



Children's  
FRIEND

April 2014

# Head Start Newsletter



## Safety Tips from the Health Team

Spring is here! Here are a couple of things to keep in mind as you and your children enjoy the warming temperatures.

"Hay fever" is a common problem for infants and children. Symptoms include a stuffy or runny nose, sneezing, itchy eyes, sore throat, and cough.

Allergies are more common in children that have asthma or eczema. They are also more common in children who are exposed to second hand smoke, air pollution and pets.

Allergies can put your child at risk for sinus infections, ear infections, and poor concentration at school. Allergies can also make asthma symptoms worse.

If your child has symptoms of allergies, see your pediatrician right away. They can help you learn preventative measures or prescribe medication. When temperatures get warmer, we're all eager to be outside.

Fresh air does wonders for your children's health. Temperatures above 30 degrees are fine for short periods of time if your children are dressed properly.

Early spring can be deceptive, with some very cold days and wet weather.

Hats, gloves, a warm jacket, and socks are the best way to protect your children from chilly and wet weather. Children should leave a pair of dry socks at school. As we all know, children are good at finding puddles!

The health team is here to answer any of your questions or concerns. Please feel free to contact your child's Head Start Center Health Team for advice and assistance.





## What is Your Child Telling You?

*"My child has temper tantrums on a daily basis. He hits, kicks, bites, throws his toys, and screams. I can't take him to stores because he screams and it's so frustrating. I am worried about him going to school and acting this way in his classroom. I try to tell him 'no' but he doesn't listen. I feel like I have no control."*

When your child is pushing your buttons, it can be very frustrating. However, the more you understand what your child is trying to tell you (for example, when he/she is having a tantrum or hitting), the less stressed you will be in the long run. One place to begin is to look for any patterns or cues prior to your child's challenging behaviors.

For example:

- Is there a time of day when the behaviors happen more frequently? Is it around bedtime or meals? Is it when he/she is changing from one activity to another?
- Who is around the child when this behavior is occurring? Are there kids or adults around? Are the people familiar to the child or strangers?

Every child expresses their emotions in their own way. Sometimes, they use behavior as a way of letting you know that something else is going on. By identifying patterns and understanding the behavior, you'll be better able to help them manage their emotions.

Remember, you have your Head Start Team to help you. We can help you understand what your child is telling you and figure out what the next steps are to help you and your child.

Here are some additional resources where you can find information on children's behavior, development, and various related topics:

- For information on child development and behavior: <http://www.parenting.com/child/>
- For those caring for children with or without disabilities: <http://www.pbs.org/parents/inclusivecommunities/>
- The Center For Effective Parenting provides information on many topics, available in English and Spanish: <http://parenting-ed.org/parent-handouts.asp>



## Family Development Corner ~ Partners in Education

We know that two things are really important: parents are their child's best teacher and when parents and schools work together – **kids do better!**

At the Berkshire and Manton centers we're trying something new to strengthen the home-school connection. We're offering more opportunities for your child's teaching team to work with you and your family.

Children at these centers attend school from Tuesday to Friday for a typical four hour day. On scheduled Mondays the teaching team visit families in their homes and communities.

This increased opportunity for teachers to visit with you in your home will provide multiple benefits such as:

- improved communication
- shared goal setting and problem solving,
- teaching you ways to support your child's learning at home

You and your family will identify goals, and we will work to create the best team for you to achieve those goals for yourself and your child.

We have a resource specialist at both centers to help with various needs such as applications to school, writing resumes, or to make sure you are accessing the right benefits for your family.

Many families enjoy working with a home visitor who will also work closely with your teaching team. The most important thing is that we are working with families to determine what's best for each of you!

Families will be invited monthly to participate in center-based activities and community family events. Our plans include storytelling, playground safety, and a visit to the Providence Children's Museum. Watch for updates about the success of this new and exciting model!

*Are you the parent of a child at the Berkshire or Manton center? Are you interested in working with the Partners in Education collaborative work group? Contact Malia Goodwin at [mgoodwin@cfsri.org](mailto:mgoodwin@cfsri.org) or 401.752.7500 or Bertha Dischert at [bdischert@cfsri.org](mailto:bdischert@cfsri.org) or 401.752.7500.*



## Ways to Get Involved

It's April, and we're well into the second half of the school year. We hope that you're as excited about it as we are!

We invite parents to please join us for site Parent Committee meetings. These meetings take place the second Friday of every month. Please check with your child's teacher for the schedule.

You can also be part of the governing body of Head Start, the Head Start Policy Council. This meeting typically takes place the Friday after the 4<sup>th</sup> Wednesday of each month.

Head Start Policy Council meetings are held at the Friendship Center, located at 350 Point Street, Providence, from 9:30 a.m. to 11:30 a.m. Transportation and child care are available for these meetings.

You will be able to learn more about Head Start, how everything is connected, and help us make decisions that will affect your child.

### Upcoming Meetings:

- April 25<sup>th</sup>, 2014
- May 30<sup>th</sup>, 2014

### Our Officers for Policy Council are:

- **Chair**  
Evelyn LaFrance from the Friendship Center
- **Vice Chair**  
Robyn Giragosian from the Dean Center
- **Secretary**  
Bianca Garcia from the Friendship Center
- **Treasurer**  
Eula Walker from the Varone Center

Parents, grandparents, foster parents, etc. come and be a volunteer! We have many ways that you can get involved in your child's education. For example read a favorite story in the classroom, attend a special event, or participate in field trips.

Congratulations to **Robyn Giragosian**, a parent from the Dean Center and our Policy Council Vice-chair, who was elected to be the Rhode Island State Representative for the New England Head Start Association. Robyn will participate in regional meetings and conferences representing Rhode Island families.