



PARENT NEWSLETTER

September 2011 ~ www.childandfamilyopp.org ~ 2011-2012 Program Year

A Warm Welcome from CFO . . .

Welcome to our 2011-2012 Program Year! We are excited and happy to see so many familiar faces as well as newcomers to our program. If you are new, you will soon realize that our program is as much for parents as for children. Your child will be involved and learn many different things at the center and it is our hope that you will spend time with us as well. We welcome and appreciate your participation in our programs including parent group meetings, volunteering in the classroom or kitchen. There is also an opportunity for you to be involved in Head Start planning at the agency level by becoming a **Policy Council Representative** from your Center, or by joining the Child Development Committee or the Head Start Health Services Advisory Committee. (See the article on the bottom of the next page.)

So, join in the fun — we are delighted to have you and your child with us this program year!

Our newsletter is written monthly at the CFO Central office in Ellsworth by a team of content area experts. Your Center Staff will attach menus and items of interest and distribute them each month along with the newsletter.

Articles included in the newsletter cover the areas of health, nutrition, education, parent involvement, social services and administration. We also welcome suggestions for article topics from parents!



Head Start Enrollment

It is not too late for parents to apply, as there are still openings for qualifying families in many of our Centers. The Central Office in Ellsworth maintains a waiting list throughout the year and when a vacancy occurs, applications are reviewed according to state and federal guidelines; then a position is offered to a child on the waiting list.

Families that live in *medically underserved towns* may be automatically deemed eligible for Head Start. The towns on that list are: **Centerville, Beddington, Columbia, Columbia Falls, and Deblois.**

If you know of anyone in your area who has a child who might be interested in Head Start, encourage them to apply. Your center staff has applications, or you can contact the Ellsworth Office at 667-2995 or 1-800-834-4378 and have one mailed to you.

HOME VISITS

As parents, you have been (or will be) asked by your Family Advocate and/or your child's Teacher if he or she can visit with you in your home. For some parents, the idea of having a "home visit" from center staff feels comfortable. Many parents look forward to these visits as a time to sit back, relax, and talk about their child and family. Children are usually excited to have their teacher visit at home. Coming to your home allows center staff to focus on you and your child while leaving the busy activities of the center behind. For some other parents, the idea of having staff come to your home may not feel comfortable. This article may help parents understand why home visits are part of the Head Start program.

The purpose of a home visit is to discuss your child and family in a place where you and your child spend most of your time. It allows your center staff to become more familiar with your child's "world" at home. Center staff are then able to make connections between home life and center activities. Many times staff discover things you do at home that would be wonderful to bring into the classroom, such as hobbies, interests, or even pets! Center staff are not in your home to inspect it; they are not there to make judgments about your home or lifestyle. They are there to get to know you better, and thus are better able to offer you and your child the best services available.

Head Start Performance Standards, the federal rules all programs must follow, require that home visits are offered and that the value of visits are explained to families. We require our Family Advocates and/or Teachers to offer a minimum of two home visits a year. Visits should always be scheduled at times you feel work best for you, allowing for both parents to be present. Your first home visit will usually take place before your child begins regularly attending our program. This visit is meant to help families and children transition well into the program. You will receive important information first-hand and have a chance to have a face-to-face conversation with the teachers and staff who will be working with you throughout the program year. It also allows teachers an opportunity to meet your child and get some good ideas to help your child feel comfortable in the classroom. The second home visit will take place after you and your child have had a chance to get to know the program for a while. The Teachers and/or Family Advocate will share progress and update any health

or other information with you. While the first visit helps the staff bring what is unique about your family into the center program, the second visit is meant to bring what is happening in the program into your home. We encourage you to talk to your Family Advocate or your child's Teacher if you have more questions.

POLICY COUNCIL (PC)

Parents often think that volunteering at Head Start is helping out in the classroom or kitchen. While this is very important, there is another way to be involved with your child's program and that is by becoming a Policy Council representative from your center. Strong Council representation results in stronger centers as it gives the parents a voice as the agency makes decisions regarding programs options, budgets, policies and guidance.

How does going to a Policy Council meeting help the children? Head Start believes that parents are the primary educators of their children and as such they should have a strong voice in the decisions being made for the program. Each agency who runs Head Start is required to establish a Policy Council made up exclusively of parents of the enrolled children and community representatives who have an interest in the lives of young children and their families. The Policy Council works in conjunction with the Board of Directors and the administration to guide in its decision making for children and families.

Health Services Advisory Committee (HSAC) brings together parents, staff and local health care providers to talk about the planning, operation, and evaluation of health services including review of policies and procedures, current health concerns, community trends and routine preventative care. We meet to ensure parents, center staff and community partners play a role in shaping how child and family opportunities provides Head Start, Early Head Start and childcare health services. Meetings are held in a central location, four times per year beginning in November. Parents may choose to attend one or all four meetings depending upon interest and availability. Parents are encouraged to bring agenda items to HSAC for discussion and consideration. Look for postings about upcoming HSAC meetings at your child's center this fall or contact Pamela Gagnon, Health and Family Partnership Manager at 460-9483 or 1-800-834-4378 (ext. 238) for more information.

HEAD START HEALTH AND NUTRITION SERVICES

We want to help you keep your child and family healthy, so while enrolled in Head Start, your child will receive the following services from Child and Family Opportunities:

- Developmental Screening including Hearing and Vision Screening
- Nutrition Screening and referral to WIC programs
- Anemia and Lead paper risk surveys
- Height and Weight Measurements

Children in the program must have a physical, updated immunizations, updated dental exam by your child's dentist, current within the last year. The forms sent to you with your acceptance letter should be filled out and returned to the Center. Funding to cover the costs of these services is available from MaineCare for eligible children. If your child is not MaineCare eligible and you require assistance with paying for these exams, please talk with your Center staff. If you do not have a regular family doctor or health care provider, Head Start staff can help you find health care in your community. CFO also provides:

- Fluoride water tests for families with drilled/dug wells.
- Nutrition consultation for children with diet, food allergies or other special needs.
- Nutritious breakfasts and lunches daily (full day programs also include a snack).
- Assistance to families needing follow-up services for health, dental or nutritional needs.
- Classroom learning activities that promote good nutrition and healthful habits.

Dental Service for Washington County Families:

A team of dental providers from New York University College of Dentistry (NYUCD) will be in Machias to offer dental services to children who do not have access to treatment and prevention during the week of October 17th. Your Family Advocate or Teacher will be speaking with you about this wonderful opportunity and sharing information with you. If you know your child or any other members of your family (including yourself) need dental treatment please alert your Family Advocate or Teacher as soon as possible. Services offered for children include:

- dental examinations
- fluoride varnish
- sealants
- fillings
- extractions
- stainless steel crowns
- X-rays

There is no charge to you for these services. If your child already receives these services from your family dentist, please continue this dental care. This outreach program is for children who may not receive complete dental care or who are on lengthy waiting lists for treatment, and is not meant to replace regular services she/he may already be receiving. Efforts will be made to help transport children in Head Start programs in Washington County for families who do not have transportation. Other children not enrolled in Head Start and Child and Family Opportunities programs and adults with dental needs are welcome on a walk-in basis during the clinic hours.

For Hancock County families, we are pleased to pass along the exciting news of the opening of Caring Hands of Maine Dental Clinic staffed by Dr. Oh and his team. This clinic will serve patients from 1 to 20 years old and will accept most insurance plans and MaineCare. They will offer free dental screenings. To schedule an appointment please call 667-6789.

ELLYN SATTER'S GOLDEN RULE FOR FEEDING CHILDREN:

Within CFO's programs we use and support: The Division of Responsibility for eating which was developed by Ellyn Satter. According to Ellyn Satter, a registered dietitian and psychotherapist specializing in infant and children nutrition and feeding, it is not what a child eats at a given meal, but that he knows he will be able to choose from a variety of foods which are offered in enough quantities during a structured schedule and place for meals and snacks.

This is Ellen Satter's Golden Rule for feeding children:

- **Parents do the *what, when, and where* of feeding**
- **Children do the *how much and whether* of eating—from what parents offer**

Parent responsibilities include:

- Choosing and preparing food
- Providing regular meals and snacks
- Making eating times pleasant
- Showing children what they have to learn about food and mealtime behavior
- Not letting children graze for food or beverages (other than water) between times
- Letting children grow up to get bodies that are right for them.

Fundamental to parents' jobs is trusting children to decide how much and whether to eat. If parents do their jobs with feeding, children do their job with eating:

- Children will eat
- They will eat the amount they need
- They will eat an increasing variety of food
- They will grow predictably
- They will learn to behave well at the table

*Source: Ellyn Satter Associates from Family Meals
Focus E-Newsletter—June 7, 2005*

Sweet Potato Super Soup

(makes 2 servings, but is easily doubled!)

Cook until soft:

- 1 1/2 tbsp. butter
- 1/2 cup minced onion
- 1 large carrot, thinly sliced
- 1 rib celery, chopped
- 1 to 4 whole Bay leaves

Transfer to a Dutch oven and add:

- 1 large sweet potato, thinly sliced
- 1 baking potato, thinly sliced
- 2 cups low-fat/low-sodium chicken broth
- 1/2 cup water

Bring to a boil:

Then cover and simmer for 20 to 25 minutes. Discard bay leaves, puree soup if desired.

Season the soup with:

- Pinch of nutmeg if desired
- Salt and pepper to taste



Zucchini Muffins with Blueberries or Cranberries

Beat 1 egg and add:

- 1/2 cup oil
- 1/2 cup sugar
- 1 tsp vanilla

Beat until light and foamy. Stir in:

- 1 cup shredded zucchini

Then add:

- 1/1/2 cup whole wheat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1 tsp allspice (optional)

Stir in:

- 1 cup blueberries or cranberries (fresh or frozen)
- Pour into muffin pan and bake for 25 minutes at 400 degrees. Makes 8 to 12 depending on size.

TEN PRINCIPLES OF SELF-ESTEEM

- Children feel more confident in a setting that makes them feel cared for and valued.
 - Children's self-esteem grows when they know you care enough to be with them.
 - A moment's consideration about the wording of a question can make a significant difference in a child's self-esteem.
 - Children are enhanced by the network of people, things, and events that make up their lives. When you accept children in their network, you accept them completely.
 - Growth in self-esteem is connected with children's acceptance that it's "okay" to have strong feelings.
 - In a trusting and non-judgmental atmosphere, self-esteem can grow.
 - Success comes from acknowledging the positive.
 - Humor can be a great antidote for low self-esteem, especially when children want to get out of a depressed state quickly.
 - Children's self-esteem grows when they know that you want to share something you value with them.
 - Self-esteem thrives on success. The bridge you build for the child can provide a successful "crossing."
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Sending your Child Off to School

Do you remember your first day of school? Were you excited? Were you afraid? Were you sad? Do you remember how the lunchroom had a strange smell? How the floors were shiny and there were lots of big people around you? Did you cry when your parents were no longer in the classroom with you? Beginning school is an important time in our lives.

Children may begin the program year with lots of questions or fears:

- 1 They may worry that no one will take care of them.
- 2 They may worry that they won't know how to get home.
- 3 They may worry that they won't be able to find their parents.
- 4 They may worry that their parents won't be able to find them.

Children need to learn about what goes on at school and that home is still there when school is over. They need to learn about their teachers, the other children in the program and what is expected of them. Their anxiety about school will slowly change into a feeling of trust and will give them a sense of security.

U.S. Consumer Product Safety Commission Recalls

Little People Builders' Load 'n Go Wagons from Fisher

Price: The back of the wagon's plastic handle has a mold-in reinforcement. The handle poses a laceration hazard if the child falls on it. The recalled model number P8977 is a red wagon with a yellow handle and multi-colored plastic blocks and a dog figure. Wagons with green handles are not included in this recall. They were sold between June 2009 and July 2011 for about \$25.

Take the wagon away from children and call Fisher Price at (800) 432-5437 or visit the website at www.service.mattel.com, for a free repair kit.

Explorer and Hammerhead Strollers: Imported by phil&teds USA. The brake mechanism on the strollers can fail, posing an injury hazard. The recalled strollers have metal frames and could be sold with a doubles kit to make them into a double stroller. Both models have a cloth seat and canopy; the colors vary, but the logo and model number are printed on a sticker on the rear axle bar. Serial numbers in the recall start with 0610/00001 to 0111/4788 (June 2010, unit #1, to January 2011, unit #4788) This information is on the inside of the left hand hinge when viewing the stroller from behind. They were sold online and at specialty retailers from August 2010-June 2011 for between \$475 and \$500.

If you have the product immediately stop using and contact phil&teds to receive an upgraded brake assembly. For more details call toll free at (855)652-9019 or visit the website at www.philandteds.com/support.

Disney Branded Pogo Sticks by Bravo Sports: The bottom rubber tip attached to the pogo stick can wear out and pose a fall hazard. The end caps on the handlebars can come off, exposing a sharp edge. There have been 82 inju-

ry reports including a chipped tooth and skull fracture. To view incident reports for product go to SaferProducts.gov.

The pogo sticks come in various colors. The models in this recall are Disney Hannah Montana; Disney/Pixar Toy Story; Disney/Pixar Cars; Disney Princess; and Disney Fairies Cruising Cool Pogo Stick. The date codes are between 01/01/2009-022CO and 11/30/2010-022CO and are found on a clear label on the stem of the stick need the foot pedals. They were sold at Burlington Coat factory, Kmart, Kohls.com, Target and Toys R Us from February 2009 through June 2011 for about \$20.

Immediately stop using and contact Bravo Sports for a full refund. Visit the website at www.bravopogorecall.com or call toll-free at (855) 469-3429.

Toy Keys with Remote: The metal toy keys and plastic ring can break, posing a choking hazard. **FunKeys** or **Parents® Magazine Electronic Keys** with certain factory codes. The keys come in different colors; the remotes have sound buttons and the keys hang from a plastic ring. Sold nationwide and online from April 2010 to May 2011 and from January 2006 to December 2009 for the Parent Magazine keys. Call (866) 665-5524 for more information and to receive a replacement toy. The website is at www.battatco.com

For complete recall information, check out our Parent Resources tab on our website: <http://www.childandfamilyopp.org/parent-resources/>.

CFO is moving up in the digital world we recently created new Facebook and Twitter pages! You may 'Like' us on Facebook or 'Follow' us on Twitter !