



COLLEGE OF SOUTHERN  
IDAHO HEAD START  
EARLY HEAD START



# Head Start Quarterly Review

A quarterly newsletter of the College of Southern Idaho Head Start /Early Head Start

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## April is Child Abuse Prevention Month

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Staff help Head Start children get their pinwheels ready to plant at the Twin Falls Head Start Center.

By Deborah Drain, Parent Engagement Family Involvement Specialist

The month of April is Child Abuse and Neglect Prevention and Awareness month. Centers throughout the College of Southern Idaho Head Start/Early Head Start program will participate in the national campaign called *Pinwheels for Prevention*.

The Pinwheels campaign is coordinated through the Idaho Children's Trust Fund, a subsidiary of Prevent Child Abuse America, with other local partners including St. Luke's CAREs program and the Behavioral Health services from the Idaho Department of Health & Welfare.

The program is also reaching out to schools and libraries this year to further strengthen the net-

works that support resilience in children and families.

The campaign raises awareness through pinwheel walks, distributing vases, planting pinwheel gardens, creating/posting signs and artwork, mayoral proclamations, and through community partnership events and activities.

The Pinwheel represents Prevent Child Abuse America's efforts to change the way the United States thinks about prevention, by a focus on community activities and public policies ahte prioritize prevention right from the start to make sure child abuse and neglect never occur.

Nearly 90,000 pinwheels have been displayed since April 2008 ([pinwheelsforprevention.org](http://pinwheelsforprevention.org)). Join your child at your center to raise

awareness in your community and throughout the nation.

Our most basic obligation is to support the healthy development of our nation's children. To be stewards of the next generation and, in doing so, be stewards of our entire future. Yet too often promises go unfulfilled and our children suffer—which means our communities, economy and security suffer too.

Now is the time for our nation to awaken to how we can provide every child with an equal opportunity for healthy growth and development.

Inside this addition the six protective factors for strong, healthy families are detailed. Please join our program in promoting and putting them into practice.

**Hailey**

*Parent Meeting:* 3/12/13, training the Hunger Coalition with Naiomi. 4/9/2013, training St. Luke's Center for Community Health. May, TBA, End of the Year Celebration.

*Field Trips/Events:* March, the classes will see the play *Stone Soup*, presented by the St. Thomas Playhouse. April, Land Trust restoration wetlands to explore signs of spring and view the newly constructed Bow Bridge. May, swimming field trip to the YMCA.

*Major Donations:* The Hailey Center received scholarship donations from community organizations to supplement the cost of field trips and activities for our Head Start students. Additionally the Hailey Center was the recipient of the Lee Pesky Math Project—a year-long math skill-building project for preschoolers. The Pesky team has made several visits to the Center and provided learning materials for the families, as well as the classroom.

*What is new at the Center:* The Center is looking forward to implementing our new book, Classroom Makeovers.

*Celebrations:* First and foremost, we celebrate a group of committed, involved parents and families this year; the Center also benefits from the people who help us—community volunteers, donors and organization leaders. Last but not least, we celebrate our team; we have such a strong team.

**Cassia**

*Parent Meetings:* 3/12/13, training good dental hygiene. 4/9/13, training Kindergarten Registration. 5/14/13, training TBA.

*Field Trips/Events:* March: Times News. April: Veterinarian and Mary Lou's Florist.

*Donations:* 100 lbs potatoes. Craft stamps for classroom use.

*What's New:* Bathrooms have been remodeled. Unit 1 has a new supply cabinet.

**Minidoka**

*Parent Meetings:* 3/21/13, training kindergarten transition. Parent/Teacher Conferences: 3/18/13 and 3/21/13.

*Meeting:* 4/25/13, training Girl Scouts & Boy Scouts. Activity: Pinwheels 4/5/13 Rupert City Square. Children's Pictures: 4/5/13 at Rupert City Square.

**Regional Updates: North**

*Upcoming Events for Families: Performances:*

Footlight Dance presents the Anti-Bullying Ballet Performance at the Community Campus; *Classes:* Parenting Skills Conference sponsored by St. Luke's Center for Community Health; Life Skills Program sponsored by the Advocates, CSI and the Hunger Coalition; Community sponsored by the Hailey Public Library; Brown Bag Lunches, also sponsored by the SLCCH.

**Little Wood**

*Parent Meetings:* 3/19/13, training Family Finances. No meeting in April. 5/14/13, training and end of year activity TBA.

*Field Trips/Events:* March—Bozzuto's Furniture Store. April—TBA. May—Kindergarten classrooms in Gooding and Shoshone.

*What's new at the Center:* We welcome our new classroom Assistant, Janet.

*Upcoming Events for Families:* Gooding Health Fair, Saturday, May 18th at North Canyon Medical Center. The High Desert Coop offers weekly free meals through the United Methodist churches in the area. Shoshone on Tuesday, Gooding Wednesday, Richfield on Thursday. All are at 6:30pm. Come as you are, there is an **optional** Bible study after each meal.

**North Side**

*Parent Meetings:* 3/12/13, training Active Learning with Amber Twiggs. 4/9/13, TBA. 5/14/13, training Kindergarten teacher presentation.

*Field Trips/Events:* March—Herrett Center. April—Moss Greenhouse. May—Kindergarten Class and Alligator Farm.

*Celebrations:* A parent joined our staff and

another parent passed her board exams.

*Upcoming Events for Families:* Spanish Speaking Story Time at Jerome Public Library for children ages 2 to 5.

*Early Head Start:* PALS begins again 3/14/13 and 3/15/13. We will be making shapes, planting bean sprouts, flowers and veggies, and playing outside.

**Orchard Valley**

*Parent Meeting:* 3/19/13, training on Money Management with Lyle Hansen from the U of I Extension Office. 4/16/13, training Child Behavior with Susan Vance, Head Start Mental Health Professional. 5/14/13, training Family Literacy, the parents will put together literacy bags for their children.

*Field Trips/Events:* March: Hagerman Fossil Beds. April: Wendell Elementary Kindergarten class visit. May: Animal Farm in Gooding.

*Donations:* Fish from Clear Springs. Paper products from Parkers Funeral Home. Books for each child through the Wendell Public Library and the Idaho Commission on Libraries.

*Celebrations:* Children are learning and having fun AND so are the staff.

*Upcoming Events for Families:* Money Management training, a partnership between OV Head Start and the Wendell Public Library; presented by Lyle Hansen of U of I Extension Office which will be held at the Wendell Public Library. Health Fair on Monday, April 8<sup>th</sup>! Pinwheels for Prevention parade with the Wendell 3-5 Program, the Wendell Library and other community individuals, businesses and organizations, Wendell Mayor.

**Regional Updates: East**

*Parent Meeting:* May is TBA, Male Involvement Activity, Soccer, TBA. End of the Year Activities: Tuesday/Wednesday class: 5/22/13; Thursday/Friday class: 5/23/13. Health Fair: 4/3/13.

*Field Trips:* March—Unit 1: I Greenhouse, Unit 2: Library. April—Unit 1: Ridley's Market, Unit 2 Mexican Bakery. May—Unit 1: Animal Hospital, Unit 2: Ag Expo.

*Donations:* Books from DeMary Library, classroom materials, carpet installation.

*What's New:* Office and staff area. Bike shed and new ride on toys for the playground.

*Celebrations:* Less snow and more sunshine!

*Upcoming Events for Families:* 3/6/13 Night with Dr. Seuss at the De Mary Library. 4/5/13 Pinwheel Walk at the Rupert Square. 5/3/13 Health Fair at the Cassia Hospital.

*Early Head Start:* PALS sessions start March 11th and again on May 13th. Children are

receiving books each month from the DeMary Library along with an activity.

**Power County**

*Parent Meetings:* No parent meeting in March.

4/25/13, training on Child Abuse Prevention. May: End of the Year Activity, TBA.

*Donations:* The library donated Reading rainbow videos and book packets valued at \$5,000 total. They also donated 40 hard-covered books, valued at \$400 total.

*What's New:* Power County Head Start welcomes new home visitor Shauna Frayer.

*Upcoming Events for Families:* The library will offer six week Pre-K reading program starting in April. The program will last 6 weeks and offer interactive literacy activities for parents and children. SEICAA is offering GED help and looking for applicants for weatherization and energy assistance

## Regional Updates: Central

### East End

*Parent Meetings:* 3/19/13, training personal development; make your own soap. 4/16/13, meeting Kindergarten teachers from Kimberly and Hansen. Also Male Involvement activity, craft with child's handprint. 5/17/13, End of Year Celebration.

*Field Trips/Events:* March—Herrett Center. April—Rock Creek Growers Nursery. May—Kindergarten Classroom.

*Donations:* Certificates for parent meeting door prizes and parent meeting door prizes. Chobani yogurt for the classroom.

*What's New at the Center:*

### Hagerman Pre-K

*Parent Meeting:* 3/4/13, training on Cooking/Nutrition. We will make pizza and peel hard boiled eggs. 4/15/13, training Male Involvement: Lowe's Hand's On Activity.—letter pretzels.

5/6/13, training Male Involvement and Family Fun Night, we will make snacks and have a picnic.

*Field Trips:* March—Ag Department Farm Day. April—Fire Station. May—Fish Hatchery.

*Celebrations:* Working on COR, DECA, Self Assessment is April 1 and 2.

*Upcoming Events for Families:* Parent teacher conferences 3/21, Pinwheels for prevention in April, Plant pinwheel garden 4/4, Health Fair with Orchard Valley 04/8 at Wendell High School, April Kindergarten registration, Spring Sing 5/22.

### Twin Falls

*Parent Meetings:* 3/4/13, training on parenting tips, will role play a family meeting. Parent Teacher Conferences. 4/11/13, Male Involvement Activity: I am Moving I am Learning, will go swimming or to Skate Land. Will also talk about Child Safety with identification Kits, Fire Safety, and Bicycle Safety. May meeting TBA, training on School Readiness, will do a make and take activity and RIF book give away.

*Field Trips/Events:* March—Unit 1 & 2: Albertson's. Unit 3: Winco. April—Unit 1 & 2: Kindergarten classroom. Unit 3: Tuibbs Berry Farm. May—Unit 1 & 2: Herrett Center. Unit 3 Kindergarten Classroom.

*Donations:* Handmade Children's Clothes, crayons, puzzles, children's books, child safety ID kits, fire safety handbooks, 6 scholarships for EHS children to attend the CSI Toddler Lab.

*What's New:* Twin Falls HS and EHS will participate in the Twin Falls Public Library's "Books to Go" program.

*Celebrations:* Parent going to Washington D.C. to receive national award,

*Upcoming Events for Families:* 4/5/13 at 12:15 Pinwheel walk at CSI. 4/15/13 Day of the Young Child at Boys & Girls Club 11am to 1pm. Library Story Time every Friday at 10:30. Free admission to the Herrett Center the 1st and 3rd Tuesday of each month.

*Early Head Start:* Fluoride Clinic at TFHS 3/19/13 and 3/20/13. PALS activities includ-

ing fine motor art projects, water play, puzzles, planting seeds and lots more!

No PALS or Home Visits during Spring Break 3/25/13 to 3/29/13.

### West End

*Parent Meetings:* 3/18/13, with Parent Teacher Conferences and activities to encourage Child Development. 4/16/13, training on Kindergarten Orientation with a school tour. 5/8/13, Male Involvement Activity building project at the Buhl Public Library.

*Field Trips:* March—Herrett Center. April—Popplewell Elementary. May—Flint Greenhouse.

*Donations:* Thank You to the United Dairymen of Idaho, Ridley's, Steve Katz, Blick Trucking, First Federal Bank, Clear Springs, West End Men's Association and the community partners that dedicated their time and resources to the 13<sup>th</sup> West End Annual Health Fair.

*New at the Center:* Misti Ontiveros a former HS parent who is now attending CSI as a Sociology Major has returned to HS to complete an internship.

*Celebrations:* Day of the Child April 27th.

*Upcoming Events for Families:* April is Child Abuse Awareness Month and our center will have lots of fun Pinwheel for Prevention activities planned to bring awareness to the Buhl Community.

## An Open Letter to Congress and the Business Community

Dear Members of Congress,

As business leaders, we understand the importance of fiscal responsibility, of balancing the books each year. But we also understand that short-term savings can sometimes lead to long-term losses. We recognize that Congress has to make difficult decisions to get our nation's financial books in order, but balancing these deficits with cuts to Head Start and Early Head Start programs is a prime example of good intentions gone awry.

For our businesses to succeed we need a healthy, educated, stable work force and Head Start is one of the best ways to ensure that students enter school ready to learn and to succeed. Researchers, academics, even a Nobel Laureate economist have convinced us that quality early childhood education has enormous short-

and long term benefits. In the short-term, for every dollar we spend in a community on comprehensive early education efforts like Head Start, two dollars are returned to the local economy.

In the long-term, research has convincingly demonstrated that spending on comprehensive early childhood efforts like Head Start produces a 10% annual return over the life of a child. Better school performance, fewer resources devoted to special education, lower health care costs for the child and the family, reduced instances of incarceration and arrest, longer life expectancy—these are all proven outcomes of a high-quality comprehensive early education program like Head Start. Most importantly, these programs produce more high school graduates—an absolutely critical step to success in the workforce. Federal Reserve Bank Chair Ben Bernanke, in

recent testimony to Congress, suggested, "Research increasingly has shown the benefits of early childhood education and efforts to promote the lifelong acquisition of skills for both individuals and the economy as a whole."

As we look ahead and plan for the long-term needs of our businesses, we are convinced that cutting spending on Head Start now means spending significantly more in later years to train, remediate, and rehabilitate the young adults we will need to hire. Let's take this opportunity to shape a successful future. Ensure that Head Start has the funds it needs today so we can have the workforce we need tomorrow

Sincerely,

Kevin Carnes,

President of Educational Division  
Lakeshore Learning

## Protective Factors for Resilient Families

From *Preventing Child Maltreatment and Promoting Well-Being*

Every family has strengths, and every family faces challenges. When you are under stress—the car breaks down, you or your partner lose a job, a child's behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home—sometimes it takes a little extra help to get through the day.

Protective factors are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and prevent child abuse and neglect. This tip sheet describes six key protective factors and some simple ways you can build these factors in your own family.

Protective Factor and What It Means	What You Can Do
<p><b>Nurturing and Attachment:</b> Our family shows how much we love each other.</p>	<ul style="list-style-type: none"> <li>• Take a few minutes at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking.</li> <li>• Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask them questions, or play simple games (such as "I spy").</li> </ul>
<p><b>Knowledge of Parenting and Child Development:</b> I know parenting is part natural and part learned. I am always learning new things about raising children and what they can do at different ages.</p>	<ul style="list-style-type: none"> <li>• Explore parenting questions with your family doctor, child's teacher, family, or friends.</li> <li>• Subscribe to a magazine, website, or online newsletter about child development.</li> <li>• Take a parenting class at a local community center (these often have sliding fee scales).</li> <li>• Sit and observe what your child can and cannot do.</li> <li>• Share what you learn with anyone who cares for your child.</li> </ul>
<p><b>Parental Resilience:</b> I have courage during stress and the ability to bounce back from challenges.</p>	<ul style="list-style-type: none"> <li>• Take quiet time to reenergize: Take a bath, write, sing, laugh, play, drink a cup of tea.</li> <li>• Do some physical exercise: Walk, stretch, do yoga, lift weights, dance.</li> <li>• Share your feelings with someone you trust.</li> <li>• Surround yourself with people who support you and make you feel good about yourself.</li> </ul>
<p><b>Social Connections:</b> I have friends, family, and neighbors who help out and provide emotional support.</p>	<ul style="list-style-type: none"> <li>• Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties.</li> <li>• Join a playgroup or online support group of parents with children at similar ages.</li> <li>• Find a church, temple, or mosque that welcomes and supports parents.</li> </ul>
<p><b>Concrete Supports for Parents:</b> Our family can meet our day-to-day needs, including housing, food, health care, education, and counseling. I know where to find help if I need it.</p>	<ul style="list-style-type: none"> <li>• Make a list of people or places to call for support.</li> <li>• Ask the director of your child's school to host a Community Resource Night, so you (and other parents) can see what help your community offers.</li> <li>• Dial "2-1-1" to find out about organizations that support families in your area.</li> </ul>
<p><b>Social and Emotional Competence of Children:</b> My children know they are loved, feel they belong, and are able to get along with others.</p>	<ul style="list-style-type: none"> <li>• Provide regular routines, especially for young children. Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, and bedtime.</li> <li>• Talk with your children about how important feelings are.</li> <li>• Teach and encourage children to solve problems in age-appropriate ways.</li> </ul>

## Growing Together: Parent and children find success through the Orchard Valley Head Start

By Cindy Scott, Orchard Valley Center Supervisor

Ruth Calderon came from Peru in 1991 as a 19 year old. Her dad, a citizen of the United States brought her to Wendell, Idaho.

She took English as a Second Language classes in Wendell and practiced her English at home, with family and friends within the community. She worked at a local trout processing plant for several years and then began her higher education.

In 1998 she began taking classes at the College of Southern Idaho.

In the fall of 1999, Ruth's oldest daughter, Michelle, was enrolled in the Head Start/CSI Child Care Program (a partnership between the two agencies). Then, in 2001, Ruth's son, Andrew start as a Head Start/CSI child and continued on at the Orchard Valley center in Wendell. Brad Eslinger, the current Children's Services Specialist, was her home visitor at the time.



Michelle is now 18 years old and is planning to attend CSI in the fall with a focus in the health sciences. Andrew is 15 years old and plans to attend CSI after he graduates school.

Ruth stated that both of her children had a very positive learning experience in Head Start. She stated Head Start reinforced their social and emotional skills and gave them good foundations for their future.

Both children are not active in the community where they live.

Ruth herself is now the classroom teacher for the Orchard Valley Head Start center.

### Bonding with your Baby

From *Preventing Child Maltreatment and Promoting Well-Being*

#### What's Happening

Attachment is a deep, lasting bond that develops between a caregiver and child during the baby's first few years of life. This attachment is crucial to the growth of a baby's body and mind. Babies who have this bond and feel loved have a better chance to grow up to be adults who trust others and know how to return affection.

#### What You Might Be Seeing

Normal Babies:

- Have brief periods of sleep, crying or fussing, and quiet alertness many times each day.
- Often cry for long periods for no apparent reason
- Love to be held and cuddled
- Respond to and imitate facial expressions

- Love soothing voices and respond to them with smiles and small noises
- Grow and develop every day
- Learn new skills quickly and can out-grow difficult behaviors in a matter of weeks.

#### What You Can Do

No one knows your child like you do, so you are in the best position to recognize and fulfill your child's needs. Parents who give lots of loving care and attention to their babies help their babies develop a strong attachment. Affection stimulates your child to grow, learn, connect with others, and enjoy life. Here are some ways to promote bonding.

- Respond when your baby cries. Try to understand what s/he is saying to you. You can't "spoil" babies with too much attention—they need and benefit from a parent's loving care, even when they seem insoluble.

- Hold and touch your baby as much as possible. You can keep him or her close with baby slings, pouches, or backpacks (for older babies).
- Use feeding and diapering times to look into your baby's eyes, smile and talk to your baby.
- As your baby gets a little older, try simple games and toys. Once your baby can sit up, plan on spending lots of time on the floor with toys, puzzles and books.
- If you feel you are having trouble bonding with your infant, don't wait to get help! Talk to your doctor or your baby's pediatrician as soon as you can.

#### Remember:

The best gift you can give your baby is YOU. The love and attention you give your baby will stay with him or her forever and will help your baby grow into a happy child and adult.

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*The College of Southern Idaho Head Start/Early Head Start is committed to providing quality, comprehensive services in order to ensure school readiness and healthy development while strengthening families within their communities by becoming life-long learners.*

## Big Dreams

*From the National Institute on Literacy*

**I want my child to read.**

I want my child to be a reader.  
I want my child to have big dreams.  
And I want my child's dreams to come true.  
How can I help my child learn to read?

**I show her that reading matters.**

I help her find books she likes.  
She sees me read.  
We go to the library together.  
We write letters to her cousins and spell out all the words.  
We read before bed every night.

**We spend time together.**

We talk a lot.  
I talk to her about what we're doing.  
I ask about her day.  
She asks me about the world.  
I tell her what I know.

**I help him hear the sounds in words when we talk.**

I help him hear how **baby** and **bubble** start with the same sound.  
I help him hear that **kitten** and **mitten** rhyme.  
We sing songs. We say nursery rhymes.  
He is getting ready to read.  
I am helping him.

**I help her learn the ABCs.**

We start with **ant** and go all the way to **zebra**.  
**ABCDEFGHIJKLMNOPQRSTUVWXYZ.**  
We look for letters everywhere.  
We say their names  
and the sounds they make.  
We practice writing all the letters.

**I help her know what words mean.**

I teach my children that things have names.  
I teach them the colors, the foods we eat.  
I teach them the animals and the kinds of weather.  
I teach them **walk, run, jump, fly**.  
I teach them **is, was, and will be**.

**I help him practice reading.**

I help him understand what he reads.

He reads his favorite book out loud.  
I read it too. We take turns.  
He reads it over and over. I don't mind.  
He reads until the words sound right.  
I say, "Great job reading!"

**I help him understand what he reads.**

I say, "Tell me about the story.  
What happened?  
Who did what? Why?  
How did it end?"  
We talk about it.  
I say, "What do you think about the story?"  
And I listen.

**Reading can help our dreams come true.**

I show her that reading matters.  
We spend time together.  
I help him hear the sounds in words when we talk.  
I help her learn the ABCs.  
I help them know what words mean.  
I help him practice reading.

# *Building for the Future*

This child care receives  
Federal cash assistance to  
serve healthy meals to your children.  
Good nutrition today means  
a stronger tomorrow!

Meals served here must meet  
nutrition requirements established by USDA's  
**Child and Adult Care Food Program.**

Questions? Concerns?

Call USDA toll free: **1-866-USDA CND**  
**(1-866-873-2263)**

Visit USDA's website: **[www.fns.usda.gov/cnd](http://www.fns.usda.gov/cnd)**



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