva entre 8 y 10 veces antes de aceptarla.
3. No soborne ni le ruegue a su niño(a) para que coma. Tal vez coma cuando lo haga, pero estará aprendiendo a comer cuando lo obligan, no cuando tiene hambre.
4. No limite la cantidad que come su niño(a). Si le pide más comida, sírvalo más.

El apetito de su hijo puede cambiar dependiendo de lo rápido que este creciendo o lo activo que sea.
February is National Children’s Dental Health Month. Visit ADA.org/NCDHM2021 for activity sheets.

HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

SPONSORS

ADA American Dental Association

AIDPh American Institute of Dental Public Health
Injuries to the head, face, and mouth are common in young children. Even when parents do their best to keep children safe, oral injuries can happen. Most oral injuries happen when young children are learning to walk. The top front teeth are injured most often.

School readiness begins with health!
Tips to help you know what to do for common oral injuries:

- **Tongue or lip injured.** Clean the injured area. Press a clean washcloth on it to stop bleeding. Keep your child’s head up and facing forward to prevent choking. Put ice, wrapped in a clean washcloth, on the area to reduce swelling. If bleeding doesn’t stop after 30 minutes, take your child to your child’s dentist or doctor right away. If the dentist or doctor is not available, take your child to the nearest urgent care center right away.

- **Tooth chipped or cracked.** Clean the injured area. Contact your child’s dentist or an urgent care center right away. Have your child rinse with water, if possible. If there is bleeding, press a clean washcloth on the gum around the tooth to stop it.

- **Tooth knocked out.** Contact your child’s dentist right away. Do not try to put a baby tooth back into the mouth. Clean the injured area. If there is bleeding, have your child bite on the area with a clean washcloth for 15 to 30 minutes to stop it.

- **Tooth knocked loose, moved, or pushed into gum.** If your child’s tooth has been knocked loose, moved forward or backward, or pushed into the gum, contact your child’s dentist or an urgent care center right away. Have your child rinse with water, if possible. Press a clean washcloth on the gum around the tooth to stop bleeding.

- **Toothache.** If your child has a toothache, it is likely that the tooth has a cavity. Make a dental appointment as soon as possible to find out what the problem is and get treatment.
Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.

To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.

The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.

Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.

www.cdc.gov/coronavirus/vaccines
The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

**Having these types of side effects does NOT mean that you have COVID-19.** If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.

When you get the vaccine, you and your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.

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**Even after you get your vaccine,** you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it’s a good idea to continue following the guidelines from CDC and your health department. We also know not everyone will be able to get vaccinated right away, so it’s still important to protect yourself and others.
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PARENT OPPORTUNITIES

**Parent Meetings**
We want to hear from you! We need parent input to help make our program the best that it can be. Each classroom will host a Zoom Parent Meeting. We want your ideas on what will make our program better, concerns you may have, and also things that you really like about our program. Join us as you share ideas with your Teacher and Family Advocate.

WORKSHOP DESCRIPTIONS

**READY! For Kindergarten – Birth to Age 5**
This curriculum is focused on skills that a child needs before they start kindergarten. Parents will receive a bag of materials to use as they work with child on language and literacy, math and social/emotional skills. The activities encourage movement, play, exploration, and communication. Pick up or off will be arranged.

**Zoom link:** [https://zoom.us/j/96682435722?pwd=ME9SWnd2Y2VOQXp0MVNPbWVudU1kQT09](https://zoom.us/j/96682435722?pwd=ME9SWnd2Y2VOQXp0MVNPbWVudU1kQT09)

**Love and Logic**
The Love and Logic approach to parenting is built around crafting caring and respectful relationships. Loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding. Parents have been faced with so many challenges! This program provides a variety of simple and effective strategies to use with children birth to adulthood. The program shares strategies and techniques that will help you create a calm and loving solutions.

Through this program, you will learn techniques that:
- Teach responsibility and character
- Lower your stress level
- Have immediate and positive effects

**Zoom link:** [https://zoom.us/j/99307081927?pwd=ZnhMSGtmcEZVRDJFb05wUUJXd2w4dz09](https://zoom.us/j/99307081927?pwd=ZnhMSGtmcEZVRDJFb05wUUJXd2w4dz09)

**Proud Fathers**
Fathers and very important males play a big role in helping children develop. This program will help strengthen that role. All dads, grandfathers, uncles, and other very important males are welcome. This is an 8 week interactive class.

**Zoom link:** [https://zoom.us/j/93496559470?pwd=WFJ6ZitUZEdNTUNiZIBkVjFPoDiLQT09](https://zoom.us/j/93496559470?pwd=WFJ6ZitUZEdNTUNiZIBkVjFPoDiLQT09)
Sweet Dreamzzz

Getting enough sleep is very important for young children. Do you know how much sleep your child needs? Do you need ideas of how to get your child to sleep at night? Attend this workshop to learn about how important sleep is and tips for a peaceful bedtime.

Zoom link: [https://zoom.us/j/92194025255?pwd=YlZUbElCWIRUZlRtU3Mwb2U0MTBtdz09](https://zoom.us/j/92194025255?pwd=YlZUbElCWIRUZlRtU3Mwb2U0MTBtdz09)

CACS Head Start READY! for Kindergarten E-Learning

Our READY! for Kindergarten program has expanded! READY! for Kindergarten is a curriculum that is focused on skills that a child needs before they start kindergarten. We are now offering self-paced E-Learning opportunities for the READY! for Kindergarten curriculum.

Follow the instructions below to access the E-Learning:

- Right click on the link and open the Hyperlink
- Each step must be completed before you can move on to the next step
- The evaluation form must be completed to receive your Ready! for Kindergarten bag

READY! for Kindergarten E-Learning Links

[READY! for Kindergarten Orientation English](#)
[READY! for Kindergarten Orientation Spanish](#)
[READY! for Kindergarten Fall 4-5 English](#)
[READY! for Kindergarten Fall 4-5 Spanish](#)
[READY! for Kindergarten Fall 3-4 English](#)
[READY! for Kindergarten Fall 3-4 Spanish](#)
[READY! for Kindergarten Fall 2-3 English](#)
[READY! for Kindergarten Fall 2-3 Spanish](#)

To enroll for trainings or for more information, contact Katy VanSchoten, Derrick Gilliam, Lisa Delgado, or Sharon Rogers at 517-999-2730.