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YOUR CHILD'S EARLY HEAD START INFORMATION

Home Visitor Name _____

Phone # _____

Home Visit Schedule _____

Other program information can be obtained by calling the main office at 334-8350.

WELCOME TO SCCAP EARLY HEAD START!



Shirley Stumpner, Head Start and Early Head Start Director

Phone: 334-8350x244

Email: shirley@insccap.org

We are looking forward to getting to know you and your children this year.

Early Head Start is a place for families to learn and grow with people who care about them. We know that you are your child's first and most important teacher. That is why it is important for you to be a part of the Early Head Start program. You can make Early Head Start better by sharing your time, energy and ideas.

Early Head Start staff and volunteers respect the unique identity of each child and family and refrain from stereotyping on the basis of gender, race, ethnicity, culture, religion or disability.

We work hard to provide programming that meets the national and state standards, to provide the best staff to serve you and your child, and we listen to parents to meet the needs of families enrolled in the program.

Early Head Start is a complex, constantly changing program. Commitment to providing the best possible services to families is one of our most important goals. If you have questions, ideas or concerns about the program, please feel free to call any staff member-including me!

You are always welcome at Early Head Start. Some of the most rewarding ways you can be involved with your child's education is to attend parent meetings, volunteer in the classroom, family nights or become a member of the Council of Involved Families.

This Agency agrees that, in the performance of its services, it will not, on the grounds of race, color, sex, creed, disability or national origin, exclude any person from participation in, deny any person the benefits of, or otherwise subject any person to discrimination under any activity for which the agency receives financial assistance under the Public Services Funding Agreement.

FAMILY SERVICES



Monica Miley-Family Services Coordinator

Phone: 334-8350x215 Email: family@insccap.org



Suzanne Donnelly, Family Advocate

Cell: 929-1736 Email: Suzanne@insccap.org
Office: 935-5562

The Family Services staff recruit and enroll all Early Head Start children and place children in programs. We process transfers from one program option to another or send children's records to other Early Head Start programs if you move out of Monroe County.

The Family Services staff helps families get connected to resources in the community, including mental health, housing, emergency shelter, food, etc. We also help families make the change from Early Head Start to Head Start or other preschool when that time comes, coordinating with Education, Special Needs and Parent Involvement staff.

We are here to help you get the services you need according to your interests. We will also be around to see that there is follow-up support for your family to be sure services are delivered.

Early Head Start is here to work with your family to help you achieve the goals you set for yourself. Your child's home visitor will meet with you early in the school year to talk about your goals for your family. The Family Advocate can assist you, as needed, in reaching your goals.

The Family Services Coordinator also handles all situations that have to do with any known or suspected child abuse and neglect. Please read our policy on Child Abuse and Neglect for more information.

EDUCATION



Janet Ballard, Early Education Coordinator

Cell Phone: 929-1999

Office Phone: 935-5564

Email: janet@insccap.org

Early Head Start wants to help children become independent, self-confident and enthusiastic learners. We encourage children to be active, explore, create, test their ideas and think for themselves. The home visit, interaction with your child, and toys and materials are designed to meet the goals of our curriculum, which is the "Creative Curriculum." We believe this curriculum design gives your child a successful start in school.

We recognize that you (the parent) are your child's first teacher. The Creative Curriculum works best when home visitors and parents share their knowledge. Your knowledge of your child, your daily routines and the way you talk with your child makes a difference in how they think and feel about themselves. Home visitors will bring new ideas and ways to help you provide opportunities for your child to grow and develop.

When the home visitor comes to your house, you will see her play with the child. We understand how important play is to the development of young children. Your home visitor will work with you and your child on:

- ◆ Building small muscles—holding a rattle, stacking blocks
- ◆ Language—noises, nursery rhymes, single syllables, phrases
- ◆ Large muscles—walking, climbing, jumping
- ◆ Creativity/Art—finger painting, scribbling
- ◆ Cognitive—learning names of objects, colors, textures
- ◆ Music/Movement—songs, finger plays, dancing
- ◆ Social/Emotional—feelings, playing with others
- ◆ Self-help—feeding, getting dressed, toilet training

Your home visitor will work with you to plan the weekly home visits. You will also work together to set goals for your child's development.

SPECIAL NEEDS



Barb Hefty-Jones, Special Needs Coordinator

Phone: 334-8350x213

Email: specnds@insccap.org

An important part of the Early Head Start education program is working with young children with special needs and their families. In our program, children with special needs can include those with communication, visual, hearing, physical, mental or emotional disabilities. First Step South East works with Early Head Start to provide therapy services for eligible children. Parental permission is needed for evaluation and services and a parent will be involved at each step. Our Special Needs Coordinator will guide you through these steps. Quick action for any special needs a child may have is very important at this young age.

Parents should discuss concerns about their child's development with the home visitor or the Special Needs Coordinator. If our Early Head Start program has concerns, the child's home visitor or Special Needs Coordinator will discuss the possible need for further evaluation with you.

Mental Health:

Sometimes we all need extra help when working with the social-emotional needs of children. Our Early Head Start staff help parents develop new ideas for specific behavior concerns as well as ways to strengthen discipline in the home using nurturing, supportive practices.

A mental health consultant is also available to parents and teachers to help with young children's specific behavior concerns. The mental health consultant will meet with parents and/or teachers to develop ideas to support a child's social-emotional needs.

Our mental health consultant will be scheduled monthly at the main center and available at outlying sites as requested. To contact our mental health consultant, please call Barb Hefty-Jones at the above number/extension.

PARENT INVOLVEMENT



Bethany Terry, Parent Involvement Coordinator
Phone: 334-8350x212 Email: parent@insccap.org



Abbey Bonner, Parent Involvement Assistant
Phone: 334-8350X277 Email: abbey@insccap.org

As an Early Head Start parent, you'll have many opportunities to get involved in the program. In addition to home visits, we offer a variety of family activities to fit your busy schedule. Your ideas and suggestions are always welcome and will help us plan activities that interest you. We want you to be involved in making decisions about the services that are offered at Early Head Start and want you to know how the program operates.

Here's what you can do to get involved:

Read the Early Head Start Newsletter: Each month you'll receive a newsletter that gives you information about upcoming Early Head Start activities, community information, and more. This will keep you up-to-date on what's happening at Early Head Start.

Come to Parent & Family Activities: A variety of activities are planned that provide opportunities for parents and families to get involved. Some of the activities are strictly for fun!! Some are information/training related. Some are for the parent and some are for the whole family! We try to offer a wide variety and hope to see every family at sometime during the year. All families in all of our program are invited to attend the events. Events include Baby Buddy Groups, Family Nights, (may meet at WonderLab for example) Hoosier Daddies activities (a fatherhood group), and some weekend events.

Volunteer Your Time or Resources: Do you have a special skill to share? Do you have gently used children's clothing or toys to donate? Would you like to help lead a Baby Buddy Group (page 15)? Talk to your home visitor about upcoming volunteer opportunities with Early Head Start.

**PARENTS AS DECISION MAKERS!!
BE INVOLVED-BE EMPOWERED**

PARENT COMMITTEE MEETINGS- These are very important meetings. You will have the opportunity to meet with other parents in the Early Head Start program several times during the year. Each of these meetings will have a "theme" with some fun activities for your enjoyment. These are called Parent Group/ Open House meetings. They provide an opportunity for parents to get to know each other, discuss issues/concerns/special events/information related to your Early Head Start experience. This is an opportunity for parents to share experiences and get involved in their child's education. It's a great way to learn more about the Early Head Start home visit program and what it can offer you.

COUNCIL OF INVOLVED FAMILIES (CIF) - The CIF is a group of parents and community members who meet each month to make decisions about Early Head Start. We talk about the budget, meals, new sites, hiring of staff, policies and procedures and other things that affect the services we provide to families. Every Early Head Start parent is welcome to attend the CIF. No experience or special skills are needed to be a member-just the desire to be involved in your child's education.

We meet once a month currently on the third Monday of the month from 6:00-8:00p.m. We provide childcare and can help with transportation if needed. We must have at least one parent from Early Head Start attend these meetings. The most important things you can bring to these meetings are your ideas and willingness to be involved. We have a lot of fun too! We always provide snacks/food and door prizes as a thank you to those who choose to be involved. It's one night a month with free childcare and an opportunity to talk about one of the most important topics for parents- your child's education!

Watch the monthly newsletter for upcoming meetings. Call 334-8350x212 for more information!

HEALTH AND NUTRITION



Anna Weigand, Health Services Coordinator
Phone: 334-8350x214 Email: nurse@insccap.org



Cheryl Killion, Assistant Health Services Coordinator
Cell: 929-2068 Email: CherylK@insccap.org
Office: 935-5562

At Early Head Start we believe that a child must be healthy in order to learn. We also believe that all children have a right to complete health care. We will work together with you to ensure your child is up to date on all age specific preventative health and dental care. We will provide or help you obtain all age related screenings including vision, hearing, hemoglobin (iron blood test), lead testing and blood pressure. You will be asked to provide Early Head Start with a current physical, dental, and immunization record. Together we will help you understand the results of the exams and screenings and obtain any needed follow-up treatment.

We know how important your child's health is to you. Navigating the Healthcare systems can sometimes be confusing. The Health Services staff of Early Head Start is here to help you understand and obtain all of your healthcare needs. Please do not hesitate to call with any questions or concerns.





South Central Community Action Programs

Early Head Start is just one of many SCCAP programs!

Call 339-3447 to find out if you are eligible for:

ENERGY ASSISTANCE

Helps with the high costs of winter heating and summer cooling. Emergency assistance is available for those in danger of being disconnected.

WEATHERIZATION

Provides furnace inspections and energy audits for renters and homeowners. SCCAP can provide insulation and other services to help reduce your energy bill.

SECTION 8 HOUSING

Vouchers assist very low income households with safe and sanitary housing. Rent will be subsidized based on income.

CIRCLES

Offers a 15 week training "*Getting Ahead in a Just Getting By World.*" Weekly meetings and Circle Allies can help you increase your educational, financial, and social resources while building friendships and social networks.

INDIVIDUAL DEVELOPMENT ACCOUNTS

Develop a savings plan with matching funds to meet your goals of buying a home, starting a business, or going back to school.

FAMILY DEVELOPMENT/ SELF SUFFICIENCY

Case managers work with families to develop family goals and establish priorities. They provide support and resources to help you meet your goals.

AFFORDABLE RENTAL HOUSING

SCCAP has 3 rental units in the city of Bloomington that are rented at lower costs to families who are at or below 50% of income guidelines.

**EARLY HEAD START
POLICIES
&
PROCEDURES**

CONFIDENTIALITY POLICY

We only share information about you and your family with outside agencies if we have your permission. Your written permission must be given before any information can be released to other agencies or programs and this is done with our Permission to Collect and Release Information form. Information is shared among Early Head Start staff on an as needed basis

PARENTS RIGHT TO INFORMATION

Parents may review their child's file at any time. Please contact the Family Services Coordinator to set up a time if you wish to do so.

CHILD ABUSE AND NEGLECT POLICY

Early Head Start is an advocate for the care and protection of children. Indiana Law requires that anyone having a reason to believe that a child is the victim of abuse or neglect must report it to Child Protection Services, Department of Child Services, or the appropriate law enforcement agency. If you need to report child abuse, please call 1-800-800-5556.

Early Head Start's primary goal is to work with children and their families. We call in reports to Child Protective Services not only because it is the law, but also because if we do, families will be able to receive the help they need. In all cases, we make no judgment about the possible occurrence of abuse or neglect; we leave that determination to Child Protective Services. If you ever have any questions regarding this policy, please feel free to call the center.

We value the families in our program. We do recognize that being a parent is difficult with a lot of pressure and few easy answers. We encourage parents to reach out for assistance before a problem gets out of hand. We can help you get assistance with parenting issues, such as child behavior management and dealing with stress.

DISCRIMINATION POLICY

This Agency agrees that, in performance of its services, including participation in the free meal program, it will not, on the grounds of race, color, gender, age, disability or national origin, exclude any person from participation in, deny any person the benefits of, or otherwise subject any person to discrimination under any activity for which the Agency receives financial assistance under the Public Services Funding Agreement or the Child and Adult Care Food Program. If you feel you or your child has been discriminated against please report the incident to your child's teacher, Monica Miley, (Family Services Coordinator) or Shirley Stumpner, Head Start Director. They will assist you in making a discrimination claim so the issue can be resolved.

ATTENDANCE POLICY

Regular attendance is very important. Please communicate with your child's home visitor as soon as possible if you must cancel an appointment. We are required to have a certain number of home visits completed each year and will work with you to come up with a time that fits for your family's needs. If you need to cancel a home visit, you **must** call your home visitor as soon as possible and reschedule as soon as you can.

- If you have missed home visits, you may be asked to create an attendance agreement with your family advocate.
- Your child may be dropped from the program if you have missed too many home visits or do not follow through with an attendance agreement.

Unfortunately we cannot always hold places for children who are absent from the program for long periods of time. If you need to miss more than two weeks of home visiting, you need to speak with your child's home visitor. A determination will be made about whether your child's place can be held or not.

TRANSITION PLANNING

Throughout your child's Early Head Start education, staff will work with you and community agencies to ensure that services provided are the best fit for your family. You are encouraged to take an active role in discussing the development and abilities of your children. When your child turns 2 $\frac{1}{2}$ years of age Early Head Start staff will work with you and other community agencies to help you plan for the next part of your child's education. If you have questions about the transition process, please contact family services.

SCHOOL CLOSING POLICY



In the event of bad weather, Early Head Start may close. Some factors that we look at to determine closings are temperature and road conditions. Early Head Start closings will be announced on local radio station 96.7WBWB/FM or 1370 WGCL/AM. You can also call 334-8350x227 for updated school closing.



IMMUNIZATION POLICY

Early Head Start will need verification that the child has been immunized. Please give the immunization record to your home visitor or have your doctor send or fax a note that the child has been immunized and is up to date. This is a state law. The Health Services staff will tell you if an immunization is due and can help you with any information you need. If you receive a note saying your child needs an immunization, please get it done as soon as possible.



SMOKE FREE ENVIRONMENTS

All Early Head Start Centers are smoke free environments. State child care licensing regulations prohibit smoking on the premises. All Early Head Start activities (home visits, Baby Buddy Groups, etc.) are also to be provided in smoke free environments. The Early Head Start program requests that parents not smoke during home visits.

ILLNESS POLICY

If your child is not well enough to participate in all activities, including outdoor/water play, the home visit should be rescheduled. Please contact your home visitor for the following signs of illness:

- If your child is on an antibiotic, child must be on it for 24 hours before resuming home visits
- Mouth sores
- Fever of 100.5° or higher
- Lice
- Vomiting or diarrhea
- Unexplained rash
- Bad cough or cold
- Drainage from the eyes or ears
- A change in the way your child acts

Early Head Start Home Visitors will not come to your home if your child or anyone in the household has any of the above conditions. Please call your home visitor to reschedule the visit.

BABY BUDDY GROUPS

Baby Buddy Groups happen twice a month and are a time for you and your child to meet and play with other children. Check the newsletter or ask your home visitor when the next Baby Buddy Group will be.

What to expect during Baby Buddy Groups

Your child is building his/her first and most important relationship in his/her life... with you! Your child interacts by making eye contact, smiling, cooing, reaching out, and later by talking. As you and your child participate in these groups, you can discover how your child responds to you and others. Early Head Start staff will prepare activities and discussions to build your relationship and strengthen the bonds of your family.

Who attends Baby Buddy Groups?

All families participating in the home-based Early Head Start program are invited to Baby Buddy Groups. Your Home Visitor, the Parent Involvement Assistant, and a few other Early Head Start staff will attend. Sometimes we will invite members of the community to speak and share information with the group. If you have other children, they are welcome to attend too! Please tell your Home Visitor if you are bringing other children, how many, and their ages so we can plan activities and have staff available to work with them. We want you to be able to spend time with your Early Head Start child during these group times.

Where are Baby Buddy Groups?

Baby Buddy Groups will be held in various locations throughout the community. Some places we would like to meet include the Banneker Community Center, Bloomington Area Birth Services (BABS), the public library, and parks. If you have ideas for other meeting place let us know!

Why should you come to Baby Buddy Groups?

Get out of the house and meet other parents. Share what you know and learn from others. Get more information about safety, nutrition, discipline, and other topics. Learn that you are not alone in the challenges and joys of raising a young child. And most importantly, strengthen your relationship with your young child.

What can you do to help us with Baby Buddy Groups?

Share ideas for activities or discussion topics. Lead activities. Pick a location for groups. Carpool and help other families without transportation. Help us set up and clean up. Give us feedback- tell us how we're doing.



COMMUNITY COMPLAINT/APEAL PROCEDURE

If an individual or agency in the community has a concern about SCCAP Early Head Start or feels he/she has been discriminated against in any way, the following steps are to be taken:



Step 1- Discuss the situation with the appropriate coordinator to discuss the issue. If the situation is not satisfactorily resolved, go to step 2.

Step 2- Write a letter to the Head Start and Early Head Start Director:

- Shirley Stumpner, Head Start Director, 1502 W. 15th Street, Bloomington, IN 47404

- A. Director will give a copy of the letter to the Head Start Council of Involved Families Chairperson and SCCAP Executive Director: Todd Lare
- B. Within 5 working days of receiving a letter, the Director will attempt to come to a resolution and contact the concerned party.

*If the concern is in reference to Director, the written letter is to be sent to:

- Todd Lare, Executive Director, South Central Community Action Program,
1500 W. 15th Street, Bloomington, IN 47404

If situation is not satisfactorily resolved, go to step 3,

Step 3- A written appeal is registered with the Head Start Council of Involved Families Chairperson.

- A. The Council Chairperson will,
 - 1) conduct a Council meeting within 15 calendar days of receiving the complaint,
 - 2) inform the SCCAP Executive Director of the pending meeting,
 - 3) inform the Head Start Director or designee,
 - 4) inform the complainant.
- B. At the Council meeting the parties will present their perspectives of the situation.
- C. In a closed session the Council will evaluate the situation and, if possible, reach a consensus on action to be taken
- D. The Council Chairperson will inform parties of the decision within five days of the hearing.
If parties are not satisfied with the results of the hearing, go to step 4.

Step 4- A letter or appeal is written to the SCCAP Executive Director:

Todd Lare, Executive Director, South Central Community Action Program,
1500 W. 15th Street, Bloomington, IN

- The agency appeal process is followed.



Opportunities for you to learn more about your child's school:

GET INVOLVED!!

- Volunteer for Baby Buddy Groups
- Attend a Parent Committee meeting - this is a great opportunity to meet other parents and talk about your ideas and concerns about your child's Early Head Start experience.
- Become a Council of Involved Families (CIF) member- meet once a month with other parents and community members to make decisions about Early Head Start.

WE MUST HAVE AT LEAST ONE PARENT REPRESENTATIVE FROM EACH EARLY HEAD START CLASS

Join the CIF!! If you think you may be interested, attend the September meeting-no obligations-just come and see what a meeting is like. The Parent Committee will have the opportunity to vote on CIF representatives at Parent Group Open House in October.

Upcoming Events October		
Parent Group/Open House	This month- see newsletter for details	
SCCAP Board	October 4	7:00 PM
Council of Involved Families Training	October 23	10:00 AM
Classes Closed	October 28 & 29	In-service

CAR SEATS ARE THE ONLY WAY TO TRAVEL

One of the most important jobs as a parent is keeping your child safe in a vehicle. Each year thousands of children are killed or injured in car crashes. Proper use of car seats keeps children safe. But with so many car seats for sale, it can be difficult to choose. To be sure your child is using the most appropriate seat, read on.

Age group: Infants

Type of Seats: Infant seats and rear-facing convertible seats

General Guidelines: **Never** place a rear facing car seat in the front seat of a vehicle. Infants should ride rear-facing until they reach the highest weight or height allowed by their car safety seat's manufacturer. At a minimum, children should ride rear-facing until they have reached at least 1 year of age *and* weigh at least 20 pounds. When children reach the highest weight or length allowed by the manufacturer of their infant-only seat, they should continue to ride rear-facing in a convertible seat.

Age group: Toddlers/preschoolers

Type of Seats: Convertible seats and forward-facing seats with harnesses

General Guidelines: All car seats should be placed in the back seat. It is best for children to ride rear-facing as long as possible to the highest weight and height allowed by the manufacturer of their convertible seat. When they have outgrown the seat rear-facing, they should use a forward-facing seat with a full harness as long as they fit. All children younger than 13 should sit in the back seat.



Upcoming Events November

Council of Involved Families	November 15	6:00 PM
EHS Closed	November 24-26	Thanksgiving
Parent Conferences	This month	
Energy Assistance Program	Apply this month	339-3447

More About Head Start and Special Needs-



Head Start includes children of all abilities who will be...

- Learning in the company of their peers
- Sharing a classroom
- Developing social skills with other children
- Interacting with children who have a range of abilities
- Developing a better understanding and respect for all children

- Activities are carefully planned and chosen to respond to the interest, strengths and needs of all the children.
- The physical set-up of the classroom invites exploration and social interaction.
- Classroom materials are arranged so that they are accessible for all the children in the class.

Call the Special Needs Coordinator, Barb Hefty-Jones, at 334-8350x213 for more information about:

*Parent Rights *Evaluation Process *Sleep *Behavior *Toilet Training *Stress *ADHD * Developmental Concerns

Other Community Supports:

Healthy Families 961-2500

Supports families who are expecting a baby or have a newborn, up to 3 months old. Healthy Families supports and encourages parents by building on their own strengths.

First Steps 866-644-2454

Supports families with children from birth-3. They provide assessment and early intervention to children who may be experiencing developmental delays or disabilities.

Upcoming Events December		
SCCAP Board	December 6	7:00PM
Council of Involved Families Celebration Dinner	Not meeting this month	
EHS Closed	Dec 20- Jan 3	Winter Break



While December is a time to celebrate, it is also a HUGE strain on the budget. Each year families overspend on gifts. Here are few inexpensive gift giving ideas:

- Anything homemade is a great idea. Sewing and beading is always fun and great for the fine motor skills.
- The Dollar Tree store has great ideas-paint sets, markers, crayons, paper and puzzles.
- Buy cheap candles (votives) and decorate them with tiny beads, shells, and ribbons melted on.
- Mini screwdriver sets are \$5.
- Books are always a great gift that last a lifetime.

Homemade wrapping papers using grocery store sacks with paint markers and stickers is a way save money and have fun.

Upcoming Events

January

Parent Group /Open House	This month - see newsletter for details	
SCCAP Board	January 3	7:00pm
Classes Resume	January 4	
EHS Closed	January 17	Martin Luther King Day
Council of Involved Families	January 10	6:00 PM

Tips to Beat the Winter Blues/Boredom

- ❁ Go for a bike ride or walk with the kids.
- ❁ Schedule playgroups with friends
- ❁ Check out pilates or yoga video from the library and do it with the kids.
- ❁ Eat yogurt to help boost your immune system to winter colds and flu.
- ❁ Keep energy levels up by eating healthy snacks like fruit, veggies, and cereal bars.
- ❁ Drink hot cocoa.
- ❁ Light some candles and tell stories.
- ❁ Go sledding.
- ❁ Make snow angels or footprints in the snow.
- ❁ Play board or card games.
- ❁ Snuggle up on the couch with a blanket and read.
- ❁ Write letters to friends you haven't seen in awhile.



Upcoming Events February

Winter Carnival	February 26	1:00-4:00 PM
Council of Involved Families	February 21	6:00 PM

February is Dental Health Month



How to care for the baby teeth, so the adult teeth will be stronger and last longer:

1. Start cleaning your baby's mouth early. Wipe the gums gently with a wet cloth each day. (no toothpaste)
2. When the baby teeth come in, you can use a soft baby tooth brush, or keep using a clean cloth.
3. As he/she grows, let your child learn to handle a toothbrush, but an adult needs to help with tooth brushing until the child is able to brush in a way that reaches the teeth.
4. Have all adults and other children brush their teeth at least 2 times a day.



Upcoming Events March

SCCAP Board	March 7	7:00 PM
EHS Closed	March 14-18	Spring Break
Council of Involved Families	March 21	6:00 PM
Classes Resume	March 21	

Early Literacy



Literacy begins on the lap of a loved parent or caregiver. As you sing, rhyme, and tell stories, babies develop listening skills and an interest in and love of words. As the two of you cuddle and read together, babies develop good feelings about books. This encourages them to play with books, mouth them, turn their pages and, eventually, read them.

Encourage your baby to explore books by

- Reading lots of books. This will help increase your baby's vocabulary
- Using books as part of your baby's daily routine. Read before naps or bedtime, read in the waiting room at the doctor's office, and read plastic books at bath time.
- Reading with excitement! Use different voices for characters. Babies love it when adults are silly and it makes reading more fun.
- Letting your baby "read" her own way. Your baby may only sit still for a few pages, turn the pages quickly or only want to look at one picture and then be done. She may even like to just chew on the book, instead of read it!

Upcoming Events April

SCCAP Board Annual Meeting	April 4	7:00 PM
Council of Involved Families	April 18	6:00 PM

As babies grow and develop, they will begin to show you what they like most about books. For example, one baby might simply want to keep turning pages while another wants to chew on the sturdy pages of his favorite board book.

April is Child Abuse Prevention Month



The next time everyday pressures build to the point where you feel like lashing out- STOP! Try any of these simple alternatives:

- Ⓢ Stop spanking... people spank when they are mad, not because it is a logical consequence.
- Ⓢ Expect to have messes... children and messes go hand in hand.
- Ⓢ Take a deep breath... and another- you are the adult.
- Ⓢ Close your eyes and imagine you are hearing what your child is about to hear.
- Ⓢ Press your lips together and count to 10... or even 20.
- Ⓢ If someone can watch the children, leave the room or take a walk.
- Ⓢ Hug a pillow.
- Ⓢ Turn on some music.. and sing along.

Remember: Stress is a part of everyone's life. It's everyone's responsibility to learn to deal with it.

CARE LINE 1- 800- 244- 5373

Upcoming Events May

SCCAP Board	May 2	7:00 PM
Council of Involved Families	May 16	6:00 PM
Parent Group/Open House	May 16-20	
Classes Closed	May 30	Memorial Day



Start Planning for Summer Time

- Visit the public library often. Get a library card for your children. They can check out books, games, posters, movies, etc. Pick up a schedule of summer activities at the check out desk. (Reading with your child just 15 minutes a day will promote reading skills)
- Schedule play dates with friends, family, or neighbors.
- Limit TV time. Too much media entertainment will over stimulate a child. Give children an opportunity to entertain themselves by providing sidewalk chalk, play dough, crayons, or homemade bubbles.



Outdoor Safety

- Supervise children around water at all times
- Dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats to prevent sunburn.
- The American Academy of Pediatrics recommends using a child-friendly formula with an SPF of at least 15 to protect your child from harmful UV rays and sunburn.
- Stay in the shade when possible, and limit sun exposure during the peak sun hours - between 10 a.m. and 4 p.m.



Pedestrian Safety

- An adult should always be with a child (holding the child or the child's hand) around roads, in parking lots, and any other area where there are moving vehicles.
- It's never too early to start teaching your child safety rules around vehicles. Teach your child that if she can see the driver in a vehicle, then the driver can see her. Also, if your child can't see the driver, the driver can't see the child.

Upcoming Events for June

Parent Appreciation Night	June 1	6:00 PM
SCCAP Board	June 6	7:00 PM
Council of Involved Families	June 20	6:00 PM
Energy Assistance	Sign up this month	339-3447

Male Role Models

Fatherhood is your chance to help shape the future for your child.

- Read to your child.
- Play ball with your child.
- Tell your child you love her/him.
- Encourage your child to ask questions and answer with short, simple explanations.
- Teach your child to be kind and honest.
- Draw with crayons.
- Go for walks.
- Examine bugs.
- Listen to music together.
- Ask your child about her/his day.
- Meet her/his friends.
- Encourage and compliment your child.
- Make things together.
- Teach your son or daughter how to do "hands on" jobs, like fixing the car or hammering.



Upcoming Events July

EHS Closed	July 4	Holiday
Council of Involved Families	July 18	6:00 PM

