



PARENT NEWSLETTER

www.childandfamilyopp.org - 18 Avery Lane - Ellsworth ME

April 2011

Time for New Applications

Applications for the 2011-2012 program year are available now!

Part Year Head Start/Pre-K Programs

- Children who will be at least three by 10/15/11 are eligible to apply for Head Start. (We may accept children who turn 3 after 10/15/11 upon his/her third birthday if there are openings).
- Some of our Pre-K collaborations are limited to children who are 4 years old by 10/15/11.
- **Income Eligible Repeat families:** please submit only the application*. No birth certificates or immunization records are required for repeat families.
- **Over Income Repeat families:** please submit income with your application. No birth certificates or immunization records are required for repeat families.

Part Year Head Start programs are free to eligible families

Communities with Part Year programs:

Bucksport, Ellsworth, Sedgwick, Stonington, Sullivan, Steuben, Winter Harbor, Harrington, Jonesport, Lubec, and Calais.

Full Year Child Care Programs

- For children continuing in child care past June 30, 2011, please submit a new application to continue care.
- **Income Eligible Repeat families:** please submit only the application*. No birth certificates or immunization records are required for repeat families.
- **Over Income Repeat families:** please submit income with your application. You may also choose to not submit income if you do not want to be considered for Head Start eligibility. No birth certificates or immunization records are required for repeat families.

Communities with Full Year CFO programs

Sedgwick, Ellsworth, Machias, and Calais.

*There is an exception to this procedure—your center staff or enrollment staff will let you know if you need to submit income.

If you have any questions regarding your status at the time of enrollment, please call the Enrollment Office at 1-800-834-4378 or 667-2995, Ext. 237.

Policy Council Report: The Council held its regular March meeting on the 28th in Ellsworth and Machias via polycom. Council members heard about CFO's recent strategic retreat held earlier in March and discussed some of the ideas coming out of the retreat which will guide where CFO goes in the future. We also had some great training from our very own Nutrition Manager, Marybeth Judy, who presented an overview of nutrition services in Head Start. Her overview included nutrition information, statistics about children's growth, and the importance of physical activity every day. If you are interested in receiving more information about this topic, please speak to your center staff. Along with learning about nutrition and physical health, we were joined by Sally Christ, Downeast District Tobacco Coordinator, who shared information and ideas of ways to protect our children against second and third hand smoke. We were all amazed (and concerned) by some of the marketing techniques tobacco companies are using to attract young people. There is a wealth of information at your centers regarding tobacco exposure, help quitting and ways to support others who are struggling with tobacco use.

We received a summary of our child development profile (CDP) data. Theresa Fisk, one of CFO's Education / Disabilities Managers, was on hand to share the outcome data of the profiles. She shared that children progressed in all areas. As an agency, we are currently focusing on math and science development as two areas we are providing training and guidance to teachers about this year. Theresa also noted that the CDP assessment tool is directly tied to the State of Maine Early Learning Guidelines, and the Head Start Outcomes Framework. Both of these documents were created to support early childhood education, and are available to parents in your centers. If you have questions about your individual child's CDP, please speak to your classroom teacher.

Anger—Finding the Balance

Even though anger is not the emotion you want pervading your household, it is not realistic to think you can always be a calm and clever “Brady Bunch” mom or dad. On the one hand you cannot suppress your anger so much that you’re like a smoldering volcano that may blow any time, but on the other hand you can’t allow your fury to run unchecked.

How do you strike a balance?

- First realize you’ll always respond more effectively if you notice when those feelings of anger are beginning to well up, when they’re still at a low level of intensity.
- Second, when it starts to build, STOP, count to 10 and take some deep breaths.
- Then move slowly toward your child and get on her eye level: sit on the floor near your toddler or preschooler; sit on the sofa next to your older child.

Now, what do you say?

- First, tell her/him how you feel: “I’m starting to get angry.”
- Second, precisely describe the situation that’s provoking your anger: “I see Legos scattered on the floor.”
- Then, explain what you want done about it, and put a time limit on the task: “Dinner will be ready in 10 minutes. I expect them to be picked up before we eat, I’ll set the timer.”

Progress, not perfection:

Learning new responses takes a lot of work, and change comes slowly. If you succeed once a week to use your anger productively to improve children’s behavior, pat your self on the back and give yourself credit for small successes!

Child Abuse Prevention Month

April is the month in which we try to draw attention to the prevention of abuse to children. Child abuse can take many forms, and each state in the U.S has its own definition of abuse, here are some common elements:

- 1 Physical abuse- any non-accidental injury, which may include severe beatings, burns, strangulation or human bites.
- 2 Neglect- the failure to provide a child with the basic necessities of life: food, clothing, shelter or medical care.
- 3 Sexual- The exploitation of a child for the sexual gratification of an adult, as in rape, incest, fondling or exhibitionism.
- 4 Emotional- a behavior that places unreasonable demands on a child to perform above his or her capabilities, and does so in an excessive or aggressive manner. Examples include constant teasing, belittling verbal attacks, and lack of love, support or guidance.

Child abuse is hard to hear about and even harder to talk about, but as adults we have a responsibility to speak out for children who cannot. If you know of/ or suspect you know of a child who is being abused please call the **Child Protective Intake Department at 1-800-452-1999**. They are open 24 hours a day, 7 days a week, and you may remain anonymous if you wish.

As you know all Child and Family Opportunities staff are mandated reporters of suspected child abuse and neglect and can assist you in addressing any of your concerns. More information and resources will be available through Staff at your center during the month of April.

The Blue Ribbon Story



In the Spring of 1989, a Virginia grandmother began the blue ribbon campaign as a tribute to her grandson who died as a result of abuse. Since that time, concerned citizens all over the country have worn the blue ribbon as a symbol of the need to prevent child abuse and neglect.

The Well-Child Visit a Head Start Partnership for Healthy Children

Well Child Visits help the doctor to get to know your child when he/she is not sick and to evaluate his/her overall health development and behavior. This is a chance for your doctor to recognize concerns about your child before they become more serious and give you guidance about how to keep your child healthy and growing. At some visits the doctor will do lab tests and give immunizations. The American Academy of Pediatrics recommends the following schedule of well child visits for children birth to 5:

- ⇒ Prenatal (during pregnancy to meet the baby's doctor and discuss needs)
- ⇒ Newborn
- ⇒ 3-5 days after hospital discharge
- ⇒ By 1 month
- ⇒ 2 months
- ⇒ 4 months
- ⇒ 6 months
- ⇒ 12 months
- ⇒ 15 months
- ⇒ 18 months
- ⇒ 24 months
- ⇒ 30 months
- ⇒ 3 years
- ⇒ 4 years
- ⇒ 5 years



More about the Well-Child Visit

What to bring with you:

- ⇒ Your child's health insurance/Medicaid card.
- ⇒ A list of the immunizations that your child has already received.
- ⇒ Head Start Physical Exam Form.
- ⇒ A list of your questions and concerns, arranged from first to last in order of greatest importance.
- ⇒ A list of all medicines your child takes; make sure you include prescriptions, over-the-counter medicine, traditional medicine, herbal and vitamins, etc. Bring the bottles or containers the medicine is in.
- ⇒ One of your child's favorite books or toys; this will help him/her feel comfortable while you are waiting.

How to prepare your child for the visit:

- ⇒ Play make-believe doctor visits at home. Take turns being the doctor and the child.
- ⇒ Be ready in case the doctor wants to examine your child with the child sitting in your lap. If you know from experience this works best, tell the doctor before the child is placed on the exam table.
- ⇒ Be comfortable with the idea that your job is to support and comfort your child during the visit. It is the doctor's job to recognize that the child is becoming upset and to try to make the child comfortable with what is being done. For example, looking into the ears or mouth.
- ⇒ End the visit on a positive note. Find something real your child did that you can praise them for and give that praise.

Besides talking with you about your child and doing a physical exam, the doctor or staff will:

- ⇒ **Give** any needed immunizations (shots).
- ⇒ **Check** vision and hearing at each visit.
- ⇒ **Do blood tests** at 12 and 24 months to check for anemia or lead poisoning.
- ⇒ **Give** you information on health, wellness, normal development, and behavior.
- ⇒ **Fill** or give you forms or papers you will need (list of shots, test results, hearing/vision and exam results).
- ⇒ **Answer** your questions.

Why does my child need so many shots?

Many life-threatening childhood illnesses are no longer common because most people have been immunized to prevent them from catching these diseases. This is not true for some other parts of the world. In some areas both children and adults, who have not had their shots, get these diseases and sometimes die from them. People have different opinions and concerns about immunizations and possible risks from them. Talk about any questions or concerns you may have with your child's doctor.

What if my doctor says things that I don't understand?

This happens to all of us; even when we as adults go to the doctor. If the doctor says something you do not understand, make sure to ask him/her to explain.

What if they don't tell me what a test means for its results?

Don't be shy, ASK! For example, if you are told your child "has a hematocrit of 30" and you wonder "what's that" or "what is normal", be sure to ask the doctor to explain and get the information you need to keep your child healthy.

Anything else?

Once the visit is over and your questions have been answered, SET UP YOUR CHILD'S NEXT APPOINTMENT. Also remember Head Start staff members can help you make sure your child is up-to-date on the Well Child Care schedule. Feel free to ask your Family Advocate, Teacher, or Health Manager any questions you have about your child's doctor's visits.



For Children enrolled in our programs, remember to ask your doctor to document your child's health status on our Head Start Physical Form.

Product Recalls from the Consumer Products Safety Commission On the web at: www.cpsc.gov

OBall Links & Mini Rattles by Rhino Toys. The hard plastic C-links on both ends of the rattles plastic chain can break. Contact Rhino Toys for a refund at (888) 250-9969.

AOSOM wooden playpens can break, split and/or crack at points where hardware is located. The logo "A" and www.AOSOM.com is stamped on the pine wood. The recalled models were sold from October 2008 through November 2010 on line and at retail stores. Call (877) 644-9366 or email the firm at service@aosom.com.

Baby Jogger Jump Seats are recalled. The seat does not lock into place properly and can cause the child to fall out. The number of the item is J7J50. Please contact Baby Jogger at (877) 506-2213 for additional information. The web site is www.babyjogger.com.

Circo Beaded Door Curtains sold at Target Children can become entangled in the strands, which are prone to tangle just when running through the door. This is a pink door curtain, with warnings on the package for young children. Consumers should immediately take the curtain down and apply for a full refund. Call (888) 333-2684 between 9 am and 5 pm or check out the website at www.fabny.com.

Bella Kitchen Slow Cooker from Burlington Coat Factory The control panel can overheat and melt, posing a fire hazard. There have been 60 confirmed reports and 14 caused damage to counter tops. Model Numbers recalled are WJ-5000DE with date codes 0907 or 0909 on the underside of the product. They were sold between June and December 2010 for about \$20. Immediately stop using the cooker, unplug and return to store where purchased for a full credit.

Did you know?

Child and Family Opportunities has a Certified Lactation Counselor on staff? If you have questions about breastfeeding, please call CFO Health and Family Partnership Manager, Pamela Gagnon, CLC at 460-9483.



Thank you . . .

Your thoughtful input from the Parent Surveys is an important benefit that we value and use in our program planning.

Sincerely,



Your CFO Staff

Step Up and Get Moving!

Obesity is now a national epidemic. Americans of all ages are heavier than in any other time of our history. Researchers tell us that over 15% of young children from ages 2-5 are considered overweight!

At CFO we make outdoor play and exercise a part of every day's activity. We know that every child needs wiggle breaks and several movement activities throughout the day. This helps them use up normal energy so they are able to focus better and relax during quiet times.

⇒ Did you know that expecting any preschooler to sit still for more than 10-15 minutes at a time is not reasonable?

⇒ Did you know that young children are supposed to run, jump, climb and more about for at least two hours every day?

The best way to battle obesity is to get your child outside to walk. Studies show that when children are outside they are naturally more active.



When you see a chance to go outdoors, walk to school, in the part, splash in the spring puddles, or play tag or hide and seek in your back yard.

Reasons to Get UP and Move:

- ⇒ Studies show that young children who are physically active are better behaved!
- ⇒ Children who get more exercise sleep better and are calmer throughout the day.
- ⇒ Children who have more active time outdoors can focus better indoors.
- ⇒ A young child's physical development and coordination is tied to the development of reading and math skills later!
- ⇒ When the whole family spends more time outdoors, everyone will be in a better mood, feel calmer and sleep better.



ON LINE SAFETY AND PRIVACY

SOURCE: NHSA FAMILY CONNECTIONS

The shocking truth is: Internet security experts believe that privacy online doesn't exist. Most social networks keep track of all interactions used on their sites and may save them for later use.

Connecting to the internet and posting on social media websites is different from watching TV or using any other type of technology. Even if you take down or delete a post, someone else may have already seen it and passed it on. Once it is out there — you cannot get it back.

“I use Facebook to let people know what I'm up to and to post pictures of what I'm doing. How can I use privacy settings?”

On Facebook look in the top right corner and click on *account*, then click on privacy settings on the drop down menu. From here you can change who can view your profile and what information can be displayed in the profile.

Not sure how to find and use the privacy settings on MySpace? Ask a *trusted* friend to help you or type the question into Google and follow the steps. Do this for all social websites you or your family members use.

Did you know that unless you change and set the privacy settings, your information is open to the public? Without privacy settings, visitors to your social websites can learn:

- ⇒ Your birthday;
- ⇒ Where you live and your daily routine;
- ⇒ Your hobbies and hangouts;
- ⇒ Information about your family and friends;
- ⇒ Possibly your place of employment;
- ⇒ Maybe even where you were last Friday, who you were with and what you did?

While on line check us out at:

www.childandfamilyopp.org

www.childcareopportunities.org

www.healthypeninsula.org

STEP AWAY FROM THE SCREEN

We live in a world filled with electronic screens to inform and entertain us. A TV, video game, “smart” phone or a computer monitor are all considered a “screen.” Pediatricians caution against letting young children spend time



viewing the world on a screen. Any time a child looks or watches a “screen” of any kind, they are using screen time.

Researchers find that children who watch more TV at a very young age may suffer language delays. They also have more attention problems later on in childhood.

- ⇒ Attention problems can affect how well a child will be able to pay attention in a formal classroom later.
- ⇒ This could make learning to read or do math difficult.

How much screen time is too much? The American Academy of Pediatrics recommends that parents avoid screen time for children less than 2 years old. They recommend parents allow less than 2 hours of screen time for children under six.

Despite these recommendations, parents still use TVs or computers to occupy babies, toddlers and preschoolers on a regular basis. Please do not use screens as an electronic babysitter.

Spend more time talking, playing, singing and reading. All of these activities promote brain development.

The fact may be hard to accept and sometimes inconvenient. But the evidence is clear, less screen time is best in the early years. Adults can interact through phones and email and learn by watching a TV or computer screen — but a child under the age of 5 needs real live interactions to learn best.

Step away from the screen together and talk with your child. Read books, go outdoors and play! Your child will have plenty of time to view screens in the future.

Source: NHSA Family Connections