

HEAD START

News



Welcome To Head Start!

Welcome to a new year of Head Start! Whether you are brand new, or returning to our program - we are SO excited to welcome you back to our centers. Our staff have been working hard to prepare welcoming, engaging, and FUN environments for each of our Head Start children.

Each month, you'll receive a newsletter just like this, full of helpful tips and useful information that follows much of what your child is learning each day in our program.

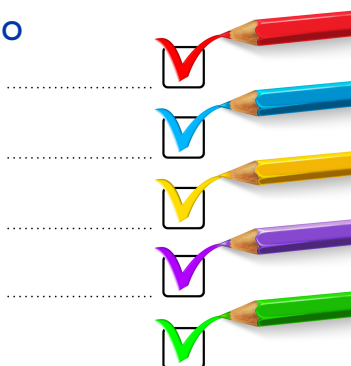
Most topics will include a QR code that you can follow with your smart device for even more resources.

Family Engagement

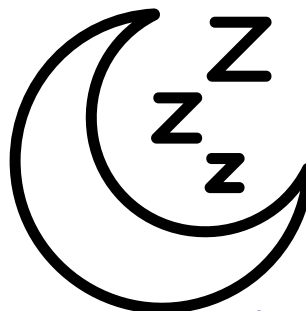
Start the year off great! Create routines to help you and your child be successful. Routines are important because they give children a sense of security and control over their environment. Children learn what to expect at different times of the day.

They feel pride and satisfaction when they can participate in and perform these routines.

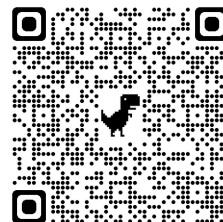
Follow the QR code to learn how to simplify your routines.



Health/Safety



Did you know that preschool-aged children (ages 3 to 5 years) need between 11 and 13 hours of sleep? Sleep is so important for the growth and development of every child. A bedtime routine can help with making sure your child can fall asleep and stay asleep all night. Every family's bedtime may look different, that is why it is important to build a routine that fits your schedule. To find some ideas and tips for building a strong bedtime routine, scan the QR code!



Every day counts!

Chronic absence can have a significant negative impact on children's achievement. Skills needed to learn basic reading and math are formed in preschool. Being present at Head Start has a huge impact on a student's academic success which continues into kindergarten.

Absences can add up quickly. Missing 10% or just 2 days per month is an indicator of chronic attendance concerns.

Here are a few practical tips to help support regular attendance:

- Make a commitment to have your child attend Head Start every day on time. When talking with your child, be positive about preschool and the school staff. Cultivate your child's interest in discovering new things and their love of learning
- Make sure your child has a predictable daily routine, including a routine for bedtime and waking up in the morning. Be sure to allow enough time for the routines so that you and your child do not feel rushed. Talk to your child's teacher, Family Service Specialist, or Home Visitor if you would like help with developing routines.

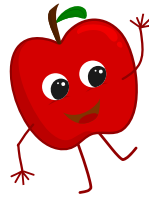
Check back next month for more tips!

Fit Families -
WIC newsletter



Center Happenings

Important Dates



Reminders

Volunteer Opportunities

