

FAMILY NEWSLETTER

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If you would like to serve on the Drake University Head Start Policy Council, talk to your Family Engagement Specialist or home based teacher.

DROPPING OFF CHILDREN AT SCHOOL

It is normal for children to become upset when being dropped off at school, especially at the beginning of the year or after a break. Here are some tips to help them and help you.



Staff will help your child get busy with an activity.

a kiss and a hug and leave.

3. This may seem abrupt but it helps give staff time to redirect your child's attention and get them busy in an activity.

This process may take several days or even a few weeks until your child becomes

comfortable with this routine.

1. Talk to your child ahead of time about all the fun things they have to look forward to at school.
2. When it comes time to drop off your child, sign them in. Say good-bye with

POLICY COUNCIL

Parents help to share in the decisions made in Head Start. A group that helps to set the direction of the program is the Policy Council.

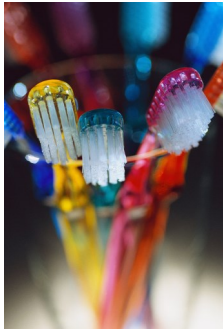


- ⇒ You could serve on this group.
- ⇒ The group meets the second Tuesday of the month.

- ⇒ The meetings are virtual so you will not need to leave your home.
- ⇒ Talk to your Family Engagement Specialist or home based teacher if you would like more information.

For more information about head lice, check the Health Section of your Parent Handbook.

Follow the 14 day treatment guidelines. Contact your Head Start/Early Head Start nurse if you would like more information.



These toothbrushes should not be touching each other.

Children who arrive at Head Start or Early Head Start late miss out on important group time for their learning.

OUT OF MY HAIR



Anyone can get head lice!



Medicated shampoos, creams, lotions, and some home remedies can end lice right away. However, it can take about 5 days for the itching to stop.

Wondering how to prevent head lice?

- Do not share hats, combs, or brushes.
- Examine and treat members of your household who have had close contact with a person who has head lice.
- Talk with your Head Start/Early Head Start nurse if you would like more information about head lice.

HOW TO STORE TOOTHBRUSHES?

- ⇒ Write your child's name on their toothbrush with a marker.
- ⇒ Let them air dry between uses.
- ⇒ Toothbrushes should be rinsed in water after brushing.
- ⇒ Do not let toothbrushes touch each other when they are drying.
- ⇒ They should be stored upright.
- ⇒ Do not cover toothbrushes.

ARRIVING ON TIME=SUCCESS

When a child arrives late, it causes a distraction in the classroom.

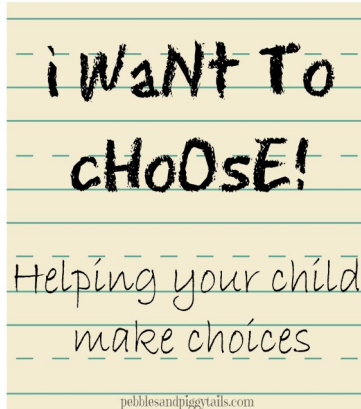
It can also be embarrassing for children to be late and have everyone's attention on them.

Children who arrive late miss out on important group time for their learning.



MAKING CHOICES

Children love to make choices. By making small choices when they can, it is often easier for them to go along with things where there is no choice.



⇒ Would you like to wear the red shirt or the blue shirt?

⇒ Would you like orange juice or apple juice to drink?

⇒ Would you like strawberry yogurt or vanilla yogurt to eat?

There are many ways that children can help to make decisions. Parents can help provide two choices and have their child pick one. Examples might be:

⇒ Would you like to read this book or that book ?



Which book would you like to read?



Did you know that your child will do better in school if you are involved?

Research shows that a child whose parents are involved is more likely to:

- ⇒ Get higher grades
- ⇒ Graduate from high school
- ⇒ Go on to other training

At Head Start, we want to hear your voice! We offer many ways for you to be involved. Some ways to be involved and help your child do better in Head Start:

- ⇒ Read to your child.
- ⇒ Help your child with their goals.
- ⇒ Make sure your child attends school everyday.
- ⇒ Get involved in Policy Council.

You are your child's first and most important teacher. Becoming involved in your child's education will make a lasting difference!



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OUR ANSWERING MACHINES ARE ON

If your child will be late or absent, please call before 8:00 a.m. You can leave a message, night or day, at your child's program or center.

Start building the habit of attendance in pre school, so that your children learn that going to school everyday is important.



Our answering machines are waiting for your calls-24 hours a day-7 days a week!

Drake University Head Start

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www.drakeheadstart.org

"Better preparing young children and their families for life experiences now and in the future."



HEAD START:
Educating Kids,
Empowering Families,
Changing Communities

**For information
about job
opportunities at
Drake University
Head Start
go to
www.drake.edu/hr/**

HELP IS JUST A PHONE CALL AWAY

The Student Assistance Program is available to help you and your family by finding solutions for your concerns.

The Student Assistance Program is available for in-person counseling and telephone consultation for Drake University Head Start and Early Head Start families.

It's free!

You can receive three in-person counseling sessions and 24/7 telephone assistance for each problem or concern you have at no cost to you.

Confidentiality

Services are confidential. No one will be given information

about your visit without your permission.

**To schedule an appointment,
Call 515-244-6090**

**For Telephone Assistance
1-800-327-4692**

Counselors are available 24 hours a day, seven days a week. When you call the numbers above, you can choose to talk to a counselor by phone or schedule an appointment with a counselor in person or on line.

Tell them you have a child in Drake University Head Start.