

UCHRA VAN BUREN COUNTY HEAD START HAND IN HAND TOGETHER WE CAN

Community

We would like to say a big thank you to all the community helpers that visited our center in the past month. Extending classroom learning into real life hands on exposure is one of the most important teaching tools for young children and without the support of those community helpers it would not be possible. THANK YOU!!!!

Bledsoe Telephone Cooperative
Generations of Spencer
Van Buren Co. Ambulance Service
Van Buren Co. Sheriff Dept.
Tennessee Highway Patrol
Ollie the Otter Program
Fall Creek Falls Fire Dept.



TEACHER'S CORNER



Your Child's Attendance at Head Start

Submitted by: Rita Mayfield

It is very important for your child to attend school regularly. At UCHRA Van Buren Co. Head Start, every child has their own individual education plan tailored just for him or her. When a child misses school frequently, they are not getting the full benefit of the program. We also have to acknowledge those who want to get into the program, which are on a waiting list to come in. While we do not want children to be dropped from the program, we have no choice with those who do not attend school regularly. Please make sure your child attends school as often as they can. Setting a school schedule now also sets the tone for when your child will be attending public school, in the 'not too distant' future. Education is important now more than ever, and it is important to build good attendance habits.

UCHRA Van Buren
County Head Start

October 1, 2011

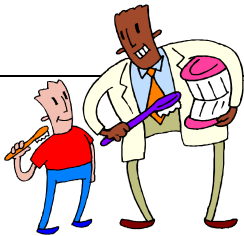
PERFECT ATTENDANCE

- Morgan Campbell
- Robert Davis
- Michael Davis
- Ayla Grissom
- Corlie Grissom
- Katheryne Hale
- Phoebe Hill
- Benjamin Hillis
- Brookelyn Hitchcock
- Lowen Howard
- Avery Kirby
- Lovell Knasel
- Summer Knasel
- Macey Lewis
- Kaleb Pandy
- Aidan Rigby
- Emma Roberts Kyra Smith
- Alana White
- Kayliegh Yates

EVENTS COMING IN OCTOBER

Monday October 3rd	Dental Visit Cleaning Teeth	Thursday October 20th	Field Trip Autumn Acres
Monday October 10th	NO SCHOOL Fall Break	Monday October 24th	Parent Training Lead Posing
Tuesday October 11th	Mike Palk Self Regulation	Wednesday October 26th	NO SCHOOL Teacher Training
Wednesday October 12th	Germ City	Thursday October 27th	Family Reading Night

Health & Nutrition



October is Dental Hygiene Month

Submitted by: Tina Scarbrough

Cavity prevention is not the only concern parents should have when considering their children's oral health. Recent studies show that periodontal disease continues to plague millions of Americans, including children.

The best way to ensure that your child does not get cavities or gingivitis is to instill proper oral habits early. Good oral hygiene routines should be established as early as infancy and continued throughout life.

Registered dental hygienists may recommend these tips:

Even before teeth begin to erupt, thoroughly clean your infant's gums after each feeding with a water-soaked infant washcloth or gauze pad to stimulate the gum tissue and remove food. When the baby's teeth begin to erupt, brush them gently with a small, soft-bristled toothbrush using a pea-sized amount of fluoridated toothpaste. A small amount of fluoridated toothpaste will help to inhibit decay. Fluoride is also found in mouth rinses, community water supplies, and in some foods. At age two or three, you can begin to teach your child proper brushing techniques. But remember, you will need to follow up with brushing and gentle flossing until age seven or eight, when the child has the dexterity to do it alone.

Schedule regular oral health appointments starting around your child's first birthday. Your oral health professional will check for cavities in the primary teeth and watch for developmental problems, as well as help to create a positive experience that may alleviate fear at future visits.

Allow and encourage your child to discuss any fears he or she might have about oral health visits, but do not mention the words 'hurt' or 'pain'. Saying "it won't hurt" instills the possibility of pain in the child's thought process.

Determine if the water supply that serves your home is fluoridated. If there is not fluoride in your water, discuss supplement options with your dental hygienist.

How Can I Help My Child Be Ready to Read and Ready to Learn?

1. Talk to your child to help him/her learn to speak and understand the meaning of words. Point to objects that are near and describe them as you play and do daily activities together. Having a large vocabulary gives child a great start when he/she enters school.
2. Read to your baby every day starting at 6 months of age. Reading and playing with books is a wonderful way to spend special time with your child. Hearing words over and over help them become familiar with them. Reading to your baby is one of the best ways to help him/her learn.
3. Use sounds, songs gestures and words that rhyme to help you baby learn about language and its many uses. Babies need to hear language from a human being. Television is just noise to a baby.
4. Point out the printed words in your home and other places you take your child such as the grocery store. Spend as much time listening to your child as you do talking to him/her.
5. Take children's books and writing materials with you whenever you leave home. This gives your child fun activities to entertain and occupy him/her while traveling and going to the doctor's office or other appointments.
6. Create a quiet, special place in your home for your child to read, write and draw. Keep books and other reading materials where your child can easily reach them.
7. Help your child see that reading is important. Set a good example for your child by reading books, newspapers and magazines.
8. Limit the amount and type of television you and your child watch. Better yet turn off the television and spend more time cuddling and reading books with your child. The time and attention you give your child has many benefits beyond helping him/her be ready for success in school.
9. Reach out to Libraries and community and faith-based organizations.

These organizations can:

- * Help you find age-appropriate books to use at home with your child;
- * Show you creative ways to use books with your child and other tips to help him/her learn; and
- * Provide year-round children's reading and educational activities.

For more information visit <http://pfie.ed.gov> or call 1-800-USA-LEARN

BIRTHDAYS

AUGUST

Katheryne Hale
Kaleb Pandy
Kyra Smith



SEPTEMBER

Avery Kirby



OCTOBER

Robert Chadwick
Ayla Grissom
Zachary McCluskey

Early Years

WORKING TOGETHER FOR A GREAT START

October 2011

Compliments of
UCHRA Van Buren County Head Start

KID BITS



Colorful laces

Practicing with two different-colored laces can help your youngster learn to tie his shoes. Tape one end of each lace to a table, about an inch apart. Refer to the colors as you talk him through the steps. ("Make a loop with the red lace. Wrap the yellow lace around it.")

Investigate a pumpkin

Your child can practice science skills by exploring a pumpkin. Ask her how it looks (orange, round) and feels (hard, smooth). Then, carve it open so she can describe what's inside (stringy pulp, white seeds). If you bake muffins or a pie, she can discover the pumpkin's taste, too.

Happy birthday!

A birthday party gives your youngster opportunities to practice manners. If he's the host, remind him ahead of time to thank guests for his gifts—even duplicates. When he's a guest, encourage him to wish his friend a happy birthday and thank the parents before he leaves.

Worth quoting

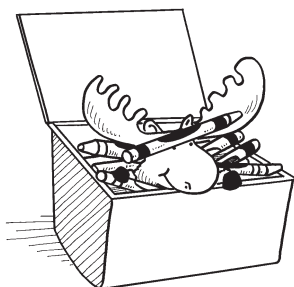
"The whole world opened to me when I learned to read."

Mary McLeod Bethune

Just for fun

Q: Why did the moose paint himself all different colors?

A: So he could hide in the crayon box.



Developing self-control

What keeps your child from whining in a store or grabbing a friend's toy when they're playing? The answer is self-control, and it's a lifelong skill that your youngster can develop now. Here's how.

Practice problem solving.

Encourage your child to find alternatives when he can't have his way. For example, talk about how he might pass the time while waiting his turn for a toy (spin a top, practice juggling). Or help him brainstorm ways to distract himself if he gets upset in a store. *Tip:* Make a "problem and solution" list together. Write down the ideas, and let him illustrate them.

Use signals. Together, come up with silent reminders that can boost your youngster's self-control. For instance, tapping your forehead might remind him to think before he topples his brother's block tower, while putting



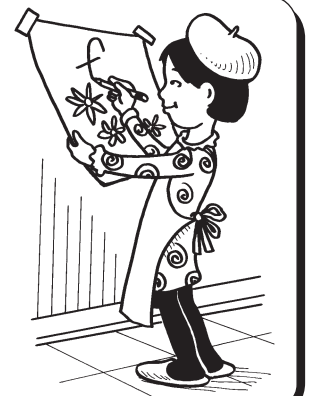
a finger to your lips could tell him to lower his voice. With practice, he may learn to control his impulses just by thinking of the signals.

Play together. Stretch your child's self-control with silly games. For example, try "The Staring Game." Look directly at each other and try not to be the first one to smile. Or play hide-and-seek and ask funny questions as you search for one another. ("Are you hiding in your backpack?") The goal is to keep from laughing and giving away your location.♥

Let's write!

Does your child make wavy lines and pretend she's writing? Is she starting to print some letters or words? Try these tips for supporting her as she builds writing skills:

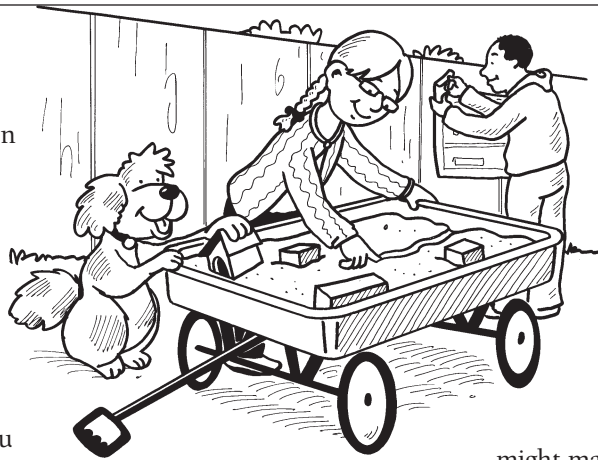
- When your youngster draws a picture, encourage her to label items by using letters she knows (f for flower, s for sun). Or you can say, "Tell me about your picture," and then ask her to write the words under her drawing.
- Keep paper and pencil handy. You might play house and have your child make a shopping list or imagine you're at a restaurant and ask her to write down your order.♥



Make a map

Creating a 3-D map is a fun, hands-on way for your little one to begin learning about geography. Here's a project you can do together:

1. First, fill a cardboard box or plastic container with rice or sand. Encourage your youngster to "draw" streets by dragging her finger through the rice. Then, have her place blocks along the streets to make a city. Ask her to tell you what kind of building each block represents (red rectangle for a fire station, yellow square for her school).



This will help her understand that maps use symbols to stand for real-life objects.
Tip: Suggest that she look for different materials to add new features to her map. For instance, she might tear out a circle of aluminum foil for a pond or build a bridge out of Popsicle sticks.

2. Next, help her draw a map of her box on a piece of paper. You might make the streets and let her draw and color shapes for the buildings. Have her make sure that she matches the shapes and colors on her paper to the blocks in her box. Explain that maps help people find their way around, so it's important that symbols go in the right spots.

3. Finally, switch things around. Draw a map together, and then build a 3-D version in the box. This is good practice for reading maps in real life. ♥

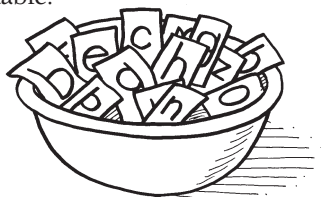
ACTIVITY CORNER

My family is special

What makes your family unique? This game will show your youngster what sets you apart from other families.

Materials: 26 slips of paper, pencil

Have your child write each letter of the alphabet on a separate slip of paper and put them in a bowl in the middle of the table.



Then, take turns drawing a slip from the bowl and saying a word that begins with that letter and is about your family. It could be the name of a person, place, or thing, or an event. For example, you might say "Korea" for K if that's where your family is from or "Fluffy" for F if that is your cat's name. If you get stumped, let your youngster call a grandparent or another relative for suggestions.

Tip: Have someone write down the words so you can post the list and remember what's special about your family! ♥

PARENT TO PARENT

Stress-free bedtime

My son Robert often falls asleep during rest time at day care, so he comes home full of energy. He usually isn't ready to go to sleep at bedtime, but he's often tired in the mornings. After several evenings of bedtime battles, I came up with a plan that has worked for both of us.

Robert still goes to bed at 8 p.m., but he doesn't have to try to sleep right away. After I read a bedtime story and tuck him in, he can look at a book, listen to a story on CD, or draw a picture using a clipboard. I often hear him telling his stuffed animals about his day at school.

This quiet time in bed helps my son wind down and makes it easier for him to fall asleep. Best of all, he wakes up in the morning rested and ready to start the day. ♥



Q & A

Speech: What's normal?

Q: My daughter has trouble saying her l, r, and s sounds correctly. Should I be concerned?

A: If teachers and classmates can understand your daughter's speech most of the time, there's probably nothing to worry about. Some children are seven or eight before they can pronounce every sound correctly. The sounds l, r, and s, along with ch, sh, th, v, and z, are often the last ones a youngster learns.

But if people frequently have trouble

figuring out what your child is saying, talk to her teacher. The school might refer her to a speech pathologist for testing.

If your daughter does have a delay or disability, the specialist will recommend speech therapy. The good news is that

this therapy is offered free through the school system—and many youngsters enjoy the sessions because they're filled with language games and activities. ♥



OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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www.rfeonline.com
ISSN 1540-5567

Early Years

TRABAJANDO JUNTOS PARA UN GRAN COMIENZO

Octubre de 2011

NOTAS BREVES



Cordones vistosos

Aprender a atarse los zapatos puede resultarle más fácil a su hijo si practica con cordones de varios colores. Pegue con cinta el extremo de cada cordón a una mesa, a una pulgada de distancia entre los dos. Refiérase a los colores cuando le explique los pasos. ("Haz una lazada con el cordón rojo. Envuélvela con el cordón amarillo".)

Analizar una calabaza

Su hija puede practicar habilidades científicas al explorar una calabaza. Pregúntele qué aspecto tiene (naranja, redonda) y qué textura (dura, suave). A continuación ábranla para que describa lo que hay dentro (pulpa fibrosa, semillas blancas). Si hacen panecillos o un pastel ¡podrá también descubrir el sabor de la calabaza!

¡Feliz cumpleaños!

Una fiesta de cumpleaños le da a su hijo la ocasión de que practique los modales. Si él es el anfitrión, recuérdelo con tiempo que agradezca los regalos a sus invitados, hasta los duplicados. Si es el invitado, anímelo a que desee a su amigo feliz cumpleaños y dé las gracias a sus padres antes de marcharse.

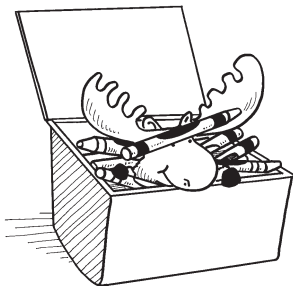
Vale la pena citar

"Todo el mundo se abrió ante mí cuando aprendí a leer". *Mary McLeod Bethune*

Simplemente cómico

P: ¿Por qué se pintó el ratón de muchos colores?

R: Para esconderse en la caja de crayones.



Compliments of
UCHRA Van Buren County Head Start

Desarrollar el autocontrol

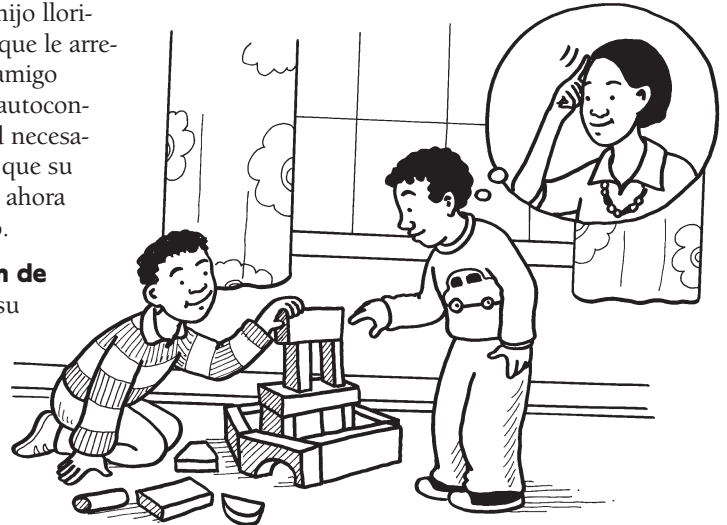
¿Qué evita que su hijo lloriquee en una tienda o que le arrebatase un juguete a un amigo cuando juegan? Es el autocontrol y es una habilidad necesaria para toda la vida y que su hijo puede desarrollar ahora mismo. He aquí cómo.

Practicar la resolución de

problemas.

Anime a su hijo a que encuentre alternativas cuando no pueda salirse con la suya. Por ejemplo, comenten cómo puede pasar el tiempo mientras espera su turno para un juguete (lanzar una peonza, hacer juegos malabares). Ayúdelo también a pensar en maneras de distraerse si se disgusta en una tienda. *Idea:* Hagan listas de "problemas y soluciones". Escriban las ideas y que su hijo las ilustre.

Usar señales. Decidan juntos recordatorios silenciosos que fortalezcan el autocontrol de su hijo. Por ejemplo, al darse usted un golpecito en la frente podría recordarle que piense antes de derribar la torre de bloques de su hermanito, y al tocarse los



labios podría indicarle que baje la voz. Con algo de práctica su hijo puede aprender a controlar sus impulsos simplemente pensando en esas señales.

Jugar juntos. Fortalezca el autocontrol de su hijo jugando con él a juegos cómicos. Por ejemplo, juegan al "Juego de las miradas". Mírense fijamente a los ojos y procuren no ser el primero que se ría. O bien jueguen al escondite y háganse preguntas divertidas mientras se buscan. ("¿Estás escondido en tu mochila?") El objetivo es evitar la risa y descubrir dónde se esconden.♥

¡A escribir!

¿Hace su hija líneas onduladas e imagina que está escribiendo? ¿Puede ya hacer algunas letras y palabras? Ponga a prueba estas ideas para apoyarla mientras aprende a escribir:

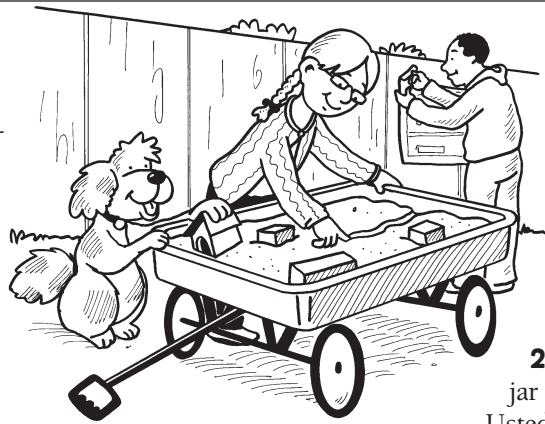
- Cuando su hija haga un dibujo, anímela a que escriba el nombre de las cosas que dibuja usando las letras que conoce (f para flor, s para sol). Usted podría decirle también: "Háblame de tu dibujo" y luego pedirle que escriba las palabras debajo.
- Tenga a mano papel y lápiz. Podrían jugar a las casitas y decirle a su hija que escriba la lista de la compra o bien imaginen que están en un restaurante y dígame a su hija que escriba lo que piden para comer.♥



Hacer un mapa

Crear un mapa en 3-D es una forma práctica y divertida de que su pequeña empiece a aprender geografía. He aquí un proyecto que pueden hacer juntos:

1. En primer lugar llenen una caja de cartón o recipiente de plástico con arena o arroz. Anime a su hija a que “dibuje” calles deslizándolo un dedo sobre el arroz. A continuación, dígame que ponga bloques de juguete a lo largo de las calles para hacer una ciudad. Dígame que le explique qué tipo de edificio representa cada bloque (rectángulo rojo para el parque de bomberos, cuadrado amarillo para su escuela). Esto la ayudará a



entender que los mapas usan símbolos que representan objetos reales. *Idea:* Sugiera que busque materiales diversos para añadir rasgos nuevos a su mapa. Por ejemplo, podría recortar un círculo de papel de aluminio para un lago o construir un puente con palitos de helado.

2. En segundo lugar, ayúdela a dibujar un mapa de su caja en un papel.

Usted podría trazar las calles y su hija podría dibujar y colorear las formas de los edificios. Asegúrese de que las formas y colores del papel coinciden con las de los bloques en la caja. Explíquela que los mapas ayudan a que la gente sepa orientarse así que es importante que los símbolos estén en los lugares adecuados.

3. Finalmente, den la vuelta al proceso. Dibujen un mapa y luego construyan una versión en 3-D en la caja. Es buena práctica para leer mapas de verdad.♥

RINCÓN DE ACTIVIDAD

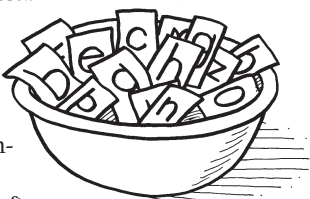
Mi familia es especial

¿Por qué es única su familia? Este juego enseñará a su hija qué los distingue a ustedes de otras familias.

Materiales: 26 tiras de papel, lápiz

Dígale a su hija que escriba cada letra del abecedario en una tira distinta de papel y colóquenlas en un cuenco en medio de la mesa.

Saquen por turnos una tira del cuenco y digan una palabra que empiece con esa letra y que se refiera a su familia. Podría ser el nombre de una persona, lugar, una cosa o un acontecimiento. Por ejemplo, podrían decir “Colombia” para la C si su familia proviene de allí o “Fluffy” para F si así se llama su gato. Si no se les ocurre nada, que su hijo llame a uno de los abuelos o a otro familiar para pedir sugerencias.



Idea: Que alguien escriba las palabras y coloquen la lista donde la vean para recordar qué tiene su familia de especial.♥



DE PADRE A PADRE

A la cama sin estrés

Mi hijo Robert se duerme durante el descanso en la guardería así que llega a casa lleno de energía. Normalmente no quiere irse a dormir cuando llega la hora, pero con frecuencia está cansado por la mañana. Al cabo de varias peleas cuando se tenía que ir a dormir, se me ocurrió un plan que ha dado resultados para los dos.

Robert se sigue yendo a la cama a las 8, pero no tiene que dormirse inmediatamente. Le leo un cuento y lo arropo, pero después puede mirar un libro, escuchar una historia en un CD o hacer un dibujo apoyándose en un sujetapapeles. A menudo oigo que les cuenta a sus animales de peluche qué tal le fue el día en la escuela.

Este tiempo tranquilo en la cama le ayuda a Robert a relajarse y le facilita conciliar el sueño. Lo mejor de todo es que se despierta descansado y listo para empezar el día.♥



HABLA: ¿Qué es normal?

P: Mi hija tiene problemas pronunciando correctamente los sonidos de la l, r y la s. ¿Debería preocuparme?

R: Si los maestros y los compañeros de clase pueden entender a su hija la mayor parte del tiempo, probablemente no hay motivo de preocupación. Algunos niños llegan a los siete o los ocho años sin pronunciar correctamente cada sonido. L, r, y s así como ch, sh, th, v y z en inglés, son a menudo los últimos sonidos que aprenden los niños.

Pero si a la gente le cuesta entender con frecuencia lo que su hija dice, hable con su maestra. La escuela puede enviarla al logopeda para que le hagan algún test.

Si su hija no tiene retraso o una discapacidad determinada, el especialista recomendará terapia del habla. Lo bueno es que esta terapia se ofrece gratuitamente a través de las escuelas y muchos niños disfrutan de las sesiones porque están llenas de juegos y actividades relacionadas con la lengua.♥



NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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ISSN 1540-5575