



Head Start  
Events

**Wed, March 9**

Broadview AM field trip  
to Classic Lanes

**Fri, March 11**

Lindbergh 2 field trip to  
Kroger Seminary Square

**March 14-18**

Head Start CLOSED for  
Spring Break

**Mon, March 21**

Council of Involved  
Families, 6-8pm

**Thrs, March 31**

Kindergarten Transition  
Night

**Sat, April 2**

Head Start Spring Fling  
at 9th St Park

**We Collect**



Your labels=Cool Stuff  
for our Classrooms!

# Head Start Newsletter

March 7-11, 2011



Monroe County

## Twice Upon a Time Reading Challenge

Thanks for all who participated in the Reading Challenge! Please continue to turn in your reading logs as you and your child enjoy this time together. Your home learning time counts as volunteer time, which helps us meet our federal budgeting requirements.



## Seed Starting Workshop

Thursday, March 10  
6-7:30pm

Banneker Community Kitchen  
930 W. 7th St.

Learn how to start your own! This class is free and open to the public, donations are accepted. Register by contacting Stephanie at 355-6843 or [stephanie@mhcfoodpantry.org](mailto:stephanie@mhcfoodpantry.org)



## Parenting Support for Preschoolers

It is important to set limits for children. Make sure they know what the rules are. Here are some steps to follow when you set limits:

- \* Explain the rules to the child. Make sure he understands. Tell the child exactly what you expect him to do. Tell him the things he should not do. For example, when you go shopping say to your child, "Do not pull anything off the shelves when we are in the store."
- \* Ask the child to repeat what you have said. Ask questions to make sure she understands.
- \* Explain what will happen if the child breaks the rule.
- \* Change the rules when you need to as children get older
- \* Make sure the limit is really needed. Too many rules are hard for a child to understand. They give a child too much to remember.

Avoid taking sides against your child. Say, "That is what the rule is." Do not say, "Because I said so."

Once the rules are set, be consistent. This helps a child feel secure. He knows that you will always do the same thing.

Match the discipline to the misbehavior. If a child throws food on the floor take the food away. Do this if he is old enough to understand what he has done wrong. If children are fighting over toys, separate the children and put the toys away.

Use "Stop" and "Don't" more than "No." Tell a child what she should stop doing. Then let her know what she can do. For example, "Stop throwing the ball. You may roll the ball on the floor, but you may not throw it."