



Program Newsletter

COLLEGE OF SOUTHERN IDAHO
HEAD START/ EARLY HEAD START
Spring 2011



Parent Corner



Self Reflection

Taking care of ourselves is difficult to do sometimes and people often experience stress that may make even the simplest task unmanageable. How do we deal with stress and be effective parents at the same time? Being able to identify what we are feeling and utilize coping skills can help us all overcome difficult times. But how do we do this?

Keys to coping with stress:

- Recognizing that we are in a tough spot
- Reaching out to others
- Realizing that we are not alone
- Acknowledging the need for help
- Working to set realistic goals

Self reflection is taking the time to think about your life, acknowledge your successes and plan for the future. This can be done in numerous ways:

- Find a quiet moment to relax and just breathe
- Reflecting on our successes
- Keep a journal about what has gone well and how you have solved problems
- Surround yourself with positive peers that can help you problem solve and give you support
- Use your creativity; draw, color, take photographs, make a scrapbook that reflects the important things in your life (family, events, accomplishments)
- Celebrate unique things from your culture by passing on traditions to your children
- Share music and art with your children (songs, music, art, rhymes)
- Finding a favorite spot, a favorite time of day or night that you can call your own to be silent, read, take a walk, or reflect on simple accomplishments



Reading Corner

Owl Babies – Martin Waddell
William's Doll – Charlotte Zolotow

The Kissing Hand – Audrey Penn
The Giving Tree – Shel Silverstein

Early Head Start



Kangaroo Care

Kangaroo care is the practice of holding your diapered baby on your bare chest (if you're the father) or between your breasts (if you're the mother), with a blanket draped over your baby's back. This skin-to-skin contact benefits both you and your baby.

You may be a little nervous about trying kangaroo care. If your baby is very small or sick, you may be afraid you'll hurt him. But you won't. Your baby knows your scent, touch and the rhythms of your speech and breathing, and he will enjoy feeling that closeness with you. Kangaroo care can help your baby:

- Maintain his body warmth
- Regulate his heart and breathing rates
- Gain weight
- Spend more time in deep sleep
- Spend more time being quiet and alert and less time crying
- Have a better chance of successful breastfeeding (kangaroo care can improve the mother's breast milk production)

Kangaroo care has emotional benefits for you, too. It builds your confidence as you provide intimate care that can improve your baby's health and well being. You are giving something special to your baby that only you can give. By holding your baby skin-to-skin, you will feel the experience of new parenthood and closeness to your baby. Kangaroo care is healing in many ways, for both you and your baby.

Ask your NICU staff about its policy on kangaroo care. Some NICUs postpone kangaroo care until the infant is medically stable, while others use it from birth onward. Kangaroo care is safe and beneficial, even if your baby is connected to machines. Whatever your situation, kangaroo care is a precious way to be close to your baby. You will cherish this time.

Resource

Kangaroo Care: The Best You Can Do to Help Your Preterm Infant, by Susan M. Luddington-Hoe and Susan K. Golant (Bantam Books, 1993).

August 2009

Excerpted from the March of Dimes booklet, "Parent: You & Your Baby in the NICU", written in collaboration with Deborah L. Davis, Ph.D., and Mara Tesler Stein, Psy.D., authors of "Parenting Your Premature Baby and Child: The Emotional Journey."

For more information you can visit www.marchofdimes.com

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CENTER NEWS

Cassia

Parent Meetings: Apr 12th, May 21st. Trainings on money management, school transition, and Color Me Healthy. Upcoming Events: Kindergarten registration in April and Community Health Fair. Field trips: local bank, McDonald's, Smith's, and Wal-Mart. Male involvement activities; pizza and a movie, end of the year picnic. What's New: equipment, furnishings, staff. Celebrations: Having wonderful parents that help out in the classroom, food experience and as bus monitors and helpers in the classroom.

East End

Parent meeting: Mar 16th, Apr 13th, May 11th. Trainings/Activities will include; budgeting, kindergarten readiness and affordable game ideas. Field Trips: paramedics, fire station, and the library. What's New: We have a new tricycle storage shed! Upcoming Events in the Community: Home Depot "Build it Workshops," Saturdays 11-2 pm.

Hagerman Pre-K

Field trips: Ag Department, Fish Hatchery, Park. Activities include: Make and take (pine cone bird feeder, graham cracker house etc.); hydro phonics, planting the pinwheel garden at school, and a nature walk. Major Donations: Books and toys. Upcoming community events: Heath Fair in Wendell 3/7/11 (5-7 pm); PT Conference 3/31 (2-8 pm); Easter Egg Hunt 4/23 at Hagerman City Park. Pinwheels for prevention of child abuse in April.

Hailey

Parent Meetings: Apr 12th, May 10th. Trainings will be on winter exercise, Color Me Healthy, Kindergarten. Major Donations: Theater tickets to Company of Fools' *Snowflake* for all families/siblings. What's New: The children are making masks/puppets and acting out stories, learning sign language symbols. Upcoming Events: Library activities, Chili Cook-off (3-12) at Hailey Senior Center. All proceeds from this event will go to swimming lessons this summer for Hailey Head Start children.

Little Wood

Parent meetings: Apr 12th, May 3rd. Trainings will be in Color Me Healthy, fire safety, literacy and Kindergarten. Class pictures in March and an end of the year carnival in May. Field trips: fire department, planetarium, kindergarten, and 8th graders reading to the kids. Major Donations: Potatoes, chicken, strawberries, cheese commodities from South Central Community Action, food and stuffed animals from Dietrich school. Celebrations: parents receiving their GED's! Upcoming Events: Food Bank in Shoshone.

Minidoka

Parent Meetings: Mar 10th, Apr 14th, May 12th. Trainings will include: Kindergarten teacher, Color Me Healthy, and an end of the year activity. Field Trips: grocery store, kite flying at the park, livestock auction, a farm and the garden center, Library, Police station, Mexican Bakery, Kindergarten, and Ag expo. Major Donations: Stuffed horse from Wells Fargo Bank for the classroom, magazines for classrooms and families. What's New: New carpet in Unit 2 classroom and staff office area, new vinyl in adult restrooms.

EHS: Socializations are on Wed evening from 5-7 pm and on Thursdays from 11-1 pm. Parents are making picture albums from each socialization. What's new: equipment and materials in the classroom.

North Side

Parent meetings: Mar 14th, Apr 11th, May 9th. Trainings will include: shopping on a budget, couponing, Kindergarten teacher. Activities include soccer in the park and lunch or dinner. Field Trips: Letter hunt, dairy farm, bowling, post office, moss greenhouse, and kindergarten class. Celebrations: the children are growing and learning in Head Start. Spring Break: March 21-25th.

EHS: Rooms have been re-arranged and we have many new toys, fresh paint and new furniture that looks warm and welcoming for families. We welcome new ideas and suggestions from our parents.

Orchard Valley

Parent Meeting: Mar 30th, Apr 27th, May 11th. A literacy activity with Center Supervisor/Wendell Librarian, Susie Beem will be held. Field trips: post office, the police department, a local dairy. Major Donations: For the Health Fair- Fish from Clear Springs, 150 cartons of milk from United Dairymen of Idaho, use of the facility at the Wendell HS. What's New: There will be a spring cleanup on the playground and flowers and a vegetable garden will be planted with the children. Librarian distributed free children's CD's, new carpet and lighting in the dining area!

Power

Parent meetings: Apr 6th, May 4th with child development, physical education training, and money management. Field trips: post office, dairy, library, kindergarten. Major Donation: volunteering time to introduce children to musical instruments and different cultures. What's New: support staff. Upcoming Events: Health Fair March 28th at St. John's Lutheran Church. A. F. Daily bread, Library- Safari Night and Children's hour, movie night.

Twin Falls

Parent Meetings: March 10th, Apr 14th, May 12th. Trainings on resources for TF library, multi-cultural, and Kindergarten. Male Involvement: May 14-fishing with fathers. Field trips: Winco, post office, library city park. Major Donations: Adult/Juvenile Community Service donating hours since January. What's new: Kristi Garza donated a sofa and loveseat for staff area. Celebrations: End of the Year BBQ at Harmon Park on May 24th from 4:30-6:30. Upcoming Events: St. Patrick's Day parade (3-17), TF Library every Tuesday at 4 pm Kidz time (movies/games), Story time at the TF Library every Friday at 10:30 am.

EHS: Planting seed at March socializations and watching them grow over the next several months.

West End

Parent Meetings: Mar 16th, Apr 20th, May 18th. Trainings will include; rethink your drink, and food budgeting. Field Trips: fire department, Kindergarten classrooms. Major Donations: United Dairyman of Idaho, Blick Trucking, Swire Coke, Ridley's, Buhl Chamber, Arctic Circle, West End Men's Association, National Honor Society, Health Fair donation for \$600 from local banks. Celebrations: West End parent committee and staff served a potato bar for about 400 people at the Health Fair. There were 40 booths and vendors and this was the 12th year of collaboration with the Chamber.