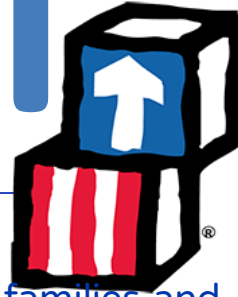


HEAD START

News



Welcome to Head Start, and welcome BACK to our returning families and children. We are so happy to have the opportunity to serve you and your children in Head Start and have a great year planned. If there are needs you have as we begin the school year, please reach out to your Family Advocate.

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.

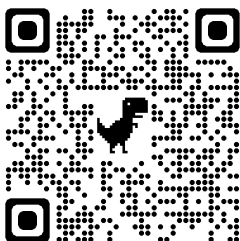
Family Engagement

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.



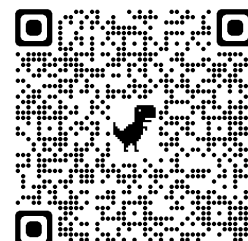
Health/Safety

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!



Attendance Matters!

Chronic absence or tardiness can have a significant negative impact on children's academic achievement and social emotional skill development. Academic skills needed to learn basic reading and math are formed in preschool. Being present at Head Start Preschool builds the foundation for a student's success which continues into kindergarten and beyond.

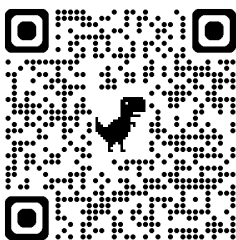
On time arrival is as important as daily attendance. Arrival routines and rituals are used by teachers to greet and connect with children upon arrival at school each day. These arrival routines and rituals help children feel welcome and a part of the school family. Children who are chronically absent or consistently arriving late miss out on activities which are important in building connections to adults and peers in their classroom. Arriving late not only disrupts and interferes with children building strong connections to teachers and peers, but late arrivals can also cause disruption to classroom routines and schedules.

Attendance at weekly home visits while enrolled in the Early Head Start Home Based Program is equally important. Early Head Start Home Visitors recognize that you as parents are the first and most important teachers of your children. During home visits, valuable information and resources are provided to assist in ensuring your infant or toddler is reaching milestones and developing appropriately. Prenatal home visits to pregnant people can help ensure a healthy pregnancy and child birth. Group Socializations provide opportunities for families to meet and share additional information and resources.

Whether your family is enrolled in a Home Based or Center Based Head Start program, make sure your child receives all the benefits that these programs have to offer. Absences and late arrivals add up quickly. Missing 10% or just 2 Head Start Preschool days per month or missing 2 out of 5 scheduled home visits is an indicator of chronic attendance concerns. By sending your child to school and attending home visits, you are helping to ensure that your child will live up to their full potential and become a successful lifelong learner.

Important Dates

Fit Families -
WIC newsletter



Reminders

