




HEAD START

News



As we move into the colder months, please reach out to your Family Advocate or Center Manager if you are in need of warm clothes, coats, snow pants, or boots for you or your child. We can connect you with resources in your community to be sure you all stay warm.

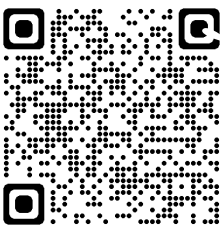
If you haven't already, check out our Facebook Page - Western Dairyland Head Start, where we will share upcoming community events and bits from our daily programming. Make sure you check the upcoming events section and know the protocols at your location should weather prevent us from safely opening.

Family Engagement

Establishing good dental habits including regular visits to the dentist and brushing your teeth.

Now is the time to help your child to start developing good habits. Since children love to imitate what their parents are doing, your daily brushing routine is the best way to model the habit and get your child interested.

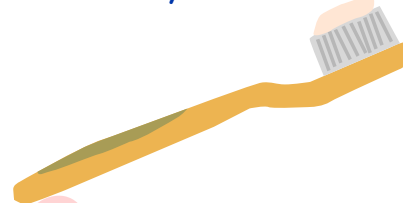
Follow the QR code to learn about the importance of brushing your teeth.



Health/Safety

Taking care of a child's baby teeth is important for the child's overall health and development. Baby teeth can help a child speak clearly, chew and eat foods properly, and boost their self-confidence! Teaching children to take care of their teeth early in life is so important in a lifelong healthy smile. Brushing teeth twice daily, eating healthy foods, and taking your child to the dentist are some ways you can ensure a happy mouth.

Scan the QR code to read about some ways you can help create healthy smile habits with your child.



When is sick too sick for school?

We often stress the importance of attendance, but we also recognize the importance of rest when our bodies need it!

Below are a few tips on when to come to school, when you stay home, and when you may want to call your child's doctor if they are feeling unwell.

Send me to school if...

- I have a runny nose or just a little cough, but no other symptoms.
- I haven't taken any fever-reducing medicine for 24 hours, and I haven't had a fever during that time.
- I haven't thrown up or had any diarrhea for 24 hours.

Keep me home if...

- I have a temperature higher than 101 degrees even after taking medicine.
- I'm throwing up or have diarrhea.
- My eyes are pink and crusty.

Call my doctor if...

- I have a temperature higher than 101 degrees for more than two days.
- I've been throwing up or have diarrhea for more than two days.
- I've had the sniffles for more than a week, and they aren't getting better.
- I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

Fit Families -
WIC newsletter



Center Happenings

Important Dates

Reminders

Volunteer Opportunities

